

# Glendale College

## Course Outline of Record Report

Course ID 010260  
Revision - November 2025

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

#### General Information

Author:	• Erin Calderone
Attachments:	DE Addendum Emergency Online_ATHPE_134 COR_9:27:2023 CoDE_11:28:2023.pdf
Course Code (CB01) :	ATHPE134
Course Title (CB02) :	Off-Season Training for Intercollegiate Women's Tennis
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574821
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
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:	Content Change
Academic Career:	• Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

#### Academic Senate Discipline

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

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**CSU GE-Breadth Area**

E-Lifelong Learning and Self-Development

**Area**

Lifelong Learning and Self-Development

**Status**

Approved

**Approval Date**

08/28/2023

**Comparable Course**

No Comparable Course defined.

**GCC General Education Requirements**

Area 8: Lifelong Learning

**Area**

Lifelong Learning

**Status**

Pending

**Approval Date**

No value

**Comparable Course**

No Comparable Course defined.

### Units and Hours

**Summary**

**Minimum Credit Units (CB07)**

2

**Maximum Credit Units (CB06)**

4

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

90 -  
180

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

18 -  
36

**Total Student Learning Hours**

108 -  
216

**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.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	0.5 - 1	1 - 2
Laboratory Hours	4.5 - 9	0
Studio Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	9 - 18
Laboratory	81 - 162
Studio	0
<b>Total</b>	90 - 180
<b>Course Out-of-Class Hours</b>	
Lecture	18 - 36
Laboratory	0
Studio	0
<b>Total</b>	18 - 36

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

**Entry Standards**

Entry Standards	Description
Perform skills appropriate for intercollegiate tennis.	No Value

Define National Collegiate Athletic Association (NCAA) tennis rules.	No Value
Participate in rigorous physical activity.	No Value
Participate and interact in a team environment.	No Value
Maintain positive individual behaviors to enhance team dynamics.	No Value

### Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

### Requisite Validation

<b>Upload Statistical Validation and/or other documents (if necessary)</b>
No Value

### Specifications

<b>Methods of Instruction</b>	
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Discussion
Methods of Instruction	Lecture

<b>Methods of Instruction</b>	Laboratory			
<b>Methods of Instruction</b>	Multimedia			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Practice evaluation (e.g. written evaluations regarding positive and negative performances)</li> <li>• Goal setting (e.g. written re-evaluation of goal performance every other week)</li> <li>• Practice analysis (e.g. summary and review of practice film)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Exam/Quiz/Test	Written exams			
Evaluation	Demonstration evaluations			
Writing Assignment	Video movement analysis			
Activity (answering journal prompt, group activity)	Tournament play			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
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>	<a href="https://ncaaorg.s3.amazonaws.com/championships/sports/tennis/rules/2022-23PRXTE_ITARulesBook.pdf">https://ncaaorg.s3.amazonaws.com/championships/sports/tennis/rules/2022-23PRXTE_ITARulesBook.pdf</a>			

## Learning Outcomes

### 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

*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*

**Develop a high level of physical conditioning inherent in competitive tennis.**

Expected Outcome Performance: 70.0

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

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

**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 creativity that leads to innovative ideas.  
Core  
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

## 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 (1-3 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 (3-6 hours)

- Creating a positive environment
- Effective communication under stress

#### Nutritional Aspects of Effective Training Lecture (2-4 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 (24-28 hours)

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

#### Advanced Fundamental Skills in Women's Tennis (27-54 hours)

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

#### Advanced Game Strategy (30-60 hours)

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

**Total Hours: 81-162**

## Additional Information

### Repeatability

Repeatable

### Justification (if repeatable was chosen above)

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

### Is it possible this course will have a material fee?

No

### I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No

### What term(s) will this course be offered?

Fall

### Will any additional resources be needed for this course? (Click all that apply)

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value