GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 076C – ADVANCED TENNIS

1. Course Number Course Title Semester Units Semester Hours

ES 076C Advanced Tennis 1 1 hour lecture: 16-18 hours

1 hour lab: 16-18 hours

32-36 outside-of-class hours

for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 076B or equivalent or specified skill competencies.

3. Catalog Description

Continuation of ES 076B with emphasis on advanced techniques, strategies and tactics for play in singles, doubles and mixed doubles play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

a. Assess and prioritize advanced tennis skills (i.e., footwork, grips, fore/back hand stroke and follow-through, serves, lobs and drop shots).

b. Analyze and construct appropriate tactics and strategies of an opponent's (singles and doubles play) strengths and weaknesses.

c. Design and integrate tournament bracket play (i.e. pool play, single and double elimination)

d. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well-being.

5. Instructional Facilities

a. Ten (10) tennis courts with official nets, shaded area for instruction, and lights.

b. Tennis rackets.

c. Tennis balls.

d. Tennis ball machine.

6. Special Materials Required of Student

a. Court shoes.

b. Appropriate tennis attire.

c. Internet access.

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7. Course Content

a. Review of intermediate tennis skills and components including footwork, grips, and swing as they relate to the forehand, backhand, serve, lob, half volley, volley and overhead smash.

b. Rules and scoring of tennis.

c. Strategies and offensive/defensive tactics of intermediate complexity.

d. Proper tennis etiquette.

e. Instruction and practice in more advanced competencies of doubles net play and poaching.

f. Instruction in formal tie-breaker procedures.

g. Use of tennis ball machine to develop consistency of performance.

h. Lecture/discussion on the parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

a. Lecture/demonstration.

b. Individual, partner and group practice.

c. Use of drills to enhance specific skill development.

d. Films and videotape analysis.

e. Lecture/discussion regarding physical fitness and life-long health.

9. Methods of Evaluating Student Performance

a. Daily observation of skill development.

b. Objective practical skills testing.

c. Class tournaments.

d. Class participation.

e. Outside assignments.

f. Written final exam.

10. Outside Class Assignments

a. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

b. At least 1-2 hours per week in reading assignments and/or practice.

11. Texts

a. Required Text(s):

(1) Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th Edition, 2012.

(2) Brown, Jim and Soulier, Camille. *Tennis: Steps to Success.* 4th edition. Champaign, Ill: Human Kinetics, 2013.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills and appreciation of tennis at the advanced level.
  2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: December 10. 2013