

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

PHYE 561

COURSE TITLE

TENNIS

TYPE COURSE

FEE

CATALOG COURSE DESCRIPTION

This course is designed to give students the basic knowledge and practice to be able to understand and play tennis at a beginners level. They will learn the basic grips and strokes of the game. (FT)

LECTURE HOURS

2 hours per week
for 9 weeks)

LABORATORY HOURS

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will enable the student to:

1. Stroke the ball correctly.
2. Keep score correctly.
3. Know and apply tennis rules correctly.
4. Explain some of the basic strategies of tennis.
5. Improve his/her basic play.

COURSE OBJECTIVES

Upon successful completion of the course the student will be able to:

1. Explain the basic rules of tennis.
2. Explain how to keep score.
3. Demonstrate basic tennis grips and strokes.
4. Use good manners and courtesy on the court.
5. Practice good strategy and positioning during practice games.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction
 - 1.1. Scoring
 - 1.2. Rules and regulations
 - 1.3. Strategy
 - 1.3.1. Singles
 - 1.3.2. Doubles
 - 1.4. Conditioning
 - 1.4.1. Warm-ups
 - 1.4.2. Stretching
 - 1.5. Attire
 - 1.6. Equipment
2. The Game of Tennis

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.1. Grips
 - 2.1.1. Forehand
 - 2.1.2. Backhand
 - 2.1.3. Serve
- 2.2. The drive
 - 2.2.1. Forehand
 - 2.2.2. Backhand
- 2.3. The serve
 - 2.3.1. Flat serve
 - 2.3.2. Slice
 - 2.3.3. Twist
- 2.4. Volley
- 2.5. Lob
- 2.6. Drop shot
- 2.7. Net play

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

Students will be evaluated on their improvement during the course. This will be accomplished through self-evaluation and instructor observations.

METHOD OF INSTRUCTION

The primary methods of instruction will include short lectures, demonstrations by the instructor and extensive supervised student practice.

TEXTS AND SUPPLIES

There is no required text.

The instructor will provide a course syllabus.

Students are expected to provide appropriate attire, tennis racquets and balls.

PREPARED BY Glenn Magpuri (Mira Mesa) DATE July 24, 1985

REVISED BY Instructional Services, SLOs added DATE March 7, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog