



**USPTA**  
**Specialist in Tennis**  
**Fitness**

Dear USPTA Member:

On behalf of the USPTA National Fitness & Wellness Committee we applaud and thank you for your commitment to tennis specific fitness and tennis education. The committee has spent many volunteered hours to redevelop this specialist degree to address the needs of today's tennis professional and their students as it relates to tennis specific fitness and training.

We hope you will embrace this curriculum and use it to develop a unique skill set that is so important into today's ever-changing tennis player development landscape. The committee has pulled from resources across a variety of platforms and has engaged the professional input from some of the most renowned tennis and sports advisors in the country. We are very proud of their efforts and hope you will find this degree challenging and helpful as you navigate the rest of your tennis career.

I also want to thank the USPTA Board of Directors and staff, Dr. Mark Kovacs of the iTPA, Dr. Sean Drake of RacquetFit and Michele Krause for their input as Special Advisors and Partners of this project. They are key drivers of tennis specific fitness in the United States and we are fortunate for their contributions to our sport and this degree.

Best of luck and thank you again for your pursuit of the **USPTA Specialist in Tennis Fitness Degree**.

Best Regards,

USPTA National Fitness & Wellness Committee

Lane Evans, USPTA, Chair

Christy Bennett, USPTA

Dr. Nick DiNubile, MD, USPTA

Dr. Stephan Esser, MD, USPTA

Josh Jorgensen, USPTA

Jason Kinder, USPTA

Kevin Theos, USPTA

Alex Shusis, USPTA

Advisors: Dr. Sean Drake, Dr. Mark Kovacs, Michele Krause

## **USPTA Specialist in Tennis Fitness Degree Requirements:**

Must be Elite Professional and a member in good standing with the USPTA.

Applicants must fill out the certification application and submit the \$150.00 fee.

Upon completion of all assignments, please compile an electronic version of your work onto a flash drive and submit to:

USPTA World Headquarters Attn: Education  
11961 Performance Drive  
Orlando, Fl. 32827

Questions can be sent to: Lane Evans, USPTA National Fitness & Wellness Committee at [Levans290@gmail.com](mailto:Levans290@gmail.com)

All completed work will be scored by at least 3 of the committee members and be reviewed by an Education Committee member for final grades. **An average of the three scores will determine final score. You must score at least 275 points out of a possible 350.**

Final grade reports will be sent to applicants within 2-3 weeks of receipt. At that time, certificates will be processed.

The USPTA Tennis Fitness Specialist Degree will carry a continuing education credit value of **15 points**. You will also receive education credits from videos you watch from **Tennis Resources**. Please select "View for Credit" on all videos you view on Tennis Resources as this will insure you receive educational credits for watching them. Please refer to your USPTA Report Card to verify you have received the credits.

**USPTA Specialist in Tennis Fitness Degree  
Curriculum Table of Contents and Assignments  
(Point Values- 350 Total)**

**1. Writing Assignment #1 (25 Points)**

In no more than 650 words, please explain why you think a Specialist Degree in tennis specific fitness is important and how this degree will benefit not only you but your members and students. You may use situations at your own club or business.

**2. Word Definitions (25 Points)**

Please research and define the following terms and explain their meaning and application as it relates to tennis fitness and/or performance. Write no more than a short paragraph on each term. Also, research at least two accepted treatments for them if and where applicable.

Periodized Program	Speed
Agility	Plyometrics
Physiology	Shoulder Rotator Cuff
Knee Meniscus	Osteoarthritis
Tennis Elbow	Pars Defect
Carpi Ulnaris	Tennis Leg
Heat Stroke	Motor Learning
Proprioception	Concentric Contraction
Passive Range of Motion	Resting Heart Rate
Myofascial Release	Body Mass Index (BMI)
Stress Reaction	Stress Fracture
Static Stretching	Abduction
Adduction	Overuse
Overtraining	Graston Technique
Sprain	Strain
(PNF) Proprioceptive Neuromuscular Facilitation	Contracture
Range of Motion	(AROM) Active Range of Motion
Dislocation	Borg (RPE) Rating of Perceived Exertion
Subluxation	Pronation
Tendinitis	Biomechanics
Flexion	Shoulder Rotator Cuff
Knee Meniscus	Osteoarthritis
Labral tear of the hip or shoulder	Femeroacetabular impingement
Tibial Stress Fracture	TFCC
Exterior Carpi Ulnaris	Pars Defect
facet Arthritis	Heat Illness
Sports Hernia	Hip Labrum Tear
Wrist TFCC(Triangular Fibrocartilage Tear)	Carbohydrates

