BEGINNING TENNIS
PHED 2440

Catalog Course Description:

The introduction of skills, general rules, and strategy related to the game of tennis with particular emphasis on acquisition of skills.

Entry Level Standards:

None

Prerequisites:

None

Textbook(s) and Other Reference Materials Basic to the Course:


Personal Equipment:
Appropriate Tennis wear, Tennis racket and three unopened cans of name brand Tennis balls (3 balls per can).

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction; Tennis-Today and Yesterday/ Equipment and facilities; Footwork; Racket grip</td>
</tr>
<tr>
<td>2</td>
<td>Principles of stroking/ Forehand</td>
</tr>
<tr>
<td>3</td>
<td>Backhand</td>
</tr>
<tr>
<td>4</td>
<td>Practice Forehand and Backhand strokes</td>
</tr>
<tr>
<td>5</td>
<td>Serve</td>
</tr>
<tr>
<td>6</td>
<td>Volley</td>
</tr>
<tr>
<td>7</td>
<td>Overhead, Lob</td>
</tr>
<tr>
<td>8</td>
<td>Practice</td>
</tr>
<tr>
<td>9</td>
<td>Review/Practice/ Written Mid-term (skills)</td>
</tr>
</tbody>
</table>
II. Course Objectives*:

A. Play and practice tennis strokes employing correct technique. II.2
B. Demonstrate knowledge of tennis etiquette and safety. 1.5
C. Demonstrate knowledge of tennis terminology. I.5
D. Play tennis matches applying rules and keep score. II.2
E. Demonstrate knowledge of tennis history. II.2
F. Evaluate and correct errors in tennis form and execution. III.3
G. Demonstrate knowledge of tennis equipment and facilities. 1.5
H. Demonstrate knowledge of tennis strategies. II.2 & III.2
I. Demonstrate knowledge of tennis form and technique. II.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to tennis. Communication Outcome, Information Literacy Outcome
2. Read and demonstrate knowledge of tennis technique, rules and other relevant factual information. Communication Outcome, Information Literacy Outcome
3. Analyze, evaluate, and modify technique to improve performance. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy
4. Develop tennis singles and doubles strategies. Problem Solving and Decision Making Outcome, Active Learning Strategy
5. Demonstrate and employ knowledge of and respect for tennis equipment and facilities. Personal Development Outcome

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the
classroom, and encouraging students to take active and responsible roles in the educational process.

**IV. Expectations for Student Performance**: 

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge of tennis etiquette. B
2. Demonstrate knowledge of tennis terminology. C
3. Demonstrate knowledge of tennis history. E
4. Demonstrate knowledge of how to score a tennis match. I
5. Pick out the Tennis equipment necessary to maximize performance. G
6. Perform using the proper forehand and backhand grips. A, F, I
7. Perform changing grips when necessary. A, F, I
8. Demonstrate knowledge of and employ proper form during the execution of forehand strokes. A, F, I
9. Employ proper form during the execution of backhand strokes. A, F, I
10. Employ proper form during the execution of an overhead serve. A, F, I
11. Hit forehand strokes off of the ball machine across the net and into the singles court. A, F, I
12. Hit backhand strokes off of the ball machine across the net and into the singles court. A, F, I
13. Hit serves into the proper service box. A, F, I
14. Demonstrate knowledge of the volley. A, F, I
15. Demonstrate knowledge of the lob. A, F, I
16. Demonstrate knowledge of the overhead smash. A, F, I
17. Employ proper footwork during the execution of tennis strokes. A, F, I
18. Execute singles’ strategy during set play. A, F, I
20. Play singles and doubles sets employing a variety of tennis strokes, safety, rules, and scoring. A, F, I
21. Demonstrate knowledge of tennis rules. D
22. Demonstrate knowledge of the Tennis court. G
23. Analyze, detect and correct errors in performance. F
24. Serve into the proper service box. A, F, I

*Letters after performance expectations reference the course objectives listed above.*
V. Evaluation:

A. Testing Procedures: 70 points

Midterm 20 points
Final 20 points
Skill Test:
Forehand 10 points
Backhand 10 points
Serve 10 points

B. Laboratory Expectations:

N/A

C. Attendance/Participation: 30 points

Student will receive 30 points for attending class and participating in in-class activities. After two absences, 4 points will be subtracted. Students who are late to class or fail to participate in drills, games and other in-class activities will lose participation points

D. Extra Credit: 5 points

View a televised tennis match, then write and summit a 2 page typed report.

E. Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93 - 100</td>
</tr>
<tr>
<td>B+</td>
<td>92 - 88</td>
</tr>
<tr>
<td>B</td>
<td>87 - 83</td>
</tr>
<tr>
<td>C+</td>
<td>82 - 78</td>
</tr>
<tr>
<td>C</td>
<td>77 - 73</td>
</tr>
<tr>
<td>D+</td>
<td>72 - 68</td>
</tr>
<tr>
<td>D</td>
<td>67 - 62</td>
</tr>
<tr>
<td>F</td>
<td>61 below</td>
</tr>
</tbody>
</table>

VI. Policies:

A. Attendance Policy:

Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

Tardy Policy:
Students, who are more than fifteen minutes late to class, will be considered absent.