

SYLLABUS
PART I
EDISON COMMUNITY COLLEGE
PED 162S TENNIS I
1 CREDIT HOUR

COURSE DESCRIPTION

Basic presentation of the game of tennis, its background, development, rules, strategies for competition, and terminology for the purpose of general knowledge plus integration of these into the on-court drills and exercises to develop proper execution of the basic strokes and techniques of the game. Lab fee.

COURSE GOALS

The student will:

1. A satisfactory and reliable execution of the basic elements of ground strokes, commensurate with physical abilities.
2. A knowledge of rules of play for singles and doubles such that progress of play will not be hampered by questions concerning rules.
3. A respect for tennis etiquette as it mutually benefits the student and his opponent.
4. A satisfactory execution of the forehand, backhand, serve, volley, and other "shots" in the game of tennis.
5. A general understanding of strategies of the competitive game, more popularly called aggressive tennis.
6. An appreciation of the scope of the game as it pertains to personal/group enjoyment and to exercise and physical fitness for all ages.

CORE VALUES

The Core Values are a set of principles which guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goals, objectives, and activities in this course will introduce/reinforce those Core Values whenever appropriate.

TOPIC OUTLINE

1. Terminology, equipment and safety
2. Warm-up and stretching exercises
3. Basic elements of stroking: forehands, backhands
4. Service
5. Net Play - offensive, aggressive tennis
6. Game rules, scoring
7. Tennis strategies