

Beginning Tennis

PEHR 1100

Credit/Time: One Semester Hour

Prerequisites: None

Classroom: Tennis Courts, Dixie State Campus

Instructor: Wayne P. Bullock, USPTA Certified, 2 time Doubles Champion Intermountain Junior College, Head Pro at the Summit Athletic Club.

Office: Instructor is available before and after class or can be reached at the Summit Athletic Club 1532 E. 1450 S. ~ 435-628-5000
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Text: Tennis Mastery, by Dave Smith; Publisher: Dave Smith 2004

Course Description: This course will introduce students to the basic fundamentals of the game. The instructor will provide the students with the knowledge of scoring, parts of the court, singles play, doubles play and stroke production. As an activity class, students will learn tennis with the intent of developing a skill that will last a lifetime and will introduce the student to enjoy the sport socially, and/or competitively.

Course Objectives: At the completion of the course students will be able to:

1. Play a full match using Ad-Scoring and recognizing parts of the court for singles and doubles play.
2. Demonstrate grips used for volleys, serves and ground strokes.
3. Demonstrate tennis etiquette.
4. Identify strategies for singles and doubles play.
5. Have a basic understanding for equipment such as: rackets, strings grips, apparel and tennis shoes.

Course Structure: This course will contain two parts:

1. Stroke production: Volleys, Serves, Ground strokes, specialty shots.
2. Basics: Parts of the court, scoring, doubles strategy, etiquette, singles strategy and match play.

Dress Code: Modest and appropriate clothing is expected.

Grading Procedures:

Attendance is the central criterion with attitude and commitment to spending the time in developing the interest and skills that would be lasting. A mid-term and a final are required.

**Final grades will be calculated as a percentage of a total of 100 points possible.
The outline below is the criterion used for this class**

1. A student will receive **2.6 points per attendance** equaling 80% of the grade.
2. There will be an opportunity to make up two-class absences by attending a specially arranged Saturday make-up. (Ask instructor for more information)
3. A mid-term exam will be offered to students, which will represent 5% of the grade.
4. A final exam will be offered to students, which will represent 5% of the grade.
5. Attitude, participation, and development will be factored into the final grade worth 10%.

The final analysis is the student's need to have an appreciation and a better knowledge of the game. We want to inspire each student to learn the basic tennis fundamentals and skill development. Students will have the opportunity to improve their individual skill level. We hope to inspire the student to play tennis as a lifetime leisure activity using the proper fundamentals taught to them in this class. Beginner tennis will be presented as a fun, social and family activity.

Final grades will be calculated according to a standard department grading scale as follows:

A= 100-95%	A-= 94-91%	B+ = 90-88%	B= 87-84%	B- = 83-81%
C+ = 80-78%	C= 77-74%	C- =73-71%	D+ = 70-68%	D = 67-64%
D- = 67-60%	F= 59% or below			

Week 1.

Introduction ~ Introduction to Tennis Mastery, The strategy of learning, Warm-ups, Continental Grip intro, Tennis court intro, and History of scoring and scoring, intro to different types of spin.
(Read Introduction and Chapters 1& 2 in Tennis Mastery)

Week 2.

Warm-up (bounces & catches) ~ Introduction to the serve, most important stroke in tennis, grip, types of spin, and mechanics of the serve. Review of footwork drills, Review parts of the court.
(Read chapter 11)

Week 3.

Warm-up (bounces & catches) ~ Review of serve, review of grip and spin. Intro to the volley, grip, footwork, stance and ready position. Drills and games relating to volley.
(Read chapter 8)

Week 4.

Warm-up (bounces & catches) ~ Review of serve & volley, games and drills relating to the volley. Intro to the two-handed backhand (Chapter 9). Grip, footwork, stance and mechanics of the swing. Drills and games.
(Read Chapter 9)

Week 5.

Warm-up (bounces & catches) ~ Review of two-handed backhand. Intro to one handed forehand and two handed forehand. Grip, footwork, stance and mechanics of the swing. Games and drills.

(Read Chapters 10)

Week 6

Warm-up (bounces & catches) ~ Mid-term review of serve, volley, forehand and backhand groundstrokes.
Review parts of the court.
(Review Chapters 1, 2, 8, 9, 10 and 11)

Week 7

Warm-up (bounces & catches) ~ Mid-Term test ~ Intro to scoring, Intro to doubles play, intro to scoring.
(Read Chapter 15 & Scoring Handout)

Week 8

Warm-up (bounces & catches) ~ Review of scoring using games and drills. Review of serve, volleys.

Week 9

Warm-up (bounces & catches) ~ Review Serve, Forehand and backhand ground strokes using drills and games.
Intro to Single play.
(Read Chapter 14)

Week 10

Warm-up (bounces & catches) ~ Intro to Overhead and drop shot, grips, stance and swing mechanics. Games and drills. Intro to tennis equipment (Chapter 16)
(Read Chapter 12 & 16)

Week 11

Warm-up (bounces & catches) ~ Review of overhead and drop shot. Liveball drills using fundamental strokes.
Match play singles and doubles, Intro to Tie-breaker.
(Read Tie-Breaker Handout)

Week 12

Warm-up (bounces & catches) ~ Class challenge, Singles Tie-Breaker Tournament.

Week 13

Warm-up (bounces & catches) ~ Class challenge, Doubles Round Robin.

Week 14

Warm-up (bounces & catches) ~ Continue class challenge. Review for Final Exam.
(Review Chapters 1, 2, 8, 9, 10, 11, 12, 14 & 16 and Handouts)

Week 15

Final Exam.