**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 255 – Tennis**

**Course Outline**

**Course Number & Name:**  PHE 255 Tennis

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: Students receive instruction in the fundamental skills and techniques of the sport. The course covers forehand and backhand strokes, serve, volley, lob, and smash. Strategies, hand grips, rules of the game, and selection of equipment are also discussed. Development of performance proficiency in the sport is a basic objective of this course. By the end of this fifteen-week course, students will be expected to successfully engage in doubles and intra class competition

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate knowledge of the fundamental concepts and rules of the sport of tennis;

2. explain and perform all basic tennis movements and techniques; and

3. apply multiple athletic/physical skills to condition oneself for playing tennis.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate knowledge of the fundamental concepts of the sport of tennis:

* 1. *discuss the history and evolution of tennis;*
  2. *describe the historical improvement in equipment;*
  3. *describe basic game strategy for both singles and doubles games;*
  4. *explain scoring;* and
  5. *discuss tennis etiquette*

2. Explain and perform all basic tennis movements and techniques:

2.1 *explain Eastern forehand grip, stance, and footwork;*

2.2 *demonstrate the self-start;*

2.3 *demonstrate* *follow through at the end of each stroke;*

2.4 *utilize balance properly to move to or away from the ball optimally;*

2.5 *identify and demonstrate optimal point of contact;*

2.6 *explain and* *demonstrate the Continental grip serve;*

**Measurable Course Performance Objectives (MPOs)** (continued):

2.7 *serve accurately, emphasizing getting the ball inbounds and strategic placement (direction);*

2.8 *explain and demonstrate the starting positions in doubles games;*

2.9 *demonstrate all basic tennis strokes including forehand, backhand, lob, and overhead smash;* and

2.10 *demonstrate volleying and rallying*

3. Apply multiple athletic/physical skills to condition oneself for playing tennis:

3.1 *perform alley drills for agility training;*

3.2 *perform speed ball drill training;* and

3.3 *perform the one-hit drill*

**Methods of Instruction**: Instruction will consist of a combination of lectures, general class discussions, demonstrations, conditioning drills, skill work, practice sessions, games, and strategy applications.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate skill and strategy performance for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate both physically and intellectually in class.

2. Read the text or handouts pertaining to class discussions and explanations.

3. Demonstrate skills as requested by the instructor.

4. Take exams in class as scheduled.

5. Wear appropriate tennis attire.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Skill Evaluations 80%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice tennis and conditioning skills. Skill evaluations will provide evidence of student mastery of physical performance-based course objectives.

**Methods of Evaluation** (continued)**:**

**% of**

**Grading Components final course grade**

* **Midterm Exam** (date specified by the instructor) 10%

The Midterm Exam, which may include written and/or oral as well as skills components, will provide evidence of the level of student mastery of the rules and basic techniques involved in tennis that are covered in the first half of the semester.

* **Final Exam** (date specified by the instructor) 10%

The Final Exam, which may include written and/or oral as well as skills components, will provide evidence of the level of student mastery of the rules and basic techniques involved in tennis that are covered throughout the semester.

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Note: Attendance, class participation (both physically and intellectually) is mandatory for this course. To fully participate in class, students must be dressed appropriately, follow the guidance of the instructor, and take notes as necessary.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Tennis, Anyone?**, 6th edition, by Dick Gould; published by Mayfield Publishing Company, 1999; ISBN-13 #: 978-0767411639

**Week Topics**

1 The Background of Tennis

2 Tennis Equipment

3 Conditioning/Importance of Warm-Up and Stretching

4 Skills Related to Grip/Stance/Footwork

5 The Seven Basic Progressions for Forehand Drive

6 Backhand Drive/Ball Racket Pick-up/Ball Bounce Pick-up

7 The Serve and Return Serve

8 Practice and Review, **Midterm Exam**

9 Net Play – Forehand & Backhand Volley

10 Lob and Overhead Smash

11 One-Hit Rally Drills

12 Six to Ten Hits Backcourt Rally

13 Basic Rules and the Etiquette of Tennis

14 Practice and Review

15 **Final Exam**