I. INTRODUCTION:

A. Tennis is played by people of all ages and various skill levels. Coordination and skill are required in the execution of strokes. Players must learn to coordinate and time the movement of the racket, the arms, body, and feet. Physical demand is placed upon the individual for the endurance and stamina needed to persist through long rallies and matches. Self discipline and self control are required of the player who wants to realize the satisfaction gained from meeting the demands of competition. Finally, tennis provides a healthy and enjoyable social situation.

B. Successful completion of this course meets physical education requirements for an Associates degree.

II. COURSE OBJECTIVE:

A. To review the history, rules, and court etiquette of tennis.

B. Learn advantages and disadvantages of various courts and equipment, and how to purchase, care for, and use tennis equipment.

C. To review and improve upon basic skills, learn new strategy, and develop endurance and coordination.

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. Championship Tennis - Tony Roche Film

C. Tennis - NCAA Sports Instruction Video

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Meet required skill level
5. Pass written examinations
GRADE COMPUTATION:

Participation = 50%
Skill Evaluation = 25%
Written Examinations = 25%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

If for any reason a student is unable to participate FULLY in class activities for an extended period of time (ie... pregnancy, injury, or illness), it is suggested that he/she withdraw from the class. Excessive absences or limited participation will have a negative effect on the grade.

ABSENCES AND TARDIES

- **Absences numbers one (1) and two (2) - No penalty.**

- **Absence number three (3) - 5 points** will be deducted from your final grade (based on 100 point scale).

- **Absence number four (4) - 10 points** will be deducted from your final grade (based on 100 point scale).

- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)

- **Two (2) points** will be deducted from your final grade for each tardy.

- **There will be no make-up classes.**

The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.
CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts, and plain white t-shirts are accepted uniform for physical education activity classes. For cold weather outside activities, blue, white, or grey sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (ie...jeans, sweaters, shirts, boat shoes, etc....). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the problem and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
V. COURSE OUTLINE:

A. Unit One: Review of Basic Skills
   1. Review forehand and backhand, ground strokes, service, and volley
   2. Review rules, history, etiquette, and vocabulary
   3. Review selection, care, and use of equipment
   4. Evaluate basic tennis strokes
   5. Evaluate knowledge of the game

B. Unit Two: Shot Production
   1. Introduce ball spin - topspin, backspin, and sidespin and practice
   2. Introduce and practice advanced serves - slice and topspin
   3. Learn the fundamentals of approach shots
   4. Learn the lob and overhead smash. Practice - drills
   5. Introduce drop shots, drop volleys, and half volleys. Practice and drills
   6. Practice drills on footwork - timing
   7. Evaluate - written and skills exams

C. Unit Three: Strategy
   1. Discuss and practice the nine principles of strategy listed in the text
   2. Discuss psychological characteristic that enhance chances of winning
   3. Practice and drill on common playing situations
   4. Evaluate

D. Unit Four: Tournament Play
   1. Participate in a class doubles tournament
   2. Participate in a class singles tournament

E. Unit Five: Final Evaluation
   1. Comprehensive written examination
   2. Skills test on basic skills, shot production, and strategy