

Study Guide- Statzell

Tennis Skills-Video

Billie Jean King Tennis Everyone-Video

The Competitive Edge-Video

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

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X