

DEREE COLLEGE SYLLABUS FOR:

PE 1003 TENNIS

(Updated Spring 2009)

(Previously PE 1003 Basic Tennis)

0/2/1

PREREQUISITES: None

CATALOG

DESCRIPTION: Introduction & refinement of basic stroke techniques. Gain an awareness of strategies and court positioning. *Graded on a P/F basis.*

RATIONALE: Skill development for strokes, as well as knowledge of various strategies is needed for a student to enable them to perform and compete in the game of tennis. Tennis is one of the favorite life long fitness activities of many individuals after finishing college.

OBJECTIVES:

- Students will be able to demonstrate correctly all the basic strokes.
- They will learn to use the right technique, which gives them the opportunity to avoid injuries.
- They will have all basic knowledge of tennis so they can enjoy the game.
- Students will increase their individual tennis skills so they can play points, games and sets according to the tennis rules.

LEARNING

ACTIVITIES:

This course will be taught through demonstration and direct supervision of students. Match competition will allow the instructor the forum to teach strategies and court positioning.

EVALUATION:

The student will demonstrate his knowledge of the taught skills and strategies through drills evaluation and game competition.

REQUIRED

MATERIAL:

Tennis shoes & appropriate clothes for a medium to high exercise activity

CONTENT OUTLINE:

- Basic ground strokes technique:
 - Forehand drive
 - Backhand drive
 - Forehand lob

- Backhand lob
- Basic volleys technique:
 - Forehand volley
 - Backhand volley
- Basic Overhead strokes technique:
 - Service
 - Smash
- Theory:
 - Swinging action analysis
 - Throwing action analysis
 - Punching action analysis
 - Tennis rules
- Video presentation