

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

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

**Course Outline Fall 2009**

**I. General Information**

**Instructor:** Matthew Bain  
**Office:** K 220  
**Phone:** 780.539.2974  
**Class Time:** September 4 to October 23; 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. Required Text**

Brown, Jim, Teaching Tennis: Steps to Success, Champaign, IL; Leisure Press, 2004.

**IV. Resources**

Roetert, Paul, World-Class Tennis Technique, Windsor, Ontario, 2001  
Yandell, John, Visual Tennis, Windsor, Ontario; 2<sup>nd</sup> edit. 1999  
Wardlaw, Paul, Pressure Tennis, Windsor, Ontario; 2000

## **V. Class Format**

The mark breakdown for the course will be as follows:

Learning Behavior	25%
Final Exam	25%
Basic skills assessment and game play	<u>50%</u>
	100%

**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 October 7, 2009.

## **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 for a total of 50 %.

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 to be tested on the final exam. (25%)
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, instruct, lead, 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. (25%)

**Basic skills 50%:**

If the weighting of 50 % 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 30%. This could be done by adding elements like a second assignment such as a video analysis or a research paper. 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.

PA 1350 GRADING SYSTEM		
Alpha/ Letter Grading		
Alpha Grade	4-Point Equivalence	Descriptor
A+	4.0	Excellent
A	4.0	
A-	3.7	First Class Standing
B+	3.3	
B	3.0	Good
B-	2.7	
C+	2.3	Satisfactory
C	2.0	
C-	1.7	
D+	1.3	Poor
D	1.0	Minimal Pass
F	0.0	Failure