

Oxford College of Emory University
Division of Physical Education and Health

CLASS POLICIES FOR STRESS REDUCTION ACTIVITY

I have access to a copy of the course syllabus 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 I understand the three areas listed above.

WARNING OF RISK FOR STRESS REDUCTION ACTIVITY

Every sport has certain inherent risks and, regardless of the precautions taken, it is impossible to ensure the safety of the participant. Swimming is a physical activity requiring a certain degree of physical exertion and concentration. Swimming 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 swimming. Some examples of possible injuries are:

1. muscle sprains and strains
2. joint injuries
3. broken bones
4. heat exhaustion and/or heat stroke
7. cardiovascular incidents
8. allergies

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

1. environmental factors
2. vehicular traffic
3. equipment failure
4. allergic reaction to insect bites

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

1. warm up and stretch adequately
2. prepare mentally for each class
3. be aware of surroundings during activity
4. drink adequate water before, during, and after class

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

Oxford College of Emory University
Division of Physical Education and Health

Course Title: Beginning Tennis, Fall, 2002

Instructor: Dr. England *Email:* penglan@emory.edu *Phone:* 4-8350 *FAX:* 770/784-4677

Office Hours: MW 11-11:30 TTH 11:30-12; 2:30-3:30

COURSE DESIGN: This is a course for those students who have never received formal instruction in the fundamentals of the game, designed to introduce basic tennis skills and knowledge. Those who already play tennis are strongly discouraged from taking this course as their presence is very disconcerting to beginning students. If you choose to take this course even though you are experienced you will be expected to help the beginners. Also, you will be expected to improve more independently of the instructor.

COURSE GOALS:

1. The student will develop the basic form and mechanics of the beginning topspin forehand and topspin backhand groundstrokes, and the beginning slice serve;
2. The student will demonstrate an understanding of scoring and rules and basic match play in singles and doubles;
3. The student will demonstrate a consistent understanding of two important principles for effective tennis play: 1) the ball must go over the net and 2) each ball must be chased with full effort

COURSE CONTENT:

Warm-up and cool down procedures

Rules, scoring, and terminology

Basic skills (forehand and backhand groundstrokes, serve, and volley)

Singles strategy and positioning

Doubles strategy and positioning

Physical activities for this class include mild to vigorous movement in very hot to very cold weather. Whenever there is 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, have your physician FAX (770/784-4677) a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the objectives of this course as listed above.

COURSE TEXT: There is no text for this course. Resource material will be given in class handouts

METHODS OF EVALUATION:

Written Work: You will take each written test twice on the same day; once alone and then again with your student group. The grade you make alone will count 70% and the group grade will count 30%.

10 points Written test on basic skills and terminology

10 points Written test on rules, scoring, strategy

Skills—Each of these skills tests may be taken more than one time (weather and other conditions permitting). Your final score on each will be the highest score you make. The other scores will be eliminated.

Forehand and Backhand Test: You will choose which of these scores you want to count twice (after you've taken both tests).

Hit three consecutive forehands/backhands from behind the service line to the wall. Each hit must strike the wall above the white three foot line. The initial hit counts zero. Thereafter, one legal hit = 7.5 points; two consecutive legal hits = 8.5; three consecutive hits = 9.5; four consecutive legal hits = 10. Taking a groundstroke test with zero legal hits earns 4 points.

Serve Test

Legally serve three points. If the first serve is faulted, a second serve is awarded. Serve the first point to the deuce court; second point to the ad court, third point to the court of your choice. If all three first serves are good, you score 10 points. If you use second serve(s) but serve three good serves, you score 9.5 points. If you serve two good serves, your score is 8.5; if you serve one good serve, your score is 7.5. Taking the test, but serving zero serves earns 4 points.

Singles Play

You will play a tie break against several different opponents so that you can demonstrate your knowledge of singles convention and courtesy, rules, scoring, and strategy. Whether you are serving or receiving you are expected to know the score and where to stand at the beginning of the point and you are expected to know the appropriate strategy to employ for the situation. You may earn up to 10 points.

Doubles Play

You will play a tie break against several different opponents and/or partners so that you can demonstrate your knowledge of doubles convention and courtesy, rules, scoring, and strategy. Whether you are playing, you are expected to know the score and where to stand at the beginning of the point and you are expected to know the appropriate strategy to employ for the situation. You may earn up to 10 points.

CLASS PARTICIPATION AND CONTRIBUTION

You may earn up to 20 points.

