

Mt. San Jacinto College  
Integrated Course Outline of Record

Form B

|               |              |       |            |
|---------------|--------------|-------|------------|
| Submitted by: | Steve Alonzo | Date: | 04/09/2020 |
|---------------|--------------|-------|------------|

| Department                          | Subject                                  | Course Number | Title                                  |
|-------------------------------------|------------------------------------------|---------------|----------------------------------------|
| Physical Education Inter-Collegiate | Physical Education Inter-Collegiate PEIC | 146           | Intercollegiate Sports: Tennis (Women) |

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.

|                           |                            |
|---------------------------|----------------------------|
| <b>Lab Units</b>          | <b>Total Units</b>         |
| 3.00                      | 3.00                       |
| <b>Lab Contact Hours</b>  | <b>Total Contact Hours</b> |
| 144.00 - 162.00           | 144.00 - 162.00            |
| <b>Lab Homework Hours</b> |                            |
| 0                         |                            |

Stand Alone:

|                    |
|--------------------|
| Program Applicable |
|--------------------|

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

|        |
|--------|
| -none- |
|--------|

General Education Justification:

|  |
|--|
|  |
|--|

|                                          |                      |
|------------------------------------------|----------------------|
| <b>Maximum Enrollment:</b>               | 32                   |
| <b>Maximum Enrollment Justification:</b> | Justification:       |
| <b>Grading Method:</b>                   | Letter Grade or P/NP |
| <b>TOP code:</b>                         | 0835.50              |

|                     |   |                                   |
|---------------------|---|-----------------------------------|
| <b>Can be Taken</b> | 4 | <b>time(s) for credit</b> (max 4) |
|---------------------|---|-----------------------------------|

- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
- 
- ☒
- 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 emphasizes competition with other colleges. Physical conditioning, advanced skill development, teamwork, and discipline are developed at an intense level within this course.

Need for the course:

It is of great importance that Mt. San Jacinto College provides academic, career and life long learning programs of all types, in an environment of diverse communities.

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:

- Develop an optimum level of conditioning.
- Exhibit an understanding for pre-season conditioning.
- Demonstrate a cardiovascular conditioning program.
- Build a weight-training program and demonstrate measurable strength gains.

- Practice stretching techniques and exercises for the purposes of injury prevention.
- Demonstrate advanced skills and techniques related to tennis.
- Illustrate specific tennis game a strategy as they relate to singles and doubles match play.
- Create team and individual goals and player conduct expectations.
- Design team and individual goals as they relate to player and team conduct expectations.
- 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)

This is a lab course only.

## Lab Content:

(please number the outline of main topics and subtopics)

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

- Return
  - Crosscourt
  - Down the line
- Passing Shots:
  - Short topspin
  - Lob
  - Down line
  - Crosscourt
- Drop shot:
  - Short ball
  - Volley
  - Crosscourt
  - Down the line
- Knowledge
  - Rules of Play
  - Player etiquette
  - Sportsmanship
  - History of the game
  - Equipment

**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:** Visiting Lecturers  
**Integration:** Visiting lecturers will present information relating to individual and team goals development while making application to sportsmanship, 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 opponent skill levels.
- **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:** 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.
- **Method:** Exams  
**Integration:** Exams will be used to determine the knowledge base of each student regarding the rules, player conduct, equipment and history of the game of tennis.

**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:** Exams/Tests  
**Integration:** Written exams will provide students an opportunity to demonstrate their understanding of the rules of the game of tennis and basic sportsmanship principles.
- **Method:** Skills Tests  
**Integration:** Skills tests will be used to evaluate students proper technique and specific skill expertise as it relates to competitive tennis matches.
- **Method:** Instructor observation

- Integration:** Instructor observations will identify students’ application of specific game strategies and advanced tennis techniques as they physically compete in singles and doubles match play.

  - **Method:** Submission of Sportsmanship Pledge Cards

**Integration:** Sportsmanship pledge cards will be used to aid students in identifying specific sportsmanship attributes related to intercollegiate competitions and individual responsibilities to teammates. These cards will be signed by each student, acknowledging the requirements for sportsmanship during intercollegiate competitions.

  - **Method:** Class Participation

**Integration:** Class participation will evaluate students' level of aerobic, speed and agility, skill development and strength levels as they apply specifically to tennis..

  - **Method:** Class Performance

**Integration:** : Class members will be evaluated based on their abilities in one-on-one competitions, intercollegiate matches and through the use of a tennis team ladder.

**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:**

- Delavier,Fredrick (2019). *The strength Training Anatomy workout 3 maximizing results with Advanced training Techniques*, Human Kinetics, . ISBN: 1492588512.

**Other Resources:**

**Minimum Qualification**

- Coaching or

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