

Instructor: Mike Palacio Jr.

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Class Times: Fall 2013 Monday/Wednesday 6am-6:50am

Code: 10991

Course Description:

This course is designed to present and improve advanced techniques in tennis skills and singles and doubles strategy in preparation for intercollegiate athletic competition. This course will also strengthen the overall body in preparation for intercollegiate athletic competition. Cardiovascular fitness will be developed through aerobic and anaerobic training. Flexibility will be enhanced via a comprehensive routine.

Course Objectives:

1. To develop sufficient levels of strength to be competitive for intercollegiate athletic competition.
2. To develop aerobic and anaerobic fitness levels to compete in intercollegiate athletic competition.
3. To develop flexibility to prevent athletic injuries and to enhance athletic performance.

Student Learning Outcomes:

Upon successful completion of the course students should:

1. Improve cardiovascular and muscular fitness. (ISLO1, ISLO3)

Evaluation:

Students will be evaluated on class attendance and participation. Each absence will affect your participation grade. Missed hours must be made up by the end of the semester.

Grading:	90% of hours	A
	80% of hours	B
	70% of hours	C
	60% of hours	D

Locker use:

Lockers are self-chosen. Bring your own lock and chose a locker. Use the small lockers in the locker rooms for regular storage. Large lockers can be used during the class time hour.

NO FOOD OR SOFT DRINKS WILL BE ALLOWED ON THE TENNIS COURTS. You are encouraged to bring a water bottle to class or

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSPS) as soon as possible. DSPS, Room 2117, Health Sciences Building, (760) 355-6312.