

PE 122 Beginning Tennis  
Spring, 2010

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**Instructor:** Dr. Penelope England

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**Office:** Williams Gymnasium 103HB      **Phone:** 4-8350, FAX 770.784-4677

**Office Hours:** MW 11:30 - noon; 1:00 – 2; 3:30 - 4. TTH 11:30 – noon; 2:30 – 3:30; **and by appointment**

**Roll is taken at 1 p.m. Class is dismissed at 2:15. If the courts are wet at class time, we will meet in the South Gymnasium (dress for activity).**

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*Physical activities for this class include vigorous movement. Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, 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, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.*

**Course Objectives:**

**Students are placed in a category based on their initial skill level. Those who have little experience in tracking and moving to the ball are placed into Group I. Students who can track and contact the ball with little difficulty are placed in Group ii.**

**The objectives for each group follow:**

**Group I**

1. Enjoy learning tennis stroke fundamentals.
2. Develop basic groundstrokes, volley and serve
3. Develop the ability to move to the ball with confidence and return the ball over the net consistently
4. Develop relaxation techniques for managing the frustration associated with learning tennis skills.

**Group II**

1. Enjoy playing the game of tennis
2. Understand and use elementary strategies for tennis singles and doubles
3. Understand and use the rules and scoring of tennis, its courtesies and conventions through playing elementary singles and doubles games

4. Develop relaxation techniques for managing the pressure and frustration associated with improving tennis skills and game play.

**Course Activities:** Ball machine drills and court drills for practicing forehand, backhand, and serve; game play for practicing strategy, courtesies and conventions of league tennis (USTA & ALTA). **Note**—this is a beginning tennis class. The Oxford College Catalog states **“Intermediate/advanced players (those above 2.5 USTA rating) should not take this course. Those who do may be subject to intermediate/advanced grading standards at the discretion of the instructor.”**

**Text:** There is no text for this course. Course materials for written tests will be provided as handouts or in Blackboard.

**Equipment:** Provide your own tennis racket and **tennis shoes**. Other kinds of shoes will not be permitted on the court; therefore if you wear other kinds of shoes your grade can be penalized since you are not prepared to participate in class.

**Blackboard:** Course written materials are found on Blackboard, along with video analysis of basic tennis skills and animation of game positioning and strategy.

**Help Sessions:** On Thursdays I will be able to stay for thirty minutes after class so you can use the ball machine and I can offer help.

**Evaluation:** The final grade will be based on:

Tennis skills: 30%                      Video Analyses: 10%

Game Play: 30%                      Written tests: 20%

Participation 10%

**Grading Scale:**     A – 90 – 100  
                              B – 80 – 89.9  
                              C – 70 – 79.9  
                              D – 60 – 69.9  
                              F – < 60  
                              no plus or minus scale

### Written tests –

#### **Group I**

**Thursday Feb. 25** Test 1 covers stroke and serve techniques; and the “Power/Control” document. **(10%)**

**Thursday, Apr. 15** In class, write a paper (200 – 500 word range) comparing how your tennis stroke compares to the stroke of the player in the video on Blackboard. Base your analysis on the “Power/Control” document. **(10%)**

#### **Group II**

**Thursday Feb. 26** Test I covers rules (found on Blackboard) and “The Code” (found on Blackboard). **(15%)**

**Thursday, Apr. 15** Test II covers singles and doubles strategy **(15%)**

### Skills Tests

#### **Group I**

Each class day you will be evaluated on your effort to hit as many balls in class as possible, and your effort to also help others hit as many balls in class as possible. **This means keeping the ball in play.** In order to pass this course you must actively participate and contribute during each class meeting. Since I teach you as individuals, when I am working with other students I expect you to be practicing the **skills on which you need most practice**. I expect you to encourage and help each other. Each of you will learn at a different rate. Once you have mastered a skill, I expect you to help others learn it. **(10%)**

Each of the following tests may be taken more than one time (conditions permitting). The score used to calculate your grade will be the highest score you make on any one of the tests. Other scores on the same test will be eliminated.

**Groundstrokes Form** – While you are taking the tests described below you will be graded on form. It is recognized that all players’ form is individual; however, extension, contact point, backswing and followthrough are the prominent benchmarks used for form evaluation. These are described in the “power/control” document found on Blackboard and are demonstrated on the videos found on Blackboard.

Forehand: You will return 7 balls delivered by the ball machine, instructor, or a qualified student. The first two balls are practice. The next five are your test. Your returns must be over the net, inside the singles court, and must demonstrate good stroke mechanics. Returns that hit the net and go

over the net and land inside the singles court are considered good. **(Form: 5%)**

Scoring: 5 = 100; 4 = 95; 3 = 85; 2 = 75; 1 = 65;; 0 = 40 **(10%)**

Backhand: You will return 7 balls delivered by the ball machine, instructor, or a qualified student. The first two balls are practice. The next five are your test. Your returns must be over the net, inside the singles court, and must demonstrate good stroke mechanics. Returns that hit the net and go over the net and land inside the singles court are considered good. **(Form 5%)**

Scoring: 5 = 100; 4 = 95; 3 = 85; 2 = 75; 1 = 65; 0 = 40 **(10%)**

First Serve: Beginning in the deuce court, serve five (5) first serves, alternating courts (as when playing a game). Fifth serve may be served to either service court. These serves must demonstrate sufficient depth and pace. **(Form 5%)**

Scoring: 4 = 100; 3 = 95; 2 = 90; 1 = 85; 0 = 40 **(10%)**

Second Serve: Beginning in the deuce court, serve five (5) second serves, alternating courts (as when playing a game). Fifth serve may be served to either service court.

