



Basic Course Information

Semester:	Spring 2021	Instructor Name:	John M. Palacio
Course Title & #:	ATHL 137	Email:	mike.palacio@imperial.edu
CRN #:	20951	Webpage (optional):	n/a
Classroom:	Tennis Courts	Office #:	n/a
Class Dates:	2/16/21-6/11/21	Office Hours:	n/a
Class Lecture:	Online DE	Office Phone #:	760-352-8320
Class Labs:	TBA	Emergency Contact:	Ms. Frances Arce-Gomez
Units:	3.0	Class Format:	Lecture/Laboratory

Course Description

This class is designed for preparation and training involved with intercollegiate tennis competition. Maximum credit twelve units. (CSU) (UC credit limited. See a counselor.) (CSU/UC)

Course Prerequisite(s) and/or Corequisite(s)

Eligibility will be determined by CCCAA rules.

Student Learning Outcomes

1. Perform with an increasing degree of proficiency the skills, footwork, and strategies of singles and doubles competition. (ILO1, ILO2, ILO3, ILO4)
2. Increase and improve their physical conditioning for competitive tennis. (ILO1, ILO2, ILO3)

Course Objectives

1. Demonstrate competency for intercollegiate competition.
2. Show training and conditioning techniques related to intercollegiate competition.
3. Identify areas of vulnerability in the opponents' stroke production and patterns of play.

Textbooks & Other Resources or Links

- Imperial Valley College 2018. *Student Athlete Handbook* Imperial Valley College
- United States Tennis Associated Rule Book.

Course Requirements and Instructional Methods

This course requires that students practice techniques, develop competency, and participate in intercollegiate tournaments.

Course Grading Based on Course Objectives

Class is made up of 300 points.



<i>Participation</i>	<i>100 points</i>
<i>Mid-term</i>	<i>100 points</i>
<i>Final</i>	<i>100 points</i>

Course Policies

You are expected to attend class each time class is in session. Excess absences will impact your final grade. Academic dishonesty will not be tolerated.

Other Course Information

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic
Week 1 February 16-19	Syllabus & Introduction Class Orientation, COVID restriction, CANVAS, Physicals, Equipment - racquets
Week 2 February 22-26	Class workout Praxis Philosophy – 2 hits, 2 sec, 2 steps, and 50,000 less hits, Grips (slice serve)
Week 3 March 3 -5	Serve – slice serve, flat serve, top spin serve, American twist < fast ball drills >
Week 4 March 8 -12	4 backswings – loop, topspin, slice, straight, no back swing.
Week 5 March 15-19	3 follow throughs – straight, topspin, underspin, no follow through
Week 6 March 22-26	Stances – open vs. closed, put together, classic vs. today’s strokes.
Week 7 March 29 – April 2	Return serve footwork, volley foot work, overhead footwork
Week 8 April 5 - 9	Spring Recess (Campus Closed)
Week 9 April 12-16	3 spin trajectories and bounces, anaerobic v. aerobic tennis Test on all of the above – written test – class test
Week 10 April 19-23	Live ball feeding drills – doubles and singles drills
Week 11 April 26 – 30	Wrist drills, ¼ mile run drills, Connors’ run, weight room
Week 12 May 3 – 7	Time wedge reps, time ¼ mile weight run

Date or Week	Activity, Assignment, and/or Topic
Week 13 May 10 – 14	2 nd test (Weeks 9-11) Individual Test
Week 14 May 17-21	Players practice ball feeding
Week 15 May 24 – 28	Tournament with COVID restrictions - Singles
Week 16 June 31 – June 4	Tournament with COVID restrictions – Doubles
Week 17 June 7 – 11	Final Exam

*****Subject to change without prior notice*****