

Course Title: Beginning Swimming, Spring, 2003

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

Office Hours: MW 1-1:30; 3:30-4 TTH 11:30-12; 2:30-3:30

COURSE DESIGN: This course is designed specifically for the true non-swimmer: one who cannot breathe without using the bottom of the pool in order to keep the nose above water.

Being comfortable and relaxed in deep water permits access to an environment unlike any other on earth. The underwater world can be peaceful and beautiful. Those who understand and respect the support of the water can enjoy and benefit from a myriad of underwater experiences.

People who cannot survive in deep water are justifiably wary of the water. If you are both wary and fearful, you must learn to control your fear rather than let your fear control you. Many times you will need to acknowledge your fear and take action even though you are afraid. You will need to control your thoughts in order to function in spite of your fear. You will receive xeroxed information about managing anxiety about swimming. You need to begin now, immediately, to talk to yourself about how you will manage your fear of water. How you command that fear will determine your success in this class. It is important that you let me know about your fear and your methods of directing it so I can help as we progress through the semester. You may let me know of your fears by talking with me, emailing me, or through your journals for this class.

The purpose of this class is to give you comfort and safety in the water. Comfort and safety come only with your ability to control your breathing and your ability to relax and move effortlessly in the water. **Learning to breathe and to relax are your major goals.**

It is most important that you come to the pool and practice between classes. The more often you are in the water, practicing your skills and honing control of your fear, the more quickly you will become comfortable.

COURSE GOALS:

1. demonstrate a combination of strokes which ensure breath control and safety in deep water: a) front crawl to survival stroke and b) front crawl to elementary back stroke
2. demonstrate treading in deep water
3. demonstrate bobbing (with hands behind your back) in 7' water
4. demonstrate the front flip and the back flip in deep water
5. demonstrate the survival float or swim
6. your demonstration of all of the above will prove your ability to relax and control your breath in deep water.

Remember, demonstrating breath control and relaxing are your major goals in this class.

Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in

swimming, 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 goals 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:

100 points Written test on the terminology and concepts of aquadynamics
given
during the first three class meetings and web site material.

Skills—Each skills test must be performed successfully three times. After all tests have been completed, you will demonstrate your competence and confidence in the deep
water by spending three consecutive class days in the deep water, or as many days as you need to convince me that you are comfortable in the deep water.

Bobbing=50 points

Tread=200 points

Survival Swim=300 points

Crawl stroke to survival swim=100 points

Crawl stroke to elementary back stroke=100 points

Sets of front and back flips=50 points

CLASS PARTICIPATION AND CONTRIBUTION You may earn up to 100 points. In order to earn these points you must actively participate and contribute during each class meeting. Learning to swim requires great effort and support. Be a supportive classmate as well as improve your own skills. 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 aquadynamics. Consistently practice courtesy and support for your classmates. Practice aquatic safety. 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 written test. Occasionally, you will write one minute papers (in your notebook) at the beginning 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 50 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 will not alter grading standards without such documentation.

GRADING SCALE: no plus/minus scale

A = 900-1000

B = 800-890

C = 700-790

D = 600-690

F = < 600

DRESS CODE: Bathing suits and goggles are required. Shorts and cut-offs are not permitted. Students may wear additional clothing over the bathing suit. Failure to wear required attire will result in an absence. Street shoes are not permitted on the pool deck.

EQUIPMENT: Nose plugs are not permitted. Students may wish to use eardrops to aid in drying the ear canal; if necessary you may wear ear plugs. Bring the single-subject spiral-bound notebook you can buy in the Oxford College Bookstore **TO EACH CLASS MEETING.**

ATTENDANCE: **You are responsible for initialing the roll as soon as you arrive in class.** If you are late, there will be 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.

Web Site: Go to the Oxford College home page. Click on Academic Life. Click on On-Line Syllabi. Click on Yes beside PE 110 under my name. You will find material that is pertinent for learning the skills required for this class. Read it carefully and watch the underwater 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.

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.”

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 a skills test for this class you are under the dictates of the Honor Code. Therefore it is imperative that you read the skills tests descriptions carefully so that you can adhere to the Honor Code.

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 is your written test grade, add that once.

Below those you will see grades for your skills: survival float (SF), front crawl to survival swim (FS), front crawl to elementary backstroke (FE), bobbing (B), front flip/back flip (F), tread (T). The flips count five points and bobbing counts five. The survival float counts 30 points. Each other skill counts 10 points.

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

Subtract any overcuts.

Example:

Written Test	74
SF	300
FS	100
FE	100
B	50
F	50
T	150
Class Participation And Contribution: (safety, use of instruction, collaboration, effort, courtesy)	84
Total	90.8
Excessive Absences 1 x 50 = - 50	
Final	85.8
Grade (no plus/minus)	B

Oxford College of Emory University
Division of Physical Education and Health
CLASS POLICIES FOR BEGINNING SWIMMING

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 SWIMMING

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
5. ear problems
6. eye injuries
7. cardiovascular incidents
8. allergies
9. drowning

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

1. slipping and falling
2. environmental factors
3. colliding with other people

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

1. walk slowly on the pool deck and in the locker room--these floors are very slippery when wet.
2. use care entering and exiting the water--be considerate of others
3. wear goggles
4. always have a practice partner
5. never enter the pool unless the instructor or a lifeguard is present
6. **ALWAYS** inform the lifeguard that you are a beginner

Course Title: Stress Management Activities, Spring, 2003

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

Office Hours: MW 1-1:50; 3:30-4 TTH 11:30-12; 2:30-3:30

COURSE DESIGN:

Each person perceives life from a unique perspective. Stress is managed from that unique perspective. The purpose of this class is to assist each individual in reaching a greater awareness of one's own perspectives. Such awareness is achieved through individual practice. Practice

means that we are striving. We practice our tennis game. We practice piano. We practice mathematics problems. We practice writing. The activities in this class are designed for the practice of self-awareness. Such practice must be done within our own minds, in the solitude of our selves. Yet, when practiced in the community, additional aspects of awareness are attained. You are expected to help create an environment in this classroom which is conducive to the practice of self awareness. We will create together a community of silent seekers of awareness. Only you who practice will be able to appreciate what the others in the community are practicing. You will know the solitude and discipline of mind which the practice requires of yourself and others.

