

OXFORD COLLEGE Division of Physical Education & Dance

PE 122 Beginner/Advanced Beginner Tennis

10am, 11am, 1 pm MWF

PE 123 Intermediate/Advanced Tennis

9:30am & 11:00 am T Th

DR. JUDY GREER FALL 1992

- I. Assignment for Friday, August 28, and Tuesday, September 1
In preparation for class, read from your text, Tennis Anyone,
pages 1-6; pages 82-88; pages 7-12 (Hitting the Ball; Basic
Strokes).

- II. Before **EACH CLASS** begins for physiological and psychological
warm-up, please do the following:
1. Run, jog, or walk briskly to class--hold your racket,
head up, using forehand (eastern) grip.
 2. Stretch (we'll go over these). See text, page 84.
 3. Ball bounces: 25 "downs", 25 "ups", 25 alternating
Rally against the wall until you have successfully hit 10
consecutive forehands and 10 consecutive backhands from
the baseline of the lower courts.

NOW RALLY WITH A FRIEND. HAVE FUN!

EMORY UNIVERSITY



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OXFORD COLLEGE Division of Physical Education & Dance

P.E. 122/123 Fall 1992 Dr. Judy Greer

DUE
TH., SEPT. 3
FRI., SEPT. 4

Class Assignment Information:

Complete the following statements. You may use newspapers, magazines, books, etc., as references. Be sure to cite your references accurately. For example:

Tennis Magazine. May 30, 1991, Page 52.

1. Where and when will the 1992 U. S. Open Tennis Championship be held? _____
2. Who is seeded #1 for the men? _____
3. Who is seeded #1 for the women? _____

NAME: Honor Signature _____

Class Day/Hour _____

DUE THURS., SEPT. 3 FRIDAY, SEPT. 4



Sept. 1, 1992
J. Greer

OXFORD COLLEGE OF EMORY UNIVERSITY

FALL 1992

Division of Physical Education and Dance

TENNIS NEWS!!

I. TENNIS HELP SESSIONS

Sessions are open to all Oxford College personnel and students. They are designed to give tennis players the opportunity to improve their strokes by hitting with a student assistant and/or the ball machine.

Mondays	*6-7 PM	- Jason Ramirez
Wednesdays	2-3 PM	- Dawn Parker
	4:30-5:30 PM	- Jason Ramirez
Thursdays	3-4 PM	- Dawn Parker
	*6-7 PM	- Jason Ramirez

(In case of rain and/or wet courts, meet on the mezzanine of the south gym, except * when the gym is closed. Jason will post a make-up time on the gym entrance bulletin board).

II. CHECK-OUT System for tennis balls

Whenever the gym is open, with a college I-D, Oxford College personnel and students may check out hoppers of tennis balls.

III. VIDEO TAPES

Video tapes are also available for check-out. See Dr. Greer (4-8354).

IV. TENNIS CLUB

See Marty Brandon (4-8355) if you are interested.

