

COURSE SYLLABUS

I. COURSE INFORMATION

Title: Tennis - PA

Meeting Dates & Times: MW 12:00-12:50; 1:00-1:50

Required Text: none

Instructor: Allie Rike
Office: Bentwood Country Club Tennis Shop
Phone: 325-949-1534
Email: arike@angelo.edu
Office hours: Call or email to schedule

II. PURPOSE, OUTCOMES AND ASSESSMENTS

Purpose: This class is designed for the beginning tennis player. Students will be taught basic tennis strokes, basic tennis history and knowledge, and some tennis strategy to reach a proficiency level that will enable the student to play recreationally. Physical activity will be a major emphasis of the course, and students will be expected to participate in all aspects of the class.

Course Objectives:

1. To develop basic tennis skills
2. To develop basic tennis knowledge
3. To develop a comfort level that will help players to continue to play the sport of a lifetime

Intended Outcomes and Assessment: The students will have the opportunity to develop: a) fundamental tennis skills including the forehand, backhand, serve and volley [Assessment: skill tests], b) knowledge of the rules, etiquette, scoring and history of the game of tennis. [Assessment: final written exam], and c) self-accountability for health and wellness behaviors [Assessment: accountability grade].

III. METHODS AND PROCEDURES

Course Prerequisite: None

Teaching Methodology and Course Content: Each Class will begin with each student obtaining a partner and balls to begin a ten minute warm up. At this time roll will be taken and players will be ready to begin the class. During the first half of the semester, each day's lesson focus (15-20 minutes) will be the introduction of a new skill or concept. The instructor will explain and demonstrate the skill. Students will then participate in the development of each stroke in a group setting explained by the instructor. The remainder of each session will be devoted to drill and practice of the skills introduced that day and/or on previous days. After the stroke has been introduced and practiced for a couple of days a skill assessment will be taken. During the latter part of the semester will be devoted to a singles and doubles play, and finishing the semester with a round-robin tournament. The following class schedule is tentative and subject to change.

Inclement weather:

A rainy day is one in which the courts are obviously wet or it has rained within 20 minutes of the start of class. On rainy days or if there is inclement weather under 50 F class we will not have class.

****The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.**

- Day 1** Introductions and syllabus
- Day 2** Review syllabus & basic feeding skills
- Day 3** Forehand Volley and Ground strokes-forehand/Backhand Volley and Ground stroke
- Day 4** Forehand Volley and Ground strokes-forehand/Backhand Volley and Ground stroke
- Day 5** **Skill assessment**-forehand *and* volley
- Day 6** Groundstroke-backhand,
- Day 7** Groundstroke-backhand,
- Day 8** **Skill Assessment**-Backhand
- Day 9** Rules of tennis, the code, scoring, and tiebreakers
- Day 10** Serve
- Day 11** Serve and return games
- Day 12** **Skills assessment**- Serve/return
- Day 13** Transition/approach skills
- Day 14** Lobs and defense
- Day 15** Matchplay Rules singles
- Day 16** Doubles Play
- Day 17** Doubles Play
- Day 18** Match play Doubles
- Day 19** Begin doubles tournament
- Day 20** Doubles tournament
- Day 21** Begin singles tournament
- Day 22** Singles tournament
- Day 23** Singles Tournament
- Day 24** Singles tournament
- Day 25** Singles
- Day 26** Review for final
- Day 27** **Final exam**

Practice Beyond Scheduled Class Time/Assistance Available: Students are encouraged to practice outside of class. Campus and community tennis courts are available for individual practice at various times throughout the week, as well as intramurals and USTA sponsored collegiate leagues. Contact the instructor for the availability of assistance in the form of private lessons or other forms of instruction.

IV. **GRADING SYSTEM**

Student Assessment: Students achievement will be assessed through a written exam, skill assessments, and self-accountability records. Each assessment is weighted as follows:

Accountability Grade: 100 points @ 60% - Every person is expected to attend class and participate in every activity

Skill assessments: 100 points @ 20% - Each of the four skill assessments will constitute five points of final skill assessment value.

Final Exam (100 points @ 20%): On the last day of class (Wed. Dec. 3rd) you must take a twenty question written exam based on the information/handouts received during the semester.

Determination of Final Grade: The final grade is based on the following criteria:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
0-59%	F

Accountability Grade: The instructor will provide all record-keeping materials. Each student begins with 100 points. To keep all 100 points, students are expected to:

- Attend every session
- Be on time
- Stay on-task for the entire class period
- Dress appropriately
- Demonstrate courtesy and sportsmanship
- Encourage classmates
- Demonstrate 100% effort
- Log exercise at end of class
- Keep area clean and safe
- Put away equipment at the end of class

Points are deducted for:

• Unexcused absence	10 points
• Non-participation	10 points
• Inappropriate behavior and removal	10 points
• Tardy	5 points
• Leaving early	5 points
• Inappropriate behavior	5 points
• Inappropriate dress	5 points
• Failure to bring binder (portfolio) to class	5 points
• Failure to put away equipment	5 points
• Failure to log exercise at end of class	5 points

Points may be earned by (one each per semester):

• Having cholesterol checked	5 points
• Having blood pressure checked	5 points
• Giving blood	5 points
• Other instructor approved physical activities (excluding intercollegiate/intramural athletics)	5 points

Attendance and Participation: Students are required to attend and participate in 75% of class sessions to receive credit for the course. Regular attendance and class participation are required and are important factors in your final grade. Ten points on the final grade will deducted for each unexcused absence. Excused absences are defined as school sponsored activities and medical absences with doctor's note.

Appropriate Dress: Students are required to dress appropriately for activity. Students not dressed appropriately will be asked to leave, change clothes and return to class as soon as possible. These students will be given a tardy.

Required items include:

- Shoes appropriate to the exercise surface
- Socks
- Shorts and/or warm-up bottoms
- T-shirt and/or warm-up top
- Bring rackets if you have them, if not they will be provided by instructor

Prohibited items include:

- Sandals and other inappropriate shoes
- Blue jean cut-offs
- T-shirts with vulgar or suggestive language, or that promote tobacco, alcohol, or drugs
- Sports bras worn as outerwear
- Tights (Spandex) or leotard worn as outerwear
- Loose fitting clothing that exposes underwear
- Swim suit for a non-swimming classes
- Unsafe jewelry
- Anything deemed inappropriate by instructor

Appropriate Behavior: Students are expected to behave in an appropriate manner. Failure to do so may result will result in a deduction of points from the accountability grade. Severe misbehavior may result in a removal or dismissal from the class and/or the university.

Appropriate behaviors include, but are not limited to:

- Completing required administrative tasks and paperwork
- Exercising safely and with 100% effort
- Staying on task the entire class period
- Being courteous and respectful to classmates and instructor
- Demonstrating good sportsmanship
- Encouraging other students
- Helping to putting away equipment at the end of the class
- Keeping the exercise area clean and safe
- Doing one's own work on tests

Inappropriate behaviors include, but are not limited to:

- Being a safety hazard to self and others
- Exercising with a less than full effort
- Being off task (talking, goofing off)
- Being rude, vulgar, and/or disrespectful to classmates and instructor
- Demonstrating poor sportsmanship
- Criticizing other students
- Use of tobacco products
- Failing to help put away equipment at the end of class
- Failing to keep the exercise area clean and safe
- Academic dishonesty (see below)

V. UNIVERSITY POLICIES AFFECTING THIS COURSE

- Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.