

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:

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Date:

03/12/2020

Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	145	Intercollegiate Sports: Tennis (Men)

Units/Hours

Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
3.00	3.00
Lab Contact Hours	Total Contact Hours
144.00 - 162.00	144.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken	4	time(s) for credit (max 4)
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- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
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- ☒
- Intercollegiate athletics course
-
- ☐
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is for students who have had significant training in tennis and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition, rigorously intense preparation in fitness and the development and refinement of tennis skills and techniques. Students will participate in college sponsored athletic competitions throughout this course.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course includes and emphasizes competition with other colleges, physical conditioning, advanced skill development, teamwork, and discipline.

Need for the course:

This course counts towards the 6 electives required in the non-transfer AA degree.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Develop an optimum level of conditioning.
2. Exhibit an understanding for pre-season conditioning.
3. Demonstrate a cardiovascular conditioning program.
4. Build a weight-training program and demonstrate measurable strength gains.
5. Practice stretching techniques and exercises for the purposes of injury prevention.

- 6. Demonstrate advanced skills and techniques related to tennis.
- 7. Illustrate specific game strategies as they relate to singles and doubles game play.
- 8. Develop an understanding of sportsmanship and display this attribute in a competitive situation.
- 9. Create team and individual goals and player conduct expectations.
- 10. Construct a comprehensive eating plan that will be used during the tennis season as well as applying it to their overall healthy lifestyle goals.

Course Content:

(please number the outline of main topics and subtopics)

- Lab Content Only

Lab Content:

(please number the outline of main topics and subtopics)

- 1. Drills, demonstration, practice and competition which will incorporate the following objectives:
- 2. Physical preparation:
 - 1. Stretching
 - 2. Aerobic conditioning
 - 3. Anaerobic conditioning
 - 4. Agility
 - 5. Footwork
 - 6. Warm-ups
 - 7. Diet & hydration
- 3. Skill Development
 - 1. Ground strokes:
 - 1. Crosscourt
 - 2. Down the line
 - 3. Deep
 - 4. Short
 - 5. On the rise
 - 2. Serving:
 - 1. Slice
 - 2. Spin
 - 3. Flat
 - 4. Placement
 - 3. Volley:
 - 1. Flat
 - 2. Slice
 - 3. High/low
 - 4. Put aways
 - 4. Overheads:
 - 1. Front court
 - 2. Back court
 - 3. Approach
 - 4. Deep
 - 5. Angles
 - 6. 1/2 pace
 - 5. Approach:
 - 1. Short
 - 2. Serve
 - 3. Lob
 - 4. Service
 - 5. Return

- 6. Crosscourt
- 7. Down the line
- 6. Passing Shots:
 - 1. Short topspin
 - 2. Lob
 - 3. Down line
 - 4. Crosscourt
- 7. Drop shot:
 - 1. Short ball
 - 2. Volley
 - 3. Crosscourt
 - 4. Down the line

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Demonstration and Observation
Integration: Demonstration and observation will be used in the development and review of basic and advanced techniques used in competitive tennis.
- **Method:** Discussion
Integration: Class discussion will be used to develop tennis team and individual goals and critique attitudes that promote or prohibit tennis team cohesiveness and player conduct expectations.
- **Method:** Visiting Lecturers
Integration: Visiting lecturers will present information relating to individual and team goals development while making application to sportshmanship, team cohesion and individual and team ethics.
- **Method:** Audio Visual Instruction
Integration: Audio visual instruction will be used in the development of advanced tennis techniques and strategies and critiquing individual and upcoming tennis opponenet skill levels.
- **Method:** Field Trips
Integration: Field trips will incorporate competitive/intercollegiate tennis matches played at other community college campuses. These competitions will be used to apply tennis techniques and strategies learned throughout the semester.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Participation
Integration: Students will be evaluated on accuracy, thoroughness, and timeliness of monthly of tracking their aerobic, speed, agility, skill development and strength levels with standard measures (1 mile test, 60-yard spring, T-agility drill, serve and return accuracy spray charts, and upper/lower body strength 1 -rep maximum.
- **Method:** Exams/Tests
Integration: Students will be evaluated on clarity and application of the rules of the game of tennis and basic sportsmanship principles by answering short essay questions describing match scenarios, rule interpretations under different possible point decisions, and critical thinking solutions to common etiquette and decorum policies required in tennis.
- **Method:** Skills Tests
Integration: Integration: students will be evaluated on preciseness and accuracy of the techniques of serve, return, volley and both backhand and forehand strokes with speed and accuracy points awarded for each attempt (best out 5 of 10 attempts)
- **Method:** Submission of Sportsmanship Pledge Cards
Integration: Sportsmanship pledge cards will be given to each student that identifies specific and applicable sportsmanship attributes related to intercollegiate competition and individual responsibilities to the team. These cards will be signed by each student acknowledging the requirements for intercollegiate membership on the

team. If they apply the behaviors agreed upon, they will earn a varsity letter at the end of the season.

- **Method:** Class Performance
- Integration:** Class members will be evaluated based on their points in one-on-one competitions, intercollegiate match scores, and moved up and down a tennis team ladder based on those measures. This accounting will give every player the chance to promote to higher level rankings.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- Tennis Lesson plan development and application
 - Develop a lesson plan that incorporates the following criteria:
 - Physical warm-up and stretching exercises specifically applicable to the sport of tennis
 - Tennis conditioning drills that will improve endurance, speed & agility
 - Specific tennis skill or strategy
 - Explanation of skill/strategy
 - Application to tennis game situation
 - Development of specific tennis drills incorporating skill/strategy
 - Class Presentation of lesson plan
- Observation report
 - Collegiate, high school, or private tennis practice
 - Identify and describe the following components of the tennis practice:
 - Warm-up procedure
 - Physical and skill
 - Conditioning
 - Skill review
 - Introduction to any new skill or strategy
 - Discipline
 - Types of communication
 - Coach to player
 - Player to coach
 - Player to player
- Critique

Textbooks:

- ITA (2019). *2019-20 ITA Rulebook* INTERcollegiate Tennis Association. ISBN: <https://drive.google>

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)