COURSE GOALS:

Course Goals:

1. the student will learn and practice stress management techniques which enhance mind/body awareness (meditation, yoga, progressive relaxation, tai chi chuan, cardiovascular exercise)
2. the student will learn and practice effective communication
3. the student will learn and practice personal management regarding time, anger management, and cognitive restructuring

Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in swimming, 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 goals 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--

100 points Written test

100 points Written test

Skills—These mind/body skills will be practiced each day in class. Once students are practicing each skill independently, these class practices will be graded. The expectation is that the student will practice each skill in good form, demonstrating the meditative mind/body connection, and creating an environment conducive to inner awareness. Criteria: correct order and pace (breath); excellent focus, form and proper mechanics, balance, effort

Sun salutation=100 points

tai chi chuan=100 points
core exercise=100 points
magnificent 7=100 points
personal meditation with recitation=200 points

Class Participation And Contribution--You may earn up to 200 points.

In order to earn these points you must actively participate and contribute during each class meeting. It is important that you create an environment conducive to meditation and self-awareness for yourself and others. It is important that your practice be focused. 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. Consistently practice courtesy and support for your classmates. 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 ungraded practice for the written tests. Occasionally, you will write one minute papers (in your notebook). 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 50 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 will not alter grading standards without such documentation.

GRADING SCALE: no plus/minus scale

A = 900-1000
B = 800-890
C = 700-790
D = 600-690
F = < 600

DRESS CODE: Wear clothing which permits stretching, ease of motion, and is appropriate for strenuous exercise. Wear no jewelry which interferes with motion.

EQUIPMENT: You may bring a towel or mat to work on if you wish. EACH CLASS MEETING you will bring a ONE-SUBJECT SPIRAL NOTEBOOK (which can be purchased in the Oxford College Book Store).

ATTENDANCE: You are responsible for initialing the roll as soon as you arrive in class. If you are late, there will be 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.”

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 a skills test for this class you are under the dictates of the Honor Code. Therefore it is imperative that you read the skills tests descriptions carefully so that you can adhere to the Honor Code.

From **Steven R. Covey, The Seven Habits of Highly Successful People,**
“Principles of Personal Management”

“The successful person has the habit of doing the things failures don’t like to do. They don’t like doing them either, necessarily. But their disliking is subordinated to the strength of their purpose.” From E.M. Gray, “The Common Denominator of Success”
You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically—to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.
The key is not to prioritize what’s on your schedule, but to schedule your priorities.
“Time management” is really a misnomer—the challenge is not really to manage time, but to manage ourselves.

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 50 points from your final grade.

Remember that three tardies = one absence.

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

Below those you will see grades for your skills: S=sun salutation; T=tai chi chuan; M=magnificent 7; C=core exercises; P=personal meditation.

All count 100 points, except for the personal meditation + recitation which counts 200 points.

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

Subtract any overcuts.

Example:

Written Tests	74
	82
S	90
T	100
M	100
C	100
P	150

Class Participation

And Contribution:

**(safety, use of instruction,
collaboration, effort,
focus)**

130

Total **826**

Excessive Absences 1 x 50 = - 50

Final **776**

Grade (no plus/minus) **C**

**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. Stress reduction activity is a physical activity requiring a certain degree of physical exertion and concentration. Stress reduction activity 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 stress reduction activity. 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 of Emory University Division of Physical Education and Health

Course Title: Beginning Tennis, Spring, 2003

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

Office Hours: MW 1-1:30; 3:30-4 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

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:

100 points	Written test
100 points	Written test

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 in good form to the wall. Each hit must strike the wall above the white three foot line. The initial hit counts zero. Thereafter, one legal hit = 75 points; two consecutive legal hits = 85; three consecutive hits = 95; four consecutive legal hits = 100. Taking a groundstroke test with zero legal hits earns 40points.

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 100 points. If you use second serve(s) but serve three good serves, you score 95 points. If you serve two good serves, your score is 85; if you serve one good serve, your score is 75. Taking the test, but serving zero serves earns 40 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 200 points.

CLASS PARTICIPATION AND CONTRIBUTION

You may earn up to 200

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 ungraded 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 classes will result in a 50 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 will not alter grading standards without such documentation.

GRADING SCALE: no plus/minus scale

A = 900-1000

B = 800-890

C = 700-790

D = 600-690

F = < 600

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 CLASS MEETING. 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		74
		92
Forehand	95 x 2 =	190
Backhand		85
Serve		100
Doubles		180
Class Participation		
And Contribution:		
(safety, use of instruction,		
collaboration, effort,		
courtesy, convention,		
form)		150
Total		87.1
Excessive Absences 1 x 50 =	- 50	
Final		72.1
Grade (no plus/minus)	C	

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. 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**