In order to earn these points you must actively participate and contribute during each class meeting. Learning and playing tennis requires a partner. Be a supportive partner as well as improve your own game. Use class time effectively and help others benefit from this time. Demonstrate that you are making full effort to utilize the techniques and advice you are being given by your instructor. Show that you understand the principles of good form and mechanics. Consistently practice appropriate conventions and courtesies of playing tennis. Practice the safety rules of tennis. When I speak to you individually about any of these I am suggesting that you be more attentive to this aspect of your class participation and contribution grade. Throughout the semester, there will be "unannounced" quizzes and one minute papers. These quizzes will be practice for the two written tests. Occasionally, you will write one minute papers (in your notebook) at the beginning or end of class. I will ask you to give your thoughts about a matter or question. If you are absent when these are given, your participation grade is negatively affected, in addition to penalty for any overcut.

Missing more than two (MW or TTH) or three (MWF) classes will result in a 5 point reduction in your participation and contribution grade for each additional absence. 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 are only informative. They do not excuse any absence. If you believe you have justification for an absence to be excused you must meet with me. At that meeting we will decide whether make up work or penalty reduction is justified. **COME TO CLASS!** If you do not feel well enough to physically participate, there are other ways you can contribute so that your grade will not be penalized. There are NO MAKE UPS FOR WRITTEN WORK

OR SKILLS TESTS without medical documentation except in very unusual circumstances. I cannot legally adapt grading standards without such documentation.

The Pierce Program in Religion's theme for the academic year 2002-03 is "Ethics in Society." During this semester in this class we will share in this program by reading and discussing "A Seven-Point Program" from Building Character in Schools by Kevin Ryan and Karen E. Bohlin. This reading is available for you on-line. I will let you know when we will discuss it.

1. Go to the College's home page at: www.emory.edu/OXFORD/home.html
2. Click on "CURRENT STUDENTS"
3. Click on "LIBRARY"
4. Click on "SYLLABI AND ELECTRONIC RESERVES"
5. Choose to search either by FACULTY, COURSE, OR LIST ALL.
6. Click on "GO"
7. Click on "ERESERVE" in the last column (the "Electronic Reserve" column)
8. Click on any electronic reserve titles listed on the page (any titles that are not linked to an electronic reserve document are titles from last semester, and are not on reserve this semester).

*You need to have Adobe Acrobat Reader on your computer to read the electronic reserve online.

GRADING SCALE: no plus/minus scale

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = < 60

DRESS CODE: Athletic shorts, shirts and tennis shoes are required. Shoes must be smooth-soled, must not make marks on the court, and must be approved by the instructor. Running shoes, street clothes, and jeans are not permitted. It is important that you dress so you will be comfortable regardless of weather conditions. Shirts must be worn at all times. Failure to wear required attire will result in an absence.

EQUIPMENT: Each student must provide a tennis racquet, writing instrument, and notebook each day. Failure to bring these to class will result in an absence. Sunglasses, sunscreen, and water bottle are also suggested.

ATTENDANCE: You are responsible for initialing the roll as soon as you arrive in class. If you are late, I will have marked an X in your box. Indicate your presence by placing your initials and the date in a "tardy box." Three (3) tardies will be equivalent to one absence.

AGREEMENT TO PARTICIPATE: All students are required to read and sign the Agreement to Participate Form prior to the first day of activity.

THE OXFORD COLLEGE STUDENT 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."

On the practical tests in this class you are expected to perform independently of those around you. Simply by taking the practical test, you are indicating that you need no prompting from others and are performing independently.

TENNIS WORLD WIDE WEB SITES

source: The Atlanta Journal
wimbledon.org
mindspring.com/csmith/TennisNews.html
atptour.com
tennisserver.com
tennisw.com
tenniscountry.com
tennisone.com
cis.ohio-state.edu/hypertext/faq/bngusenet/rec
/sport/tennis/top.html

Web Site: Go to the Oxford College home page. Click on Academic Life. Click on On-Line Syllabi. Click on Yes beside PE 122 under my name. You will find material that is pertinent for learning the skills required for this class. Read it carefully and watch the video demonstrations often. You can use the scroll bars under each video to capture the movement in slow motion. Please let me know if you have questions.

Grading Sample

On the top right are dates of absences. If a date is circled, that is a day you were late. If a date has a rectangle, that is a day you were in class but could not actively participate. If you have exceeded the cut limit (3/2), each overcut subtracts 5 points from your final grade. Remember that three tardies = one absence.

On the top left are your test grades, add each of those once.

Below those you will see grades for your forehand (F), backhand (B), singles (Si), doubles (D), and serve (S). Add each once (the F or B twice).

In the middle of your card is your class participation and contribution grade.

Subtract any overcuts.

Example:

Tests	7.4
	9.2
Forehand 9 x 2 =	18

Backhand		8
Serve	10	
Singles		8.5
Doubles		9
Class Participation		
And Contribution:		
(safety, use of instruction,		
collaboration, effort,		
courtesy, convention,		
form)	10	
Total		80.1
Excessive Absences	1 x 5 = - 5	
Final		75.1

Grade (no plus/minus) C

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CLASS POLICIES FOR TENNIS

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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. warm up and stretch before 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
 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**

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