

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE-I 148X4
Course Title: Tennis
Units: 1
Lecture: None
Laboratory: 3 Hours
Prerequisite: None

B. Catalog and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette and rules of tennis. Instruction designed for beginning, low intermediate, high intermediate and advanced levels directed toward improving overall physical fitness.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT Four

III. EXPECTED OUTCOMES FOR STUDENTS

- A. On successful completion of the course, the student should be able to:
1. Demonstrate knowledge of the basic rules and etiquette of tennis
 2. Identify all tennis court markings
 3. Identify all tennis equipment
 4. Execute basic skills: forehand drive, backhand drive, overhead serve, volley
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate successful drives and serves
 2. Demonstrate two to four returns in a rally
 3. Demonstrate ability to score a complete game
 4. Demonstrate low intermediate level tennis skills
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate knowledge of high intermediate singles strategies
 2. Demonstrate knowledge of high intermediate doubles strategies
 3. Demonstrate ability to score complete match
 4. Demonstrate high intermediate level tennis skills
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate a high level of cardiovascular fitness
 2. Demonstrate knowledge of advanced level singles strategy
 3. Demonstrate knowledge of advanced level doubles strategy
 4. Demonstrate advanced level tennis skills

IV. CONTENT

- A. Introduction to tennis:
1. Course orientation
 2. Class procedures and policies
 3. Safety issues
 4. Short history
 5. Warm-up and cardiovascular fitness
- B. Equipment
1. Types of racquets
 2. Types of balls
 3. Nets and standards

- 4. Shoe selection
- C. Court explanation
 - 1. Lines
 - 2. Areas
 - 3. Singles court
 - 4. Doubles court
- D. Basic rules of the game
 - 1. Players—singles or doubles
 - 2. Toss
 - 3. Scoring
 - 4. Serving
 - 5. Serving rotation
 - 6. Faults during serving
 - 7. Faults during play
 - 8. Let
 - 9. Court conduct
- E. Basic Skills
 - 1. Grips, forehand and backhand
 - 2. Ready position
 - 3. Court positioning
 - 4. Footwork
 - 5. Serves, fast serve, slice serve
 - 6. Overhead smash
 - 7. Forehand and backhand drive
 - 8. Drop shot and net play
- F. Strategies and Tactics
 - 1. Offense singles and doubles
 - 2. Defense singles and doubles
 - 3. Angle of return
 - 4. Crosscourt shots
 - 5. Return of serve
 - 6. Side by side formation for doubles
 - 7. Up and back formation for doubles
 - 8. Rotation for doubles
 - 9. Mixed doubles strategy

V. METHODS OF INSTRUCTION

- A. Demonstration
- B. Instruction
- C. Observation
- D. Films and Videos

VI. TYPICAL ASSIGNMENTS

- A. Read and critique article on beginning tennis strategy
- B. Take a 25-question partner-graded quiz. Evaluate results with partner.

VII. EVALUATION

- A. Methods of evaluation
 - 1. Methods of evaluation for first semester students
 - a. Beginning level skills test
 - b. Written assignments on basic rules, safety, and etiquette of game
 - c. Written final exam
 - 2. Methods of evaluation for second semester students
 - a. Low intermediate level skills test
 - b. Written assignments on basic singles and doubles strategies

- c. Written final exam
 3. Methods of evaluation for third semester students
 - a. High intermediate level skills test
 - b. Written assignments on intermediate singles and doubles strategies
 - c. Written final exam
 4. Methods of evaluation for fourth semester students
 - a. Advanced level skills test
 - b. Written assignments on advanced singles and doubles strategies
 - c. Written final exam
- B. Frequency of Evaluation:
 1. Skills testing and written assignments every 3-4 weeks
 2. Final exam at end of semester
- C. Typical exam questions:
 1. Diagram a tennis court and label the lines and areas of court.
 2. Explain the difference between the singles court lines and doubles court lines.
 3. "A" team is serving, second serve with the score "Deuce". Server makes a double fault. The score is _____.

VIII. TYPICAL TEXT(S):

Gould, Dick. Tennis Anyone (6th Edition). Mountain View, CA, Mayfield Publishing Company, 2000.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

Workout clothing--shirt and shorts or tights or sweatpants, athletic shoes, towel