

**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 141 Intermediate 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:**

Competency development in tennis strokes, defensive and offensive tactics, and match play.  
*May be taken four times.* CSU; UC

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1.     apply principles of proper tennis body mechanics.
2.     identify and evaluate intermediate skill requirements.
3.     demonstrate acquired tennis skills.
4.     evaluate techniques and attitudes necessary for competition.
5.     identify the history, strategy and rules of tennis.

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

1. The forehand using topspin
2. The backhand using topspin
3. Approach shots
4. Volley-forehand and backhand
5. Overheads
6. Defensive lobs
7. Serve using continental grip
8. The service return
9. Singles strategy
10. Doubles strategy
11. Conditioning
12. The mental game of tennis and the psyche
13. Drills to learn by
14. Ball rotation and spin
15. History
16. Contemporary tennis
17. Rules, etiquette and behavior for social and/or match play
18. Introductory footwork/placement pattern relationships

**REQUIRED READING:**

Instructor generated handouts on the sport of tennis.

**SUGGESTED READING:** None

**REQUIRED WRITING:**

Students will analyze, critique and write a summary of the individual singles and doubles winners of Wimbledon and the U.S. Open at Flushing Meadow. A 3-4 page comparative analysis and written critique or skill demonstration.

**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. Prepare writing assignment, 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	40%
Written exam	25%
Skill evaluation by instructor	25%
Written assignment	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)(2)(A) and (B)

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

**SIGNATURES:**

SIGNATURES ON FILE