

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

Created by: Kay Leum
Status: Special Topics
Effective Term: Fall 2017

July 6, 2017

A. Identification:

1. Subject Area: Fitness (FIT)
2. Course Number: 298
3. Course Title: Beginning Tennis
4. Credit Hours: 1
5. Course Description: Introduction to the fundamental skills of tennis. Skills to be included are grips, forehand, backhand, serve, volley, and special strokes. Tennis rules, etiquette, and fitness are also included. Students will be exposed to singles and doubles play. Course is designed for students who have little or no tennis knowledge but all skill levels are welcome. One lab.

B. Course Goals: Students will learn tennis basics so that they will have the best foundation on which to improve in the sport. To maximize enjoyment of playing tennis, students will gain an understanding of the game, rules, etiquette, and strategies.

C. Course Outcomes:

Upon successful completion of this course, students will:

1. observe instruction and apply knowledge to display proper skills of all tennis strokes;
2. use self-analyzing tools to improve technique;
3. observe skills, technique, fitness level and develop plan for improvement;
4. emulate the basics of the skills used in a sport that can be played all their lives;
5. and exhibit listening skills and verbal communication.

D. Course Outcomes Assessment will include:

1. course grades determined by the instructor as outlined in the course syllabus;
2. demonstration and execution of skills;
3. demonstration of skills and confirmation of ability to build on that information in subsequent classes;
4. demonstration of adjustments to strokes and improvement of skill;
5. participation in learning skills, actual play and competition;
6. and written test exhibiting understanding of rules, terms and foundation of the sport.

E. Course Content will include:

1. Introduction and skills assessment
2. Equipment, terms and rules of the game
3. All beginning tennis strokes: forehand, backhand, serve, volley, overhead, and lob and the appropriate grip used with each stroke
4. Game, set and match scoring
5. Singles and doubles play, including strategy