



**MERCER**  
COUNTY COMMUNITY COLLEGE

## COURSE OUTLINE

Course Number	Course Title	Credits
HPE 226	Intermediate and Advanced Tennis	1
Hours: Lecture/Lab/Other	Co- or Pre-requisite	Implementation Semester & Year
0/2/0	None	Spring 2023

**Catalog description:**

For students who have received formal instruction (such as HPE 225), have played competitively, or who have been playing for two or three years and can rally consistently with an opponent. Skills presented include the slice, drop shot, half volley, drop volley, offensive lob, defensive lob, and slice serves. Additionally covers footwork and strategy.

**General Education Category:**  
**Not GenEd**

**Course coordinator:** Mike DeAngelis MS, CSCS  
609-570-3758, deangelm@mccc.edu

**Required texts & Other materials:** (

**Text:** TENNIS: Steps to Success by Jim Brown, Third Edition ISBN 0736053638

**Equipment:** Tennis balls are supplied. Tennis shoes or some type of sneakers, athletic apparel (sweat pants, sweatshirt, T-shirt, shorts, etc.) are required. Student is responsible for bringing a tennis racket.

**Course Student Learning Outcomes (SLO):**

***Upon successful completion of this course, the student will be able to:***

1. To be able to master the rules of tennis (ILG 1,2,11, PLO 3)
2. To be able to learn optimal footwork for a competitive advantage in tennis (ILG 3,11, PLO 3,4)
3. To demonstrate the following: slice, drop shot, half volley, drop volley, offensive lob, defensive lob, and slice serves (ILG 1, PLO 3)
4. To be able to practice and describe tactics and strategies for singles and doubles tennis (ILG 1,11, PLO 3)
5. To be able to participate at the intermediate/advanced level (ILG 1,11, PLO 3,7)

**Course-specific Institutional Learning Goals (ILG):**

**Institutional Learning Goal 1. Written and Oral Communication in English.** Students will communicate effectively in both speech and writing.

**Institutional Learning Goal 2. Mathematics.** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.

**Institutional Learning Goal 3. Science.** Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

**Institutional Learning Goal 11. Critical Thinking:** Students will use critical thinking skills understand, analyze, or apply information or solve problems.

## **Program Learning Outcomes for Exercise Science A.S. (PLO)**

1. Succeed academically upon transfer to a baccalaureate program related to exercise science;
2. Secure employment in the field of exercise science;
3. Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
4. Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
5. Assess and evaluate an individual's health and performance;
6. Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
7. Conduct safe and effective training sessions with generally healthy individuals.

### **Units of study in detail – Unit Student Learning Outcomes:**

#### **Unit 1 (Supports SLOs # 1,2)**

Review and discuss key concepts of tennis  
Review and discuss the importance of court awareness  
Practice and review the use and mechanics of forehand  
Practice and review the use and mechanics of backhand  
Discuss best practice regarding tennis footwork  
Execute “Games Approach Drills” for forehand, backhand and footwork

#### **Unit 2 (Supports SLOs # 1,2,3,4,5)**

Review forehand, backhand, and footwork  
Introduce the slice  
Introduce the drop shot  
Introduce half volley  
Introduce drop volley  
Practice the slice, drop shot, half volley, and drop volley  
Train slice, drop shot, half volley, and drop volley through singles play

#### **Unit 3 (Supports SLOs # 1,2,3,4,5)**

Practice drills for forehand, backhand, & serve  
Introduce the mechanics of defensive lob and slice serve  
Practice the defensive lob and slice serve  
Review the mechanics of the lob, overhead smash, & drop shot  
Execute drills for the lob, overhead smash, & drop shot  
Practice skills in doubles play

#### **Unit 4 (Supports SLOs # 1,2,3,4,5)**

Reinforce tactics and strategy for singles  
Reinforce tactics and strategy for doubles  
Practice tactical approaches in singles play  
Practice tactical approaches in doubles play

#### **Unit 5 (Supports SLOs # 1,2,3,4,5)**

Review drills (all strokes and footwork)  
Compete in singles match play  
Compete in doubles match play

**Evaluation of student learning:**

**Grading:**

1. Basic Tennis Skills (includes strokes & singles/doubles play) 80%
2. Class participation 10%
3. Written Test 10%