

Glendale College

Course Outline of Record Report

Course ID 010260
Cyclical Review - September 2023

ATHPE134 : Off-Season Training for Intercollegiate Women's Tennis

General Information

Author:	• Yvette Ybarra
Course Code (CB01) :	ATHPE134
Course Title (CB02) :	Off-Season Training for Intercollegiate Women's Tennis
Department:	ATHPE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574821
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	ATHPE 134 provides instruction and practice for intercollegiate women's tennis focusing on fundamental techniques of competitive women's tennis. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: ATHPE 134 is off-season training for students who are interested in competing on an intercollegiate women's tennis team. May be taken 4 times for credit. Each student-athlete must provide their own tennis rackets.
Justification:	Mandatory Revision
Academic Career:	• Credit
Author:	• Yvette Ybarra

Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
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Course is not a basic skills course.

Course is not a special class.

- Grade with Pass / No-Pass Option

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Course Support Course Status (CB26)

Not applicable.

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	2.5
Total Course In-Class (Contact) Hours	36 - 81
Total Course Out-of-Class Hours	18 - 54
Total Student Learning Hours	54 - 135

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

In Class

Out of Class

Course Student Hours

Course Duration (Weeks)

18

Lecture Hours	0.5 - 1.5	1 - 3	Hours per unit divisor	54
Laboratory Hours	1.5 - 3	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	9 - 27
			Laboratory	27 - 54
			Studio	0
			Total	36 - 81
			Course Out-of-Class Hours	
			Lecture	18 - 54
			Laboratory	0
			Studio	0
			Total	18 - 54

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Perform skills appropriate for intercollegiate tennis.

Define National Collegiate Athletic Association (NCAA) tennis rules.

Participate in rigorous physical activity.

Participate and interact in a team environment.

Maintain positive individual behaviors to enhance team dynamics.

Specifications

Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Out of Class Assignments

- Practice evaluation (e.g. written evaluations regarding positive and negative performances)
- Goal setting (e.g. written re-evaluation of goal performance every other week)
- Practice analysis (e.g. summary and review of practice film)

Methods of Evaluation

Rationale

Exam/Quiz/Test

Written exams

Evaluation

Demonstration evaluations

Writing Assignment

Video movement analysis

Activity (answering journal prompt, group activity)

Tournament play

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
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No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)**Description**

The Official Rulebook of the Intercollegiate Tennis Association, 2022-2023

Author

National Collegiate Athletics Association

Citation

No value

Online Resource(s)https://ncaaorg.s3.amazonaws.com/championships/sports/tennis/rules/2022-23PRXTE_ITARulesBook.pdf**Materials Fee**

No value

Learning Outcomes and Objectives**Course Objectives**

Identify and analyze concepts of individual and team personnel through film analysis and simulated game situations.

Demonstrate collegiate level serving, back and front stroke and footwork techniques.

Recognize the role of nutrition in athletic performance.

Break down and apply offensive and defensive schemes.

Apply practical and general knowledge of the game of tennis and its rules.

Integrate conditioning and weight training into daily practices.

Demonstrate the ability to work with a team as a unit and develop team concepts.

Demonstrate an understanding of California Community College Athletic Association (CCCAA) and/or NCAA rules and policies as related to off-season training and competition.

SLOs

Perform advanced tennis skills through individual and team practice.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core <i>ILOs</i>	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core <i>PLOs</i>	Integrate and execute advanced cooperative skills needed to perform at a high level of play.
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Develop a high level of physical conditioning inherent in competitive tennis.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core <i>ILOs</i>	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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<i>ATHPE</i> Core <i>PLOs</i>	Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
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Integrate cooperative skills needed to perform at a high level of play.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core <i>ILOs</i>	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core <i>PLOs</i>	Integrate and execute advanced cooperative skills needed to perform at a high level of play.
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Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

<i>ILOs</i> Core <i>ILOs</i>	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core <i>PLOs</i>	Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
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Additional SLO Information**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content**Lecture Content****Team Philosophies and Rules Lecture (2-6 hours)**

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies

Safety for Women's Tennis Lecture (2-4 hours)

- Proper warm-up
- Proper cool-down

Understanding Team Dynamics Lecture (2-4 hours)

- Creating a positive environment
- Effective communication under stress

Nutritional Aspects of Effective Training Lecture (2-3 hours)**Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (1 hours)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours: 9-18

Laboratory/Studio Content**Fundamental Conditioning Skills for Women's Tennis (8-15 hours)**

- Agility
- Coordination
- Muscular strength
- Muscular and cardiovascular endurance
- Plyometrics
- Flexibility

Advanced Fundamental Skills in Women's Tennis (11-20 hours)

- Serving
- Backstroke
- Ground stroke
- Drop shot
- Body positioning
- Footwork
- Position of racket
- Grip

Advanced Game Strategy (8-19 hours)

- Selection of offensive and defensive strategy
- Singles play
- Doubles play
- Application of offense and defense

Total Hours: 27-54