

Course: PE 221-D Tennis
Credit 1 credit hour
Semester: Spring 2023, Cycle 5
Time: 1pm-2:30
Days: Monday
Asst. Professor: Tressa Barnes Home Phone: 816-820-5235

I. DESCRIPTION:

An introductory course designed to teach the fundamentals of tennis.

II. General competencies to be achieved. The student will:

- A. Display knowledge of softball strategy and fundamentals.
(PLO: 2) (Assignment: A and B)
- B. Understand the etiquette of softball.
(PLO: 3) (Assignment: B and C)
- C. Know the importance of leisure time activities.
(PLO: 2,3) (Assignment: C and E)
- D. Understand how the fitness concepts they are challenged with in this class will impact their potential for ministry in the future.
(Program Learning Outcomes: 3 and 4) (Assignment: B and D)
- E. Develop skills essential to participate successfully in softball.
(PLO: 1,2,3,4) (Assignment: A, B,C,E)

III. Specific competencies to be achieved. The student will:

- A. Know the fundamental rules and strategy of tennis.
(PLO: 1,2) (Assignment: B,E)
- B. Understand how to officially score a tennis game.
(PLO:1,2,3,4) (Assignment: B,C,D,E)
- C. Understand common fundamental problems in tennis.
(PLO:1,2) (Assignment: B,E)
- D. Appreciate the importance of good sportsmanship.
(PLO3,4) (Assignment: A,B,C)
- E. Learn the correct way to overhand serve, smash, and lob shot.
(PLO:2) (Assignment: A,B,C,E)
- F. Practice how to execute a volley.
(PLO:2) (Assignment: A,B,C,E)

- G. Gain an appreciation of the skill and finesse it takes to perform the fundamentals of forehand and back hand.
(PLO:2) (Assignment: A,B,C,D,E)
- H. Develop an understanding of individual offensive and defensive skills to mesh with doubles.
(PLO1,2) (Assignment: A,B,C,D)

III. REQUIREMENTS

- A. Reading
1. Students will hand in a weekly reading log.
 2. Assignments and dates are included in log.
- B. Workout Log
1. Students will keep a workout logbook through the class.
 2. Student will be required to play an additional four matches (2/3)
 3. Student will list the date, time, score, and the opponent of each game in log.
- C. Drills
1. See Drill Schedule
 2. The student will complete and submit one drill sheet each week.
- D. Exam
1. Final Exam – After last class is finished
 2. Will be taken online.
- E. Skills Testing
1. Last day of class
 2. Forehand/ Backhand Test
 3. Serving Test
- F. Project
1. Each student will be placed in a group.
 2. Each group will:
 - Do research and then make a presentation to the class about why exercise and healthy living are important and can contribute to mental, social, and spiritual growth.
 - Present to the class verbally after a written summary of your work is prepared for the instructor and each member of the group.
 - Each member of the group needs to participate.
 - Use Scripture!

IV. METHODS

A. Reading, writing, self-evaluation, and participation

B. Grading

1. Reading	70 pts.
2. Workout Log	80 pts.
3. Project	70 pts.
4. Drill Sheets	230 pts.
5. Exam	100 pts.
6. Skills Testing	<u>70 pts.</u>
	620 pts.

V. MATERIALS

A. Bible

See “**Bible Requirement**” statement below.

B. Tennis: Steps to Success by Jim Brown

ISBN-13: 9780736053631

Publication Date: 9/28/2004

Cost \$13.16

C. Tennis Racquet

Bible Requirement

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

VI. ACADEMIC STATEMENTS

PERSONAL DEVICES: The use of cell phones, laptops, tablets, and related devices is permissible for educational purposes only (i.e note-taking or researching information pertinent to discussion), with prior approval from the instructor. **Use of electronic devices outside of educational purposes is expressly prohibited.** When not being used according to the guidelines established, electronic devices should be stored in students' belongings and out of sight. If a student has an emergency and are awaiting for an urgent phone call, they should inform the instructor ahead of time.

Failure to adhere to these policies may result in the student being asked to leave class, and marked as absent for the first offense. A second offense may result in withdrawal from the course.

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Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

All class papers must follow the APA Style 7th edition of the APA Publication Manual.

The Clark Academic Center (Cac@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams, and facilitate tests. Please take advantage of this service.

VII. CLASS SCHEDULE

- A. Introduction
- B. Forehand/backhand
- C. Volley
- D. Serve
- E. Smash
- F. Lob/ half volley
- G. Drop shot
- H. Skills Testing