

SPRING: PE 38B, Competitive Tennis
CLASS MEETS: RC Tennis Courts (Hybrid)
INSTRUCTOR: Kim Locklin
OFFICE: Room 320; Phone: (559) 637-2565
OFFICE HOURS: M/W/F 11-12pm T/Th 1-2pm
E-MAIL: kim.locklin@reedleycollege.edu

COURSE DESCRIPTION: Course is designed to improve physical conditioning and skills for competitive tennis. Psychological skills and techniques will also be utilized. Practices will consist of drills and match play to further understanding of technical and tactical concepts.

Limitation of Enrollment: Students in this course must perform and compete at the intercollegiate level.

COURSE OBJECTIVES:

Students will be able to learn and demonstrate techniques and strategies during intercollegiate competition.

COURSE OUTCOMES:

Students will understand and apply various offensive and defensive techniques used in intercollegiate tennis, from both individual and team concepts. Students will also possess an understanding of strategy used during singles and doubles play in intercollegiate competition.

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES: If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or Section 504 of the Rehabilitation Act, please notify me immediately (i.e. Braille, large print, electronic text). In addition, please contact our DSP&S office at 638-0332. Additionally, if you have any other issues that might be affecting our school work, please see me as we have many programs on campus that may be able to assist you.

CLASS REQUIRMENTS:

1. Be on time. Be dressed in appropriate tennis attire.
2. Be courteous/cooperative with classmates, other classes, and instructor. At times you will be asked to provide feedback to your classmates.
3. Inform instructor of any preexisting medical conditions. Report all injuries to instructor. ***SAFETY IS A MAJOR CONCERS AT ALL TIMES!*** Inform instructor of any potential dangerous conditions you come across.

GRADING PROCEDURES:

*Four Assessments and Evaluations

*90% and above =A; 80-89% B; 70-79% C; 60-69% D; 59% and below a F;

WEEK 1,2,3,4

Introduce preseason conditioning routines. Introduce and implement mental training techniques/routines for pre, during, post match. Introduce individual and team goals for the season.

WEEK 5,6,7,8

Work on serving and receiving techniques. Implement and review singles and doubles strategy and tactics.

WEEK 9,10,11,12

. Identify and review opponent's strength and weakness during competition.

WEEK 13,14,15

Introduce and implement postseason training drills and routines.

WEEK 16, 17

Implement philosophies, exercise development, and skill development for postseason competitive tennis. Review individual and team goals. Introduce philosophies and goal setting changes for the next year.

WEEK 18

Finals Week