

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Gina Oliver	Date:	05/14/2020
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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	146B	Off-Season Athletics: 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.

Lab Units	Total Units
1.00 - 3.00	1.00 - 3.00
Lab Contact Hours	Total Contact Hours
48.00 - 162.00	48.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

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

-none-

General Education Justification:

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Maximum Enrollment:	32
Maximum Enrollment Justification:	Course has safety or compliance factors which influence the enrollment cap – check all that apply: * Course has safety or health reasons that the class should have a non-standard enrollment cap. Justification: Speed, agility and the fast pace of ball hitting will take place in this class. In order to assure student safety it is important to maintain a manageable

Grading Method:
TOP code:

class size.
Letter Grade or P/NP
0835.50

**Can be
Taken**

4

time(s) for credit (max 4)

	- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
X	- 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 intended for off-season tennis conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate tennis competition. Students who repeat this course will improve skills and fitness through further instruction and practice.
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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 is designed for off-season tennis conditioning for intercollegiate athletes. Students will improve skills and fitness through further instruction and practice.

Need for the course:

This course is needed to train our tennis intercollegiate athletes in the off-season. Through this course students develop a plan to meet their own health and wellness goals through individualized instruction and directed study by performing advanced conditioning techniques and group activities that develop sport specific skills. This course is an elective in the PE 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. Demonstrate athletic fundamentals necessary for tennis competition.
 2. Practice strategies, techniques, and rules for tennis competition.
 3. Apply principles of strategies in game situations.
 4. Develop teamwork abilities and display strong communication skills in practice and competition regarding tennis rules.
 5. Know the rules of CCCAA eligibility for intercollegiate competition and transfer.
 6. Synthesize baseline athletic conditioning techniques to acquire advanced conditioning knowledge, skills, and techniques.
 7. Produce training exercises at maximum load and intensity in order to assess overall conditioning levels.
 8. Combine increased conditioning levels with improved tennis techniques and strategies to optimize performance.

Course Content:

(please number the outline of main topics and subtopics)

This is a lab only course.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction to Tennis
 - a. Rules and regulations
 - b. CCCAA eligibility
 - c. Team Rules
 - d. Communication
 - e. Coaching philosophy
 - f. Safety
 2. Strategy Development
 - a. critique specific game situations
 - b. critique specific player technique
 - c. development of new game strategies
 3. Assessment of performance
 - a. Skills
 - b. Techniques
 - c. Strategy
 - d. Judgement
 - e. Quickness
 4. Conditioning in Tennis
 - a. Plyometric training
 - b. Circuit training
 - c. Free weight training
 - d. Cardiovascular training
 - e. Speed training
 5. Sport specific competitive play
 6. Advanced conditioning
 - a. Agility training
 - b. Fast Twitch muscle training
 - c. Stabilization and balancing exercises

- 7. Agility training in Tennis
- 8. Post conditioning assessment and evaluation
- 9. Injury rehabilitation for the sport of Tennis
- 10. Sports nutrition and diet modification

Methods of Instruction:

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

- **Method:** Activity
Integration: Instructor will facilitate individual and group drills that improve tennis skills.
- **Method:** Discussion
Integration: Instructor will guide discussions to review rules, regulations, CCCAA eligibility, team rules, and safety regulations regarding tennis.
- **Method:** Observation and Demonstration
Integration: Instructor will demonstrate proper communication techniques necessary for training, practice, and competition.
- **Method:** Critique
Integration: Instructor will critique video of training, practices, and competitions for player development.

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:** Quizzes
Integration: Student will show clear comprehension via objective written quizzes assessing knowledge of training methods, tennis techniques, tennis terminology and strategies.
- **Method:** Class Participation
Integration: Students will participate consistently and with great effort in daily assessment and tracking of fitness training and skill development, along with practicing common techniques and strategies.
- **Method:** Homework
Integration: Students will write in journal format, accurate and relevant self progress reports on training methods and practice techniques to be archived in their final portfolio.
- **Method:** Simulation
Integration: Students will perform scenarios and simulations toto demonstrate proficiency in athletic fundamentals necessary for college-level training, practice, and competition. Students must simulate the necessary fundamental techniques needed to become functionally competitive in strength, speed, cardiovascular, flexibility, and core training.

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:

1. Off-Season Portfolio:

Directions:

For this assignment, you are to keep accurate records of all aspects of your weight, strength, conditioning, and speed. Your portfolio must contain all pre, mid, and post cycle testing of height, weight, vertical jump, Olympic lifts, 40-time, and pro-shuttle time. In addition, your portfolio must contain weekly data spreadsheets monitoring your progress in all aspects of your off-season training development. Your portfolio should contain your dietary log including all supplementation. This assignment will be collected at the mid-term and at the end of the semester.

2. Off-Season Video Analysis:

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Directions:

For this assignment, you will be required to watch and analyze video of yourself and assess your technique and work within the tennis scheme. Your analysis will be written down in a notebook to monitor your growth and development as an athlete as you progress through the off-season training. In addition, you will be required to watch video of a competitor and analyze and assess their technical strengths and weaknesses as well as their tennis schemes and tendencies. This analysis will also be written down in your notebook for periodic review. This assignment will be collected at the mid-term and at the end of the semester.

Textbooks:

- G. Haff & T Triplett (2019). *Essentials of Strength Training and Conditioning and millions of other books are available for Amazon Kindle. Learn more Essentials of Strength Training and Conditioning* NSCA. ISBN: 978-1492501626

Other Resources:

Minimum Qualification

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