

Glendale College
Course Outline of Record Report

Course ID 003084
 Cyclical Review - September 2023

ATHPE133 : Intercollegiate Women's Tennis

General Information

Author:	• Yvette Ybarra
Course Code (CB01) :	ATHPE133
Course Title (CB02) :	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:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574818
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 133 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women'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 133 is designed for the 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	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)

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
Lecture Hours	1.5	3

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54

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

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	Lecture			
Methods of Instruction	Laboratory			
Methods of Instruction	Discussion			
Methods of Instruction	Multimedia			
Out of Class Assignments				
<ul style="list-style-type: none"> • 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)		
Exam/Quiz/Test		Demonstration evaluations (e.g. how to end a volley)		
Exam/Quiz/Test		Video movement analysis		
Exam/Quiz/Test		Weekly competition		
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
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)	

Materials Fee

No value

Learning Outcomes and Objectives**Course Objectives**

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.

SLOs

Perform fundamental mechanics for effective performance in the sport of tennis.

Expected Outcome Performance: 70.0

<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.
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

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
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

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 (7 hours)

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

Safety for Women's Tennis Lecture (4 hours)

- Proper warm-up
- Proper cool-down

Understanding Team Dynamics Lecture (8 hours)

- Creating a positive environment
- Effective communication under stress

Nutritional Aspects of Effective Training Lecture (7 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 Women's Tennis (10 hours)

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

Fundamental Skills and Strategies in Intercollegiate Women's Tennis (12 hours)

- Singles play
- 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 Women's Tennis Competition (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 Women's Tennis Competition (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