

Course Outline

COURSE: KIN 18A **DIVISION:** 40 **ALSO LISTED AS:** KIN 18 PE 18

TERM EFFECTIVE: Spring 2018 **CURRICULUM APPROVAL DATE:** 03/27/2017

SHORT TITLE: TENNIS - BEGINNING

LONG TITLE: Tennis - Beginning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

Coeducational activity stressing the basic tennis forehand, backhand, serve, and volley along with an introduction to the court markings. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 18. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate the basic forehand, backhand, serve, and volley.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Recognize and value this physical activity which can be performed throughout life.

Measure of assessment: discussion

Year assessed, or planned year of assessment: 2016

Semester: Fall

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/27/2017

4.5 - 9 Hours:

Content: Orientation and class organization will be presented. Discussion on selection and care of equipment. Introduction of the parts of the racket and their application to proper stroke development. The basic forehand stroke - grip, stance, swing and footwork - will be demonstrated and practiced.

Student Performance Objectives: Name the parts of the racket and explain their application to basic stroke production. Demonstrate the basic forehand stroke, including the grip, stance, swing and footwork.

4.5 - 9 Hours:

Content: Review the parts of the racket and their application to proper stroke development. Review and practice the basic forehand. Introduce and practice the stroke technique for the basic backhand - grip, stance, swing and footwork.

Discuss the pros/cons between utilizing the one-handed and two-handed backhand. Utilize a variety of drills, such as shadow drills and practice partners to work on stroke development.

Student Performance Objectives: Demonstrate the basic backhand stroke technique, including the proper grip, stance, swing and footwork. Explain the benefits/drawbacks to using the one-handed or two-handed backhand. Apply the knowledge of the parts of the racket to perform basic forehand and backhand strokes.

4.5 - 9 Hours:

Content: Presentation on the court markings. Introduce the ready position and incorporate this position during forehand and backhand stroke practice. Utilize a variety of activities, including rally games, to practice the basic forehand and basic backhand strokes.

Student Performance Objectives: Identify the court markings. Explain the rules utilized in rally games. Demonstrate the basic forehand and basic backhand strokes from the ready position.

4.5 - 9 Hours:

Content: Review and continue to practice, from the ready position, the basic forehand and backhand strokes. Introduce and practice the basic serve, including the toss, grip, stance and swing. Utilize drills such as serving at targets to practice stroke development. Incorporate the practice of the basic serve with the forehand and backhand strokes. Incorporate the use of court markings terminology in class activities.

Student Performance Objectives: Demonstrate the basic service technique and discuss the sequence of the serve, including the importance of the ball toss. Explain the reasons why the ready position is an important position to start stroke production from.

7.5 - 15 Hours:

Content: Continue to practice the basic serve and ground strokes in a variety of rally game activities. Introduce and practice the volley - technique, footwork and positioning. Incorporate the use of the basic volley in modified rally game activities. Discussion on the benefits of physical activity and why tennis is called a sport of a lifetime.

Student Performance Objectives: Demonstrate the basic volley technique. Demonstrate the basic serve, forehand and backhand in rally game situations. Discuss the benefits of physical activity.

2 Hours:

METHODS OF INSTRUCTION:

Demonstration, small groups, discussion, mini-lecture, peer teaching/learning, video analysis.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 0.00 %

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily: Involves skill demonstrations or problem solving

Skill demonstrations

Percent of total grade: 40.00 %

40% - 60% Demonstration

Objective examinations

Percent of total grade: 20.00 %

10% - 30% Multiple Choice; True/False; Matching Items; Completion; Other: Short Answer

Other methods of evaluation

Percent of total grade: 40.00 %

40% - 60% Requires student participation.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

Assignment Description: As this is a lab course no out of class assignments are required.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 18A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000534413
Sports/Physical Education Course: Y
Taxonomy of Program: 127000