

PE-1230: TENNIS FOR BEGINNERS

Cuyahoga Community College

Viewing: PE-1230 : Tennis for Beginners

Board of Trustees:

2018-05-24

Academic Term:

2018-08-27

Subject Code

PE - Physical Education

Course Number:

1230

Title:

Tennis for Beginners

Catalog Description:

Instruction, practice and skill development of tennis as a lifetime activity. Scoring, rules and etiquette of tennis included.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Apply basic skills and knowledge of the game of tennis.

Objective(s):

1. Explain the benefits of tennis as a lifetime sport.
2. Explain the history and tradition of tennis.
3. Demonstrate skill in the fundamental techniques of tennis, including the different grips.
4. Perform the forehand and backhand groundstrokes.
5. Perform the forehand and backhand volley.
6. Perform the serve.
7. Explain the basic rules and etiquette.
8. Explain the point and scoring system.

Methods of Evaluation:

1. Skill evaluation
2. Written evaluation
3. Attendance and participation

Course Content Outline:

1. Introduction to tennis
2. History of tennis
3. Forehand groundstroke
4. Backhand groundstroke
5. Forehand and backhand volley
6. Service
7. Basic rules
8. Etiquette
9. Scoring
10. Basic playing procedures

Resources

Johnston, Lisa. *Tennis A-Z 26 On Court: Activities to Keep Beginner Classes Fresh and Fun*. Amazon Kindle, 2016.

Clark, Malcolm. *Tennis: 5 Easy Steps to Mastering Tennis in the Shortest Amount of Time (Tennis, Tennis Tips, Tennis for Beginners, How to Play Tennis) (Volume I)*. 2016.

Diablo, Nicky. *Tennis: The Complete Guide for Beginners (Sports, Fitness, Nutrition, Exercise, Fun, Learning)*. Amazon Kindle, 2016.

Resources Other

1. www.tenniscanada.com/developing-your-forehand (<http://www.tenniscanada.com/developing-your-forehand/>) Sept. 10, 2015 A beginners guide: Developing your forehand
2. www.tenniscanada.com/a-beginners-guide-overhead-smash-fundamentals (<http://www.tenniscanada.com/a-beginners-guide-overhead-smash-fundamentals/>) Oct. 9, 2015
3. www.thoughtco.com/simple-introduction-to-tennis-scoring-for-beginners-3207375 (<http://www.thoughtco.com/simple-introduction-to-tennis-scoring-for-beginners-3207375/>) Sept. 23, 2017

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