



COURSE OUTLINE

Course Number
HPE 225

Course Title
Beginning Tennis

Credits
1

Hours:
Lecture/Lab/Other
0/2/0

Co- or Pre-requisite
None

Implementation
Semester & Year
Spring 2023

Catalog description:

Introduces new players to the following strokes and grips: forehand, backhand, serve, volley, lob, and overhead smash. Additionally addresses rules, scoring, tennis etiquette, and tennis vocabulary. Utilization of videotapes, practice drills, and game situations develop skills.

General Education Category:
Not GenEd

Course coordinator: Mike DeAngelis MS, CSCS
609-570-3758, deangelm@mccc.edu

Required texts & Other materials:

Text: TENNIS: Steps to Success by Jim Brown, Third Edition ISBN 0736053638

Equipment: Tennis balls are supplied. Tennis shoes or some type of sneakers, athletic apparel (sweat pants, sweat shirt, T-shirt, shorts, etc.) are required. Student is responsible for bringing a tennis racket.

Course Student Learning Outcomes (SLO):

Upon successful completion of this course, the student will be able to:

1. To be able to interpret and use the rules of tennis. (ILG 1,2, PLO 3)
2. To be able to demonstrate and practice court awareness. (ILG 11, PLO 3)
3. To demonstrate the following: Forehand, Backhand, Serve, Volley, Lob, Overhead Smash, Drop Shot (ILG 3, PLO 3,7)
4. To be able to participate at the beginner level in singles and doubles Tennis. (ILG 1,11, PLO 3,7)

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal 1. Written and Oral Communication in English. Students will communicate effectively in both speech and writing.

Institutional Learning Goal 2. Mathematics. Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.

Institutional Learning Goal 3. Science. Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for Exercise Science A.S. (PLO)

1. Succeed academically upon transfer to a baccalaureate program related to exercise science;
2. Secure employment in the field of exercise science;
3. Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
4. Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
5. Assess and evaluate an individual's health and performance;
6. Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
7. Conduct safe and effective training sessions with generally healthy individuals.

Units of study in detail – Unit Student Learning Outcomes:

Unit 1 (Supports SLOs # 1,3,4)

Learn key concepts of tennis
Familiarize yourself with a racket
Understand court awareness
Understand the use and mechanics of forehand
Understand the use and mechanics of backhand
Practice Forehand and backhand

Unit 2 (Supports SLOs # 1,2,3,4)

Practice forehand and backhand
Introduce the serve & volley
Practice the serve and volley
Execute singles play

Unit 3 (Supports SLOs # 1,2,3,4)

Execute drills for forehand, backhand, & serve
Introduce the mechanics of the lob, overhead smash, & drop shot
Execute drills for the lob, overhead smash, & drop shot drill
Practice doubles play

Unit 4 (Supports SLOs # 1,2,3,4)

Understand singles Strategy
Comprehend doubles strategy
Practice singles play
Practice doubles play

Unit 5 (Supports SLOs # 1,2,3,4)

Review drills (all strokes)
Compete in singles match play
Compete in doubles match play

Evaluation of student learning:

Grading:

- | | |
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| 1. Basic Tennis Skills (includes strokes & singles/doubles play) | 80% |
| 2. Class participation | 10% |
| 3. Written Test | 10% |

Notes.... There are only **five** classes.