Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: Date approved:

Department and Course Number: PE 1009

Title of Course: Beginning Tennis

Number of credits: Lecture Lab

Catalog/Course Description:
The purpose of this class is to present the playing skills, rules, and knowledge of the game of tennis to the beginner in such a manner that he/she can develop skills to the intermediate or advanced level. (Student provides own racquet and one can of balls).

**Placement for Success prerequisites:** (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class. Student provides own equipment.

Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Textbook:
Relationship of proposed course to the department mission and goals:

This course develops skills in an individual sport of tennis. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one’s lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:
Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime individual sport-tennis.
Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

  State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use terminology, rules, etiquette and safety during play.
  Assessment: Written exam
  Assessment: Self assessment

Outcome: To demonstrate and execute the following strokes:
  - Forehand
  - Backhand
  - Serve
  - Volley
  - Lob
  Assessment: Self-assessment
  Assessment: AAHPERD skills test

Outcome: To demonstrate court positioning during game play for:
  - Service Reception
- Service
- Singles Play
- Doubles Play
  Assessment: Self-assessment (performance check-off)
  Assessment: Written exam

Outcome: To apply strategies during game play strategies of:
- Hitting to open area
- Utilizing the entire court
- Moving to cover areas of court for singles and doubles play
  Assessment: Self-assessment
  Assessment: Game scores
  Assessment: Written exam

Course content:
(Provide an outline of major topics covered in course)
- General overview:
  - History
  - Equipment—proper fit/grip of racquet, shoes
  - Safety precautions
  - Etiquette
  - Tennis as a fitness activity; stress reduction
  - Nutrition and conditioning for tennis
- Scoring/Rules
- Material and performance of the basic skills of tennis: forehand, backhand, serve, volley
- Lecture/practice in class of above skills
- Implementation of these skills in limited game situations in both singles and doubles

Placement for Success prerequisite
Check one of each area—English, reading, and math

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