NAME _____

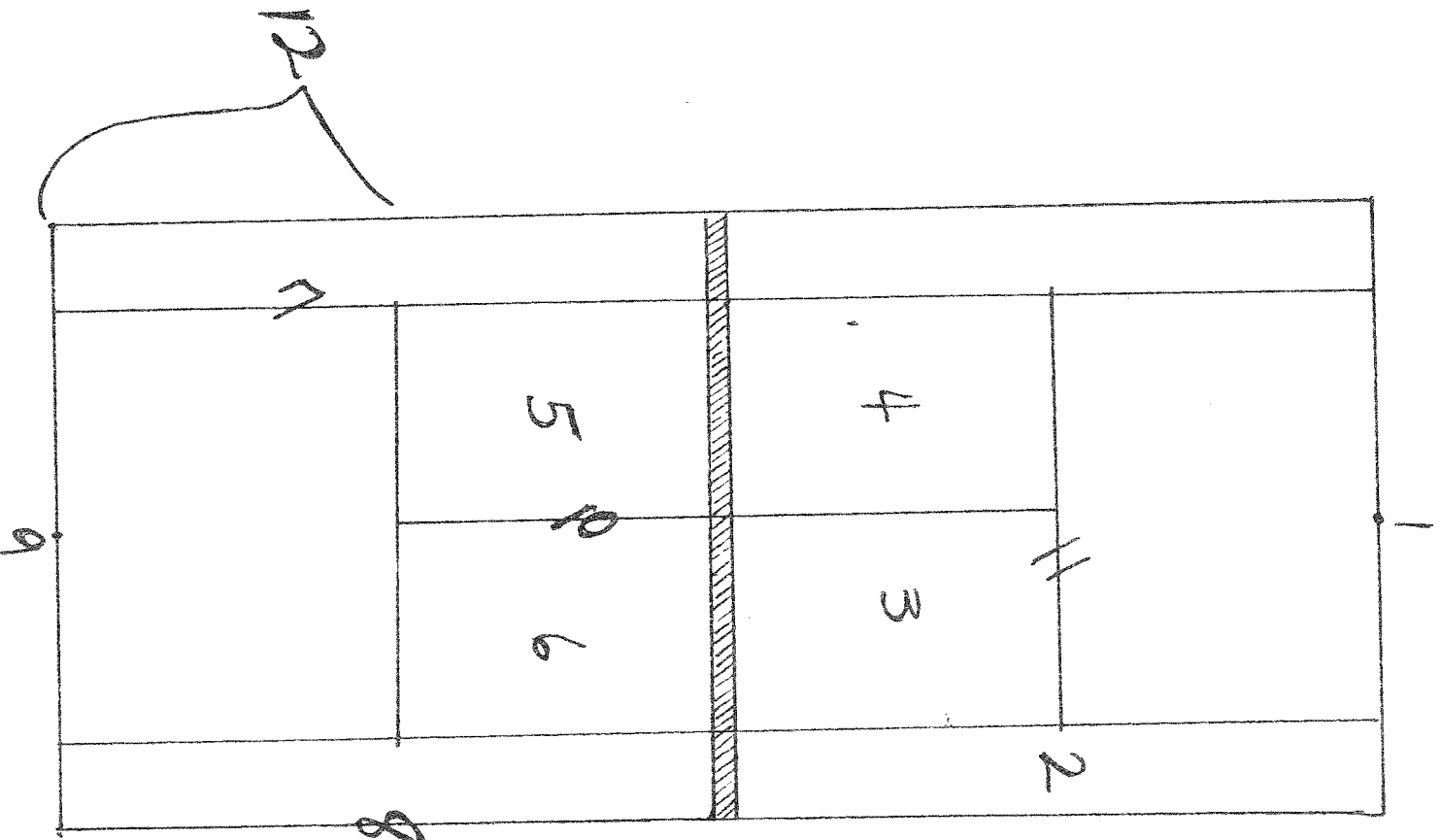
10/ 11 /1

9 /04/92
DATE

COURT QUIZ - PE 122

IDENTIFY

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



OXFORD COLLEGE Division of Physical Education & Dance

U S T A SKILL TESTS - BEGINNER

NAME _____ CLASS DAY/TIME _____

1. Racket Handling: 50 "downs".
 2. Racket Handling: 25 "ups".
 3. Racket Handling: 50 "alternating".
 4. Standing behind the service line, place 5 forehands into play over the net without a miss.
 5. Standing at least 20 feet away, or from the baseline, place 5 consecutive groundstrokes against a wall. Each ball must go over a 3-foot net line and be hit on one bounce.
- Complete .

6. Standing behind the service line, return 6 out of 10 balls tossed alternately to your forehand and backhand.
7. With a partner, rally at least 3 times each, on bounce only.

USTA SKILL TESTS - ADVANCED BEGINNER

1. Racket Handling: 100 "downs"; 50 "ups"; 100 "alternating".
2. Return 10 consecutive balls tossed alternately to your forehand and backhand.
3. Standing behind the baseline, place 15 consecutive forehands into play over the net.
Complete
4. Serve 10 balls into each service court. At least 5 in each court must be good.
5. Standing at least 20 feet away, hit 10 consecutive groundstrokes against a wall.
6. Volley at least 5 out of 10 balls tossed to you at net.
7. With a partner, rally 6 times each, including at least 2 backhands.

On Exam

8. Demonstrate knowledge of rules, game play, and code of conduct.