

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

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

Course Outline Fall 2007

I. General Information

Instructor: Harry Stevens
Office: K 219
Phone: 539-2974
Class Time: September 7 to October 22; M, W, 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 including the common concepts of tennis.
3. To promote participation and development of a positive attitude toward the life long sport of tennis.
4. To establish a variety of learning styles for teaching tennis.
5. 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 | 10% |
| Assignment(s) | 10% |
| Final Exam | 20% |
| Basic skills assessment and game play | <u>60%</u> (see pg 3) |
| | 100% |

Assignments: Details on assignments will be available in the second week of classes.

Attendance in courses: Attendance at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved. Students who miss class due to medical reasons **MUST** present medical verification to their instructor. Last day to withdraw with permission from this course is September 28, 2007.

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. These items are valued at 10% each, for a total of 60 %.

forehand
backhand
volley (forehand & backhand)
serve (top spin, flat and slice)
game playing ability
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. (30%)
3. Finally the student seeking the excellent rating should be able to illustrate **good**

learning behavior, by being appropriately dressed, punctual, good attendance, 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. (10%)

Basic skills 60%:

If the weighting of 60 % for basic skills creates an unreasonable chance of success then the student, through consultation with the instructor, can decrease this component to as low as 40%. This could be done by adding elements like a second assignment such as a video analysis, a research paper, or a practical teaching session. The 10 - 20 % of marks reallocated from basic skills will hopefully realign the weighting to the student's benefit. Students seeking this kind of change in evaluation need the instructor's approval prior to September 21. **Practice** outside of class time is **highly recommended**. The test items will not be allowed retakes, including the video analysis assignment(s). **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.