

Glendale College  
**Course Outline of Record Report**

Course ID 003083  
 Cyclical Review - September 2023

**ATHPE135 : Intercollegiate Men's Tennis**

**General Information**

Author:	• Yvette Ybarra
Course Code (CB01) :	ATHPE135
Course Title (CB02) :	Intercollegiate Men'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) :	CCC000574819
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 135 is an advanced course designed for students who plan to compete at the collegiate level in the sport of men's tennis. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies. Note: ATHPE 135 is designed for the intercollegiate men'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	No value	No Comparable Course defined.

### Units and Hours

#### Summary

**Minimum Credit Units (CB07)** 2.5

**Maximum Credit Units (CB06)** 2.5

**Total Course In-Class (Contact) Hours** 81

**Total Course Out-of-Class Hours** 54

**Total Student Learning Hours** 135

#### Credit / Non-Credit Options

Course Type (CB04)	Noncredit Course Category (CB22)	Noncredit Special Characteristics
Credit - Degree Applicable	Credit Course.	No Value

Course Classification Code (CB11)	Funding Agency Category (CB23)	Cooperative Work Experience Education Status (CB10)
Credit Course.	Not Applicable.	<input type="checkbox"/> Status (CB10)

Variable Credit Course

Weekly Student Hours		Course Student Hours	
	In Class	Out of Class	Course Duration (Weeks)
Lecture Hours	1.5	3	18
			Hours per unit divisor
			54

Laboratory Hours	3	0	<b>Course In-Class (Contact) Hours</b>	
Studio Hours	0	0	Lecture	27
			Laboratory	54
			Studio	0
			<b>Total</b>	<b>81</b>
			<b>Course Out-of-Class Hours</b>	
			Lecture	54
			Laboratory	0
			Studio	0
			<b>Total</b>	<b>54</b>

**Time Commitment Notes for Students**

No value

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

No Value

**Entry Standards**

**Entry Standards**

Apply a variety of offensive and defensive skills appropriate for intercollegiate tennis.

Integrate National Collegiate Athletic Association (NCAA) rules and CCCAA decorum policies into weekly competition.

Display cardiovascular health, muscular strength and endurance.

Utilize verbal communication necessary for collegiate competition.

Demonstrate how to apply workable solutions within a team environment.

## 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

- Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback)
- Goal setting (e.g. written re-evaluation of goal performance every week)
- Game analysis (e.g. written summary and review of game film both team and individual)

### Methods of Evaluation

### Rationale

Exam/Quiz/Test

Written play exams (e.g. diagram test for defense)

Other

Demonstration evaluations (e.g. how to end a volley)

Activity (answering journal prompt, group activity)

Video movement analysis

Other

Weekly competition

### Textbook Rationale

No Value

### Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	The Official Rulebook of the Intercollegiate Tennis Association 2022-2023			
<b>Author</b>	National Collegiate Athletics Association			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>				
<b>Materials Fee</b>				
No value				

<b>Learning Outcomes and Objectives</b>	
<b>Course Objectives</b>	
Identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations.	
Demonstrate collegiate level serving, ground strokes, back strokes and footwork techniques.	
Recognize the role of nutrition in athletic performance.	
Break down and apply offensive and defensive schemes.	
Demonstrate and 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.	
<b>SLOs</b>	
<b>Perform fundamental mechanics for effective performance in the sport of tennis.</b>	Expected Outcome Performance: 70.0
<i>//Os</i>	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
Core ILOs	

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.  
Core  
PLOs

**Demonstrate and apply technical and tactical skills necessary for collegiate competition.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
Core creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
Core  
PLOs

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
Core creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Demonstrate and apply safety rules and procedures to effectively participate in physical movement.  
Core  
PLOs

**Integrate cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
Core creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.  
Core  
PLOs

## 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 (7 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- California Community College Athletic Association Decorum
- Training room policies for treatment

#### Safety for Men's Tennis Lecture (5 hours)

- Preventative injury exercises
- Proper warm-up
- Proper cool-down

#### Understanding Team Dynamics Lecture (8 hours)

- Creating a positive team environment
- Effective communication under stress

#### Nutrition for the Competitive Athlete Lecture (6 hours)

- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements:
- Good or bad
- Hydration

#### Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (1 hour)

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total hours: 27**

### Laboratory/Studio Content

#### Fundamental Conditioning for Men's Tennis Lab (10 hours)

- Agility
- Coordination
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training
- Flexibility

#### Fundamental Skills and Strategies in Intercollegiate Men's Tennis Lab (12 hours)

- Doubles Play
- Analyzing Opponent
- Position of non-server
- Net play
- Strategy
- Analyzing Opponent
- During warm-up
- During course of match
- Round strokes
- Net shots
- Service
- Using proper strokes of shots
- Hit cross court
- Hit down the line
- Use a drop shot

- Come to net

**Offense Strategies for Intercollegiate Men's Tennis Competition Lab (16 hours)**

- Racket grip
- Forehand grip
- Backhand grip
- Service grip
- Footwork and Position
- Anticipation of ball
- Movement toward ball
- Assuming balanced, controlled body position
- Ground Strokes
- Forehand stroke
- Grip
- Position of body
- Position of racket
- Meeting the ball
- Driving through and directing ball (placement)
- Follow through with racket and body
- Regaining original position
- Backhand Stroke
- Grip
- Position of body
- Position of racket
- Meeting the ball
- Driving through and directing ball (placement)
- Follow through with racket and body
- Regaining original position
- Volley Shot
- Court position
- One step and outstretched racket distance from net
- Middle court
- Racket movement
- Forehand volley
- Backhand volley
- Placement
- Service
- Grip
- Footwork and position
- Toss of ball
- Swing of racket
- Driving through ball
- Body position

**Defense Strategies for Intercollegiate Men's Tennis Competition Lab (16 hours)**

- Lob
- Stroke of racket
- Placement
- Cross court shot
- Down the line shot
- Drop shot
- How to pass opponent at net

**Total Hours: 54**