

Dr. England, Trailer 3, 4-8350

Office Hours: I arrive on campus at 10:15 a.m. on Monday, Wednesday, and Friday. On Tuesday and Thursday, I arrive on campus at 9 a.m. I am usually on campus until 4 p.m. Please come visit any time I am not teaching or in a meeting. You may wish to call to make sure I'm in before you come. I have classes on MW at 8, 1, and 2-3:15. On TTH I am in class at 9:30 and 12:30. On Friday I am in class at 8 and 1. You are welcome to come anytime, or, if you prefer, you may make an appointment to see me.
email: penglan@emory.edu or type Penny England for LearnLink.

Overview:

Each person comes to this class with differing backgrounds in movement. Some have had much more experience in motion than others. Some have had little experience in sports activities. This class is designed for the person who has had no experience in tennis. The class is suitable for those who have had a little experience. Those who already meet the beginning skills standards will be expected to 1) play tennis in class with others of comparable ability, 2) help less experienced players improve, and 3) create a positive learning atmosphere for all students.

To be a good tennis player demands good movement skills, good hand-eye coordination, practice, and high motivation. The purpose of this class is to learn the basics of the game. To learn the game means that you will understand how to produce sound strokes (forehand, backhand, volley, and serve), even if you cannot consistently produce them. To learn the game means that you will understand the strategies and rules of the game even if you cannot perform them well. It does not take special movement skills or hand-eye coordination to learn the game. It does take high motivation and practice. With motivation and practice, anyone can learn and enjoy the basics of the game.

Playing tennis can be joyful or unpleasant, depending on your expectations of yourself. If you expect too much of yourself, put too much pressure on yourself, you will not enjoy playing the game. It is a game. It is play. Let yourself be playful while you learn and you will give yourself the gift of learning a sport you can play for a lifetime.

Your responsibilities are to practice, be motivated, to participate fully in every class, and to hit as many tennis balls as possible this semester. My responsibility is to help you and to make learning to play tennis as easy and enjoyable as can reasonably be expected. I teach so that each class builds toward the next skills to be learned. If you have to miss class, you will be missing the foundational skills for the following classes. It is important, for your own learning success, that you find out what was practiced in any class you miss and that you practice those skills before attending the next class.

The format for each class is:

1. I assign you reading homework.
2. I teach the next class assuming you have studied your homework. I refer to the assigned homework during class, and may give extra credit/credit quizzes.
3. You practice drills during class which enhance your learning performance.
4. You hit as many balls as possible, while I help you as much as possible.

Text: Handouts will be distributed in class and class instruction is part of the "text" for this class.

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Course Objectives:

1. learn the mechanics of the basic strokes
2. hit many balls
3. learn the rules, strategy, and etiquette and conventions of tennis through playing the game

Physical activities for this class include mild to vigorous movement in hot and cold weather. If there is now, or ever, 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, have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and) recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Class Participation:

This is a participation class. It is important that you contribute/participate fully during each class and to come to class prepared (with tennis racket, proper shoes and clothing appropriate for the weather). If you do not feel well enough to participate in class physical activity, you should attend class prepared to take notes, and give your commentary on activities of the day. Turn those notes in to me at the end of that class period. If you miss more than 3 classes FOR ANY REASON (including sickness, religious holidays, doctor/lawyer appointments) **fifty points per overcut will be deducted from your final grade.** THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS, PAPERS, OR HOMEWORK EXCEPT UNDER VERY UNUSUAL CIRCUMSTANCES. If you experience such unusual circumstances you must speak with me in a timely manner (within the week) in order for exceptions to be made in this policy. If you arrive after roll is called, see me AT THE END OF THAT CLASS to initiate a change in your recorded absence.

Dress Code:

You may wear **court shoes only** while participating in class. Running shoes are not permitted. This provides for your safety as well as prevents excessive wear on the court surface. Jewelry which inhibits free movement or which may invite injury is not permitted. It is advisable to wear sunscreen and sunglasses.

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 which 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. You will have some extra credit quizzes on this web site material.

Grading:

300 points	Two Written Tests 100 Rules and Scoring, Stroke Production 200 Singles and Doubles Strategy, Etiquette and Convention
100 points	LearnLink Conference Entries of Weekly Practice and Helpful Hints/Problems
600 points	Tennis Fundamental Skills
400 points:	100 points for each skill test: serve, volley, forehand, backhand
100 points	singles scoring/strategy
100 points	doubles scoring/positioning/strategy

Extra credit points: Points may be awarded for hustle, hitting many balls, effective use of class time, collaboration/participation in class, extra credit quizzes on class assignments or information from my web site, thoughtful one minute papers, and subjective grading opportunities.

Fifty points will be added to your final grade if you have missed NO classes.

Grading Scale A=>899 points; B=800-899; C=700-799; D=600-699; F=<600

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

The Honor Code is based on the fundamental expectation that every person in Oxford College will conduct his or her life according to the dictates of the Honor Code and will refuse to tolerate actions in others which would violate the Honor Code. I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a skills test, a written test or quiz, or make a LearnLink entry for this class you are under the dictates of the Honor Code.

Beginning Tennis/MWF Calendar--England	
Dates	Class Activity
JANUARY, 2001 Preparation order: forehand, serve, backhand, volley (weather dependent)	
Monday, 29	practice drills
Wednesday, 31	practice drills
FEBRUARY	practice drills
Friday, 2	practice drills
Monday, 5	practice drills
Wednesday, 7	practice drills
Friday, 9	no class
Monday, 12	practice drills
Wednesday, 14	practice drills
Friday, 16	practice drills
Monday, 19	practice drills
Wednesday, 21	practice drills
Friday, 23	practice drills
Monday, 26	practice drills
Wednesday, 28	midterm review
MARCH	
Friday, 2	Midterm written test: code, dance, forehand, backhand, serve, volley
Monday, 5	practice drills
Wednesday, 7	practice drills
Friday, 9	practice drills
Monday-Friday, 12-16 SPRING BREAK	rest and relaxation
Monday, 19	Skills testing begins in the following order: forehand, backhand, volley, serve, singles, doubles (weather dependent)
Wednesday, 21	skills testing/play
Friday, 23	skills testing/play
Monday, 26	skills testing/play
Wednesday, 28	skills testing/play
Friday, 30	skills testing/play
APRIL	skills testing/play
Monday, 2	skills testing/play
Wednesday, 4	skills testing/play
Friday, 6	skills testing/play
Monday, 9	skills testing/play
Wednesday, 11	skills testing/play
Friday, 13	skills testing/play
Monday, 16	skills testing/play
Wednesday, 18	subjective testing/play
Friday, 20	subjective testing/play
Monday, 23	review for final
Wednesday, 25	Final written test: rules, scoring, strategy
Friday, 27	Course evaluation
