

**GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PA 1350
Physical Activity Course Level I (Tennis)**

Course Outline Fall 2004

I. General Information

Instructor: Harry Stevens
Office: K 218
Phone: 539-2974
Class Time: September 8 to October 22; M, W, 14:30- 16:20
F 14:30-16:20

Credit: 1.5 Credits
Equivalent to PAC 135 (1.5 credits)--U of A.
Jr. PEAT (1.5 credits)-- U of C.
PHAC 2635 (1.5 credits)-- U of L.

II. Course Objectives

1. To develop the basic psychomotor skills of the game of tennis.
2. To introduce students to a number of theoretical aspects of tennis.
3. To promote participation and development of a positive attitude toward the life long sport of tennis.
4. To create a safe learning environment.

III. Resources

Required Text: Roetert, Paul, World-Class Tennis Technique, Windsor, Ontario, 2001

Additional Resources: Yandell, John, Visual Tennis, Windsor, Ontario; 2nd edit. 1999
Brown, Jim, Teaching Tennis: Steps to Success, Champaign, IL;
Leisure Press, 1989.
Wardlaw, Paul, Pressure Tennis, Windsor, Ontario; 2000

IV. Class Format

The mark breakdown for the course will be as follows:

Learning Behavior/Quiz	10%
Video Analysis	10%
Final Exam	20%
Basic skills assessment and game play	<u>60%</u>
<hr/>	100%

*** **Regular attendance and participation are expected at ALL sessions as much of the information provided cannot be obtained in any other way. Students who miss more than 10% of the total number of classes may NOT be granted permission to write the final exam, and/or asked to withdraw from the course. Students who miss class due to medical reasons MUST present medical verification to their instructor. Last day to withdraw with permission is September 30, 2004.**

V. Course Evaluation

Alpha Grade of A+ and A equates to 4.0 equivalence, this is the highest level of achievement and therefore classifies as **excellent**.

1. In terms of **tennis ability** this would require the student to be able to demonstrate the following strokes, in testing situations, in game play, and in practice.

forehand
backhand
volley (forehand & backhand)
serve (top spin, flat and slice)
approach shot
overhead
lob (backhand and forehand)

All of these strokes should be executed with consistency regardless of the pace or placement of the incoming ball.

2. In terms of **tennis knowledge**, the student should be able to show their understanding of the rules, history, strategies, skill progression, warm up activities, lead up games, and learning strategies of tennis. This will be measured in 3 ways, a short quiz, a written final exam, and a video analysis. Each of these should receive a grade of A+ or A to support a high degree of understanding of these components of tennis.

3. Finally the student seeking the excellent rating should be able to illustrate **good learning behavior**, by being appropriately dressed, punctual, considerate towards others, have a good work ethic, and help to create a good learning environment for the tennis class. This will be determined from the student attendance records, and in-class observation of each student.

The three elements of evaluation are weighted to indicate the emphasis placed on each element. If the weighting's create an unreasonable chance of success then the student, through consultation with the instructor, can change the percentages by adding elements like a second video analysis, a research paper, or a practical teaching session. The 10 - 20 % of marks reallocated will hopefully realign the weighting's to the student's benefit. Students seeking this kind of evaluation need the instructor's approval prior to September 22. **Practice** outside of class time is **highly recommended**. The test items will not be allowed retakes, including the video analysis assignment. **Please** ask if you are not clear as to what is expected of you in regards to how you will be evaluated in this class.

TENNIS SCHEDULE 04

SEPT 8	Introduction, equipment, grip, trip to courts (gym)
10	Court awareness, footwork, history, forehands
13	Forehands and Backhands
15	Serve, rules
17	Drills and mini games
20	Volleys, video assignment
22	Doubles strategies and Quiz
24	Tournament
27	Lobs and overheads
29	Singles strategies and video assignment is due, last day to withdraw
Oct 1	Mini singles tournament
4	Tournament
6	Combination drills
8	Review and Practice
11	<u>College closed</u> (Thanksgiving
13	Advanced strokes lead –up games
15	Tournament
18	Final day for skills testing
20	Tournament
22	Written test