

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: PE 140 Beginning Tennis

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS: None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Introduction to basic tennis strokes, footwork, rules, and scoring.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. apply skills and techniques in basic tennis strokes.
2. evaluate knowledge of tennis rules, strategy, and demonstrate this knowledge in match play.
3. apply principles of proper body mechanics.
4. analyze skill levels through continuous practice.
5. explain tennis etiquette.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Forehand and backhand drives
 - B. Serve and serve return
 - C. Lobs and overheads
 - D. Forehand and backhand volleys
 - E. Return of serve

- II. Strategy of play
 - A. Singles
 - B. Doubles

- III. Rules
 - A. United States Tennis Association Rules
 - B. Tennis court etiquette

- IV. Equipment
 - A. Racquets and balls
 - B. Clothes and shoes

- V. Review

REQUIRED READING:

Instructor-generated handouts on the sport of tennis.

SUGGESTED READING:

None.

REQUIRED WRITING:

Skills demonstration is more appropriate.

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.

Read and study handouts and lecture notes. Practice skills and study for exams.

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	70%
Skills Demonstration	20%
Exams	10%

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

Yes No Number of times course may be taken for credit: 4

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

CONTACT PERSON: Dr. Nan E. Haugen, Extension 2468

SIGNATURES ON FILE