Proteins	Amino Acids
Calorie	Glucose
Saturated Fats	Unsaturated Fats
Triglycerides	BMI
Anorexia	Enzyme
Diet	Eccentric Contraction
Dynamic Stretching	"Tennis Leg"
Maximum Heart Rate	Target Heart Rate

**3. Writing Assignment #2 (25 Points)**

Set up and describe a 6-month periodized program for a competitive tennis player that you create. Make sure you list this at the top. (i.e. 15yr. old, HS player, Male, etc.) Please include nutrition, mental training, rest & recovery, physical training both on the court and in the weight room. Please research the different cycles of the program and set up the program for your player accordingly. Daily, weekly and monthly cycles should be set up. Make sure to add goals to your program and be as thorough as possible. Include all the above items in your narrative.

**4. Practical Assignment #2 (25 Points)**

Design a workout program for a female high school tennis team(in-season) of 14 members. This program is specific to the fitness of the team and not directed towards tennis skills. List at least 10 exercises inclusive of sets/reps numbers, any injury prevention steps you might incorporate and processes you would use for both pre-practice and post-practice. Please list time amounts for all exercise protocols. Please explain the purpose of each drill/exercise and what you hope to achieve for your players from each. Please include any pre-practice and post-practice testing that you do. Also, include goals you might set-up for the team.

**5. Writing Assignment #3 (25 Points)**

*Please write a 250-300 word narrative on how you would handle the following situation.*

Your 19-year old college player in good health is participating in a tournament match. It is 94 degrees and sunny. The match has now reached the middle of the third set and your player begins to develop cramps in both legs. Please include treatments that would help the player during the match, heal the player after the match, and minimize the possibility of cramps happening in future matches. Please include what you would do in the future to prevent this situation from happening again.

**6. Reading Assignments (50 Points-10 per read)**

Read a maximum of 5 of the following works. (3-Fitness, 1-Nutrition and 1-mental Training) You will then submit a short (300-word or more) review of each work. Please choose from the following list. These publications are of a tennis fitness nature. Reading general tennis books will not count. Any books read must stick to the theme of the specialist degree. See the suggested list below. If there are other publications you wish to use, please contact the committee for approval before beginning.

### Suggested Reading List:

Advanced Sports Nutrition-Bernardot	Tennis Training-Kovacs
Foundations of Sport & Exercise-Gould	Power Tennis Training-Chu
USTA Mental Skills and Drills Handbook-Weinberg	The Inner Game of Tennis-Gallway
Framework: Your 7 Step Program for healthy Muscles, Bones and Joints-DiNubile	The Soft Science of Tennis-Giampaolo
Championship Tennis-Giampaolo	Think to Win-Fox
The Mental Game of Tennis-Cain	Tennis Anatomy-Kovacs
Tennis Strategy-Grinnell	Complete Conditioning for Tennis-Kovacs
Zen Tennis-Parent	Mental Toughness 101-Levine
The Art of Coaching High School Tennis-Patton	Inside the Tennis Zone-Polishook
Vic Braden's mental Tennis-Braden	Functional Training for Tennis-McCain
Fit to Play Tennis-Peterson	Training for Speed, Agility and Quickness-Brown
Tennis Training-Gold	Complete Conditioning for Tennis-Roetert
Neuro Priming for Peak Performance-Giampaolo	Get the Competitive Edge-Macci
The Complete Strength Training Workout Program for Tennis	Visual Training for Tennis-Patton
Plyometrics-Chu Tennis-Correa	Sports Nutrition Guidebook-Clark
The YogaFit Athlete-Shaw	On the Other Hand-Nichols
Winning Tennis Nutrition-Lee	

\*If you have a work that is not listed please contact the committee for permission before proceeding.

