I. Description of Course:

1. Department/Course: ATHL - 268
2. Title: Coaching Tennis
3. Cross Reference: 
4. Units: 3  
   Lec Hrs: 1  
   Lab Hrs: 6  
   Tot Hrs: 126.00
5. Repeatability: Yes Times:2
6. Grade Options: Letter Grade, May Petition for Pass/No Pass (GP)
7. Degree/Applicability:  
   Credit, Degree Applicable, Transferable  
   - CSU & UC (T)
8. General Education: 
9. Field Trips: Required
10. Requisites:  
    Limitation on Enrollment  
    Must be an active member of the intercollegiate tennis team.  
    Advisory  
    Medical clearance needed within last year.  
    Corequisite  
    ATHL 380 Intercollegiate Athletic Injury Rehabilitation

12. Catalog Description:  
    This course is a study of fundamental offensive and defensive techniques and strategies as they apply to teaching and/or coaching tennis. This course includes the principles of how to scout games, critique athletic skills, and planning a practice schedule.

13. Class Schedule Description:  
    Offensive/defensive techniques and strategies applicable to teaching and/or coaching tennis.

14. Counselor Information:  
    Part of the intercollegiate SEP.

II. Student Learning Outcomes
The student will:

1. Demonstrate fundamental skills of tennis as it relates to practice and match-like situations.
2. Demonstrate offensive and defensive tennis strategies during game-like situations.
3. Develop a weekly practice session.
4. Assess the potential life-long benefits of regular physical activity.
5. Evaluate the skill of a tennis player.
6. Organize an offensive theory regarding service placement and type of spin.

III. Course Outline:
A. Introduction
  1. History of Tennis
  2. Social Aspect
  3. Science (movement)
B. Specifics Related to tennis areas
  1. Rules-Officiating
  2. Training and Conditioning
  3. Statistics
  4. Scouting
  5. Public Relations
  6. Media
C. The Coach and Coaching
  1. Methodology: Types
  2. Psychology
  3. Communication
D. Planning: Organization and Development
  1. Coaching: Last Thing You Do
  2. Logistics:
     a. Class and Team Size
     b. Facility Utilization
     c. Attendance
     d. court Discipline
  3. Daily-Weekly Practice Log
  4. Identifying the "Winners"
E. Tennis Subject Areas
  1. The Basics
     a. The court
     b. Player Positioning
        i. singles
        ii. doubles
     c. Phases of Play
  2. Serve
     a. Location of the serve
     b. Types of spins
     c. The when and why to change it up
  3. Offense: swings
     a. Stance/Positioning
     b. Basic Offensive power swings
     c. Types of Offensive Hits
        i. forehand
        ii. backhand
        iii. slice
        iv. lob
        v. drop
     d. Multiple Offense
     e. baseline play and net play
  4. Defense
a. approaching the lob
b. protecting at the net
c. Defensive Team Play with Variation

5. Coaching Situations
   a. Use of Time-outs
   b. Reacting to Opponents Lineup
   c. Use of Video Tapes
   d. Pre-game Warm-ups
   e. Post-game Cooldowns and Team Talk

IV. Course Assignments:
   A. Reading Assignments
   B. Projects, Activities, and other Assignments
      1. Scouting events
   C. Writing Assignments
      1. Scouting reports
      2. Offensive/defensive strategic plan

V. Methods of Evaluation/Assessment:
   A. Completed scouting reports to analyze specific player skills (SLO #5)
   B. Completed weekly practice session (SLO #1-4)
   C. Completed offensive/defensive plan (SLO #6)

VI. Methods of Instruction:
   A. Lecture
   B. Laboratory
   C. Discussion
   D. Demonstration
   E. Audiovisual
   F. Computer Assisted Instruction
   G. Collaborative Learning

VII. Textbooks:
   Recommended

   Supplemental

VIII. Supplies:

CID 2330