

## **COURSE OUTLINE** **Tennis I**

**Course Description:** PE 121. Tennis I. 1 hour credit. This course will enable the student to develop in the basics of beginning tennis through the execution of fundamental drills and competitive play.

**Course Relevance:** Tennis activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

**Required Materials:** None.

### **Learning Outcomes:**

The intention is for the student to be able to:

1. Demonstrate the fundamental skills of tennis
2. Explain the scoring, rules and etiquette for the game of tennis

### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course:**

Through the student involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
  - The student will apply a physically active lifestyle that helps establish the foundation of the practical principles necessary for a lifetime of successful health management.

Secondary skills (developed but not documented):

- Self-concept
- Time management

### **Major Summative Assessment Task(s):**

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Demonstration of the fundamental skills of tennis in competitive play

### **Course Content:**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. Health benefits of fitness lifestyle involving tennis
  - B. Proper grip, stroke and serve techniques

- II. Issues – Key issues that will be addressed in this course: areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Applying the intrinsic motivation to maintain a lifestyle of physical activity
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Demonstrating proper techniques of basic tennis skills
  - B. Explaining the basic rules and scoring of the game
- IV. Skills / Competencies – Actions that are essential to achieve the course outcomes:
  - A. Demonstrating proper techniques of basic tennis strokes
  - B. Demonstrating the basics of the serve

**Learning Units:**

- I. Demonstrate Proper Stroke Technique
  - A. Demonstrate proper grip
  - B. Demonstrate the set position and back swing
  - C. Demonstrate the proper technique for the forward swing and follow-through for the forehand and backhand strokes
- II. Demonstrate the Basics of the Serve
  - A. Demonstrate proper grip
  - B. Demonstrate proper technique of back swing and ball toss
  - C. Demonstrate proper technique of the forward swing and follow-through
- III. Explain the Scoring, Rules and Proper Etiquette for the Game of Tennis

**Learning Activities:**

Independent and collaborative learning activities will be assigned within and outside the college classroom to assist the student in achieving the intended learning outcomes. Examples of activities which contribute to the learning process include: instructor lectures, audio-visual aids, group discussion, guest speakers, drills/skill practice, and competitive play situations.

**Grade Determination:**

Grade determinates may include the following: attendance, daily activity class participation, skill demonstration, and other methods of evaluation employed at the discretion of the individual instructor. These methods may be used individually or in combination by all instructors.