

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 142 Advanced Tennis

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills.

ENTRANCE REQUIREMENTS: None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Designed primarily for competitive play with stress on court position and strategy.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. apply principles of proper court positioning before, during, and after shots.
2. explain scoring systems.
3. evaluate the mental side of the sport.
4. explain the difference between recreational play and competitive play.
5. analyze the competitive aspects of tennis.
6. evaluate tournament rules, and regulations.
7. evaluate and conduct tennis tournaments at all levels.
8. identify the competitive aspects of tennis.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. The forehand drive using flat, topspin and underspin
- II. The backhand drive using flat, topspin and underspin
- III. The 3 serves of tennis
 - A. Flat
 - B. Slice
 - C. American Twist
- IV. Service placement to Deuce court and Ad court
- V. Forehand & backhand returns of serve
- VI. Approach shot
- VII. Forehand volley with underspin
- VIII. Backhand volley with underspin
- IX. Defensive Lob using forehand & backhand
- X. Topspin offensive lob from forehand and backhand
- XI. Overhead smash
- XII. Advanced footwork /placement patterns
- XIII. Drop-shot
- XIV. Scoring systems
- XV. Historical and contemporary development of tennis

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 X

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 X 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