

**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 216 Professional Preparation for Individual Sports  
(Golf, Tennis, and Wrestling)

**UNIT VALUE:** 1, 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 64

**BASIC SKILLS REQUIREMENTS:**     Appropriate language skills

**ENTRANCE REQUIREMENTS**   None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:**   None

**SCOPE OF COURSE:**

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation for games and matches, weekly practice schedules, and anticipated innovations for the future. *May be taken four times.* CSU; UC

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1.     apply principles of proper body mechanics.
2.     identify basic skills and fundamentals.
3.     evaluate skills and techniques.
4.     analyze a competitive match by examining individual and/or team strengths and weaknesses.
5.     identify reasons to continue the study of individual sports as a competitor or coach.

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

- I. Introduction
  - A. History
  - B. Rules
    - 1. NCAA
    - 2. USTA
  - C. Physical and mental preparation
  
- II. Strategy
  - A. Techniques for performance improvement
  - B. Planning, and practice sessions
  - C. Conditioning, skills, match play
  
- III. Games and match preparation
  - A. Practice sessions
  - B. Competitive strategies
  - C. Drills

**REQUIRED READING:**

Instructor generated handouts on golf, tennis and wrestling.

**SUGGESTED READING:** None

**REQUIRED WRITING:**

- 1. Observation report of a golf, tennis, and or wrestling game (minimum two pages each).
- 2. Daily practice schedule for each sport (minimum one page each).
- 3. Develop a strategy scheme for each individual sport (minimum one page each).

**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, lecture notes, and magazines/newsletters. Prepare writing assignment, practice skills, and study for exams. Participation in outside, community sponsored events and tournaments. Can be either active participation on 2 tournaments or an administrative position for 3 events.

**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):

|   |     |
|---|-----|
| Skill demonstration of                      |     |
| Individual sports (golf, tennis, wrestling) | 20% |
| Observation reports/Practice schedules      | 10% |
| Participation                               | 50% |
| Strategy scheme of individual sports        | 20% |

**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:**      **Ronald Mancao**      **Extension 3560**

SIGNATURES ON FILE