Scoring: 5 = 100; 4 = 90; 3 = 80; 2 = 70; 1 = 60 ; 0 = 40 **(10%)**

Volley: You will volley 7 balls delivered by the ball machine, instructor, or a qualified student. The first two balls are practice. The next five are your test. Your returns must be over the net, inside the singles court, and must demonstrate good stroke mechanics. Returns that hit the net and go over the net and land inside the singles court are considered good. **(Form 5%)**

Scoring: 5 = 100; 4 = 95; 3 = 85; 2 = 75; 1 = 65; 0 = 40 **(10%)**

## **Group II**

Each class day you will be evaluated on your "game": your effort of participation in drills designed to improve game strategy and your effort to implement those strategies during game play. **This means keeping the ball in play and using "high percentage" tennis** while implementing these strategies. In order to pass this course you must actively participate and contribute during each class meeting. Since I teach you as individuals, when I am working with other students I expect you to be practicing the **skills on which you need most practice**. I expect you to encourage and help each other. Each of you will learn at a different rate. Once you have mastered a skill, I expect you to help others learn it. **(10%)**

### Tennis Skill Tests -

Each of these skills tests may be taken more than one time (conditions permitting). These test grades will be averaged.

#### In Class Singles Play -

You must demonstrate that you know how to keep score, that you know the rules, courtesies, and conventions of the singles game. In addition, you will demonstrate that you understand basic singles strategy (described on Blackboard).

Round Robins will be played. "Sets" will be the best of three tie-breaks.

Scoring: You can earn no higher than a B if you double fault. You can earn no higher than a C if you hit three balls (volley or ground stroke) into the net. **(10%)**

#### In Class Doubles Play -

You will play **TIE-BREAKS** doubles. You must demonstrate that you know how to keep score, that you know the rules, courtesies, and conventions of the doubles game. In addition, you will demonstrate that you understand the basic strategy in doubles (described on Blackboard).

Scoring: You can earn no higher than a B if you double fault. You can earn no higher than a C if you hit three balls (volley or ground stroke) into the net. **(30%)**

#### Serve Testing - (20%)

While you are playing **TIE-BREAKS**, your serve will be evaluated. The purpose of the serve for EVERYONE is to begin the point. Therefore you must learn a second serve that will go in consistently. **Intermediates** - will be graded on a second serve that goes in consistently with depth; **Advanced** - will be graded on a second serve that is consistent and deep with pace. **Double-faults reduce the serve grade dramatically!**

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\*\*\* All tests must be taken on the announced date of the test. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Dr. England before you miss that class.

#### **Class Participation and Attendance Policy:**

**Religious holidays** approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

Missing more than two classes will result in a **5-point reduction** in your grade **for each additional absence. THERE ARE NO EXCUSED ABSENCES FOR THIS CLASS BEYOND THE TWO THAT ARE PROVIDED.** MAKE UP work MAY BE PROVIDED at my discretion if you provide acceptable medical documentation or you make **prior arrangements** with me regarding an exceptional circumstance. It is important that you email me **BEFORE** any absence occurs. If you email me after an absence occurs, do so before the next class meeting. If LearnLink is down, you may leave a voice message (4-8350) instead. These emails or messages are only informative. If you believe you have justification for an absence to be excused you must discuss this with me in person and authentic documentation must be provided. It is your responsibility to make an appointment with me and to provide a written record of all of your absences **(dates and reasons)**. All absences should be for valid reasons. At that meeting we will decide whether make up work or penalty reduction is justified. There will be no exceptions. \*\*If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services. **If you accumulate a total of six absences your final grade will be an "F"**

**Come to class!** Even if you do not feel well enough to participate you will watch your classmates and make notes giving helpful advice to a list of students that you observe that day. That way your grade will not be penalized.

There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

It is expected that you arrive for class on time. Every third time you are late (not in class when I call roll) you will be penalized an absence. You are expected to be on the courts with racket, tennis shoes and tennis attire ready to participate when I call roll. **If you are late, you must see me at the end of that class to witness that I change your absence to a late. If you do not, you may be counted absent even when you were in class.**

**Dress Code:** You must provide your own tennis racket. Athletic shorts, shirts and tennis shoes are required. **Shoes must be smooth-soled, and must not make marks on the court. Running shoes are not safe for tennis and are not permitted.** You may not wear blue jeans or other street clothes unsuited to athletic endeavor. Shirts must be worn at all times. Failure to wear the required attire will result in an absence.

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

#### **Additional Important Information:**

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center.

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me*

*know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Learnlink: I will read and answer e-mail only between 6 and 8 a.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone (770/784-8350).

**HONOR CODE: Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.” I expect that you will have read the Honor Code and that you will abide by its dictates.**

**Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of the HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.**

Please see <http://www.college.emory.edu/students/honor.html>

*“Be bold. If you’re going to make an error, make it a doozy; and don’t be afraid to hit the ball.”*

*Billie Jean King*