### 7. Video Assignment #1 (20 Points)

A. Applicants must watch at least (6) videos from USPTA Tennis Resources located on the USPTA Website. Simply search the site for "Tennis Fitness." There are 4 pages of tennis fitness videos. Specialty Course videos will count as 2. They must be of a tennis fitness nature. They also must meet the degree criteria. (nutrition, training-fitness, mental & emotional) Applicants must write a review of the video of at least 250 words. Please list the video title, presenter and length in your video report.

### 8. Writing Assignment #4 (25 Points)

Applicants must write one article to be published in their USPTA Division or state newsletter. If deadlines or space prohibit this, please submit the article via thumb drive for review with your completed degree work. Again, **the article must be of a tennis fitness subject** and must be at least 500-750 words. You will do research on your topic to support any theories or subjects you address.

### 9. Video Assignment #2 (20 Points)

Applicant must develop a short 5-minute video (No Longer) with a "tennis-fitness student" showing at least 5 tennis fitness routines performed during a practice session. 3 can be on-court and 2 in the weight room. The video can be placed of the thumb drive for submittal with completed certification items.

### 10. Physical Assignment #1 (25 Points)

Design a tennis fitness program for a 66-year old senior female 3.0 player with slight degenerative left knee issues and minor right shoulder rotator cuff damage. She is a right-handed player. Please describe how you would approach this situation as her primary teaching professional. Speak to warm-up, injury prevention, injury awareness, training, etc.

**11. External Certifications/Designations for Credit (20 Points-10 each)**

If you are currently certified by any of the listed organizations, we are going to issue you credit for this. Again, you must be current. Make a copy of your certificate and submit it with your final certification packet.

iTPA TPT, CTPS, MTPS
RacquetFit Level 1
USTA Sports Science
NSCA
*ACE, ISSA, AFAA, ACSM,
Cardio Tennis
USTA High Performance Coaching Program
NASM Fitness Certifications
Pat Etcheberry Tennis Program
ITF Tennis

\*Please contact the committee Chairman for approval of other Fitness Certifications obtained.

**12. Speaking Assignment (20 Points)**

Please develop a 20-slide PowerPoint Presentation & Outline demonstrating an aspect of tennis fitness that you could present with confidence at a USPTA Workshop or Convention. The presentation should be no longer than 30-45 minutes in length. If you present this at a convention or workshop, please inform us of that and send a copy of the workshop agenda signed by the workshop organizer confirming your participation with your certification documentation for appropriate credit.

**13. Final Exam Project (45 Points)**

The final exam project will be of a narrative nature. Here is the scenario. A parent comes to you in September with their male tennis player son. He is a recreational player on the high school JV tennis team and plays 1-2 times weekly during the summer only. He is 120 lbs. and 5’5” tall. The next season of high school tennis begins in March. His parents want him to play at a higher level on the team. They want you to produce a plan of how you can help their son. Included in your plan, describe training regiments, practice routines, nutrition guidelines, tennis specific weight and plyometric exercise plans, rest and recovery strategies, mental training strategies and anything else related to the success of this player. You may include tennis practice in the plan, but it cannot be the primary focus. This document has no word limit. It must be thorough and cover all the areas listed.

Notes: Applicants are required to achieve at least 275 out of 350 total points. All categories must be attempted.



**USPTA Specialist in Tennis Fitness  
Application**

Name: \_\_\_\_\_ USPTA #: \_\_\_\_\_

USPTA Division: \_\_\_\_\_ USPTA Level: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #(Home): \_\_\_\_\_ (Cell): \_\_\_\_\_

**Instructions:** Please fill out this application and send to:

USPTA Education Department  
11961 Performance Drive  
Orlando, FL 32827

Once we have received your application, you will be contacted and given instructions to proceed with your education process. Thank you for participating in this USPTA education program.