

PE 122 BEGINNING TENNIS

Dr. England, Gym 3, 4-8350

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Fall, 1999

Office Hours: MW 10-11, 1-2

TTH 9-9:30; 1:30-2:30

F 10-11

Course Objectives:

1. learn the forehand groundstroke, backhand groundstroke, and serve
2. learn topspin, backspin, and slice and their effect on ball flight
3. learn basic rules and etiquette

Class activities may include vigorous exercise. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, you should have your physician FAX me a letter stating 1) the nature of your limitation(s) and 2) his/her recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Text: Dick Gould, Tennis Anyone!, 5th. edition

Class Participation: You are expected to be an active participant in each class, equipped for class (tennis racket, approved shoes) and dressed appropriately for safety and environmental conditions. If you do not feel well enough to participate in class physical activity you should attend class and take notes and make comments on activities of the day. Turn those notes in to me at the end of that class period.

Grading:

Written work— All assignments are due at the beginning of class on the due date.

30% Two Take-home, open-book Tests

IT IS AN HONOR CODE VIOLATION TO CONSULT WITH ANYONE (DR. ENGLAND EXCEPTED) ABOUT YOUR ANSWERS FOR THESE QUESTIONS. However, you are encouraged to seek help from the Writing Center (or other qualified people) regarding grammar and mechanics, organization, and clarity of your work.

Practical work

70% Skills tests

1. forehand (20)
2. backhand (20)
3. serve (20)
4. singles game play (10)

Absences

If you miss more than 3/2 classes FOR ANY REASON, five points per overcut will be deducted from your final grade. Exceptions to this policy are very rare and occur only under very unusual circumstances. THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS EXCEPT UNDER VERY EXCEPTIONAL CIRCUMSTANCES. It is your responsibility to communicate with me as soon as possible if you believe you are an exception.

Extra credit points

Points may be added to your final grade for exceptional demonstration of tennis rules, courtesy and the USTA "Code."

Five points will be added to your final grade if you have NO absences.

THE OXFORD COLLEGE HONOR CODE APPLIES TO ALL WORK FOR THIS CLASS.

**Oxford College of Emory University
Division of Physical Education and Health**

Class: _____

Instructor: _____

Section: _____

Semester: _____

CLASS POLICIES FOR TENNIS

I have access to a copy of the course outline and have read it. Further, the instructor has explained:

1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and understand the three areas listed above.

WARNING OF RISK FOR TENNIS

Every sport has certain inherent risks and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Tennis is a physical activity requiring a certain degree of physical exertion and concentration. Tennis is a reasonably safe sport as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in tennis. Some examples of possible injuries are:

1. bruises and abrasions
2. muscle sprains and strains
3. joint injuries
4. broken bones
5. heat exhaustion and/or heat stroke
6. eye injuries
7. cardiovascular incidents

These and other injuries may occur as a result of such hazards as:

1. tripping and falling
2. environmental factors
3. dehydration
4. stepping on tennis balls or other objects
5. flying objects (balls, tennis rackets)
6. collisions with other players or court structures

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. wear proper shoes and clothing when playing;
2. never begin hitting or/and stop play when balls or other objects are in the playing area (playing area is defined as the **entire area inside the court fences excepting against the fence and against the net**);
3. be aware of where other people are when playing;
4. demonstrate proper tennis etiquette while playing;
5. be considerate of other players' abilities while playing;
6. be sure all players are aware and ready before beginning play;
7. be sure gates are closed.
8. **drink adequate water before, during, and after class**