

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course X A.A. Degree applicable course  
 (check all that apply)

**COURSE NUMBER AND TITLE:** ACS 120 Intercollegiate Tennis (Men/Women)

**UNIT VALUE:** 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 175

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Develop advanced skills and the strategies as applied to competitive situations.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will be able to:

1. Identify and evaluate individual and doubles team goals.
2. Analyze and perform the techniques of singles baseline play, serve and volley, and doubles formations.
3. Compare and contrast the differences in the 3 major doubles formations.
4. Identify and perform the 3 essential serves in tennis, ie. flat, spin, and twist.
5. Know and apply principles of cardiovascular fitness, muscle strength, and endurance.
6. Analyze, identify, and apply principles and strategies to singles and doubles games.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. The U.S.T.A. Rules for tennis competition.
- II. Knowledge of appropriate order of events for dual and championship matches.
- III. The development of advanced skills and techniques including:
  - A. Topspin and underspin off both forehand and backhand sides.
  - B. Underspin volleys.
  - C. Serve and volley-power tennis utilizing the Continental grip.
  - D. Footwork/placement patterns from an offensive and defensive stance.
  - E. The 4 hitting levels of tennis.
  - F. The relationship of the face-on-the-ball concept.
  - G. The 3 dimensional Timing box utilized for timing.
  - H. The serve which includes American Twist, Slice and Flat.
  - I. The Hour Glass Concept of Singles Strategy.
  - J. The Side-Side, Up-Back Doubles Strategy.
  - K. The return of Serve utilizing attack footwork and chips.
  - L. Approach shots using topspin and backspin from forehand and backhand.
- IV. Method of conditioning - both individual and team
  - A. Distance and strength work (pre-season).

- B. Interval training (track and court work during season).
- V. Organization of schedules and playoffs for practice and conference.

**REQUIRED READING:**

Schuyler, Steve. Winning Tennis: Complete Guide for Coaches and Advanced Players. Englewood Cliffs, New Jersey: Prentice Hall, 1993.  
U.S.T.A. Rule Guide (Handout)

**SUGGESTED READING:**

Johnson, M.L. and D.L. Hill. College Tennis. Abilene, Texas. Hunter Textbooks, Inc. 1990.  
 Brown, Jim. Tennis" Steps to Success. Champaign, Illinois: Leisure Press, 1989.

**REQUIRED WRITING:**

Skills demonstration in singles and in doubles.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

- Attendance at professional tennis tournaments.
- Critiquing of intercollegiate NCAA tennis matches.
- Observation and evaluation of play utilizing VCR tapes and television.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	60%
Critiques/Evaluations	30%
Participation in Tournaments	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes X No \_\_\_\_\_ Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 ( C) (2) (A) and (B)

**CONTACT PERSON:** Ronnie Mancao, extension 3560

<b>SIGNATURES ON FILE</b>
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