

# TEAM 187 Tennis: Skill Development and Conditioning

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## **TEAM 187 TENNIS: SKILL DEVELOPMENT AND CONDITIONING**

Focuses on mastering individual skills and doubles team concepts. It is designed to improve the individual techniques of students wishing to play intercollegiate community college tennis. Students also participate in numerous competitive drills and tennis conditioning. May be repeated for credit up to 3 times. *Letter Grade Only. Degree Credit.*

**Units:** 2

**Hours/semester:** 96-108 Lab

**Recommended:** Demonstrated ability is required.

**AA/AS Degree Requirements:** Area E2; Physical Education

**Transfer Credit:** CSU (CSU GE Area E2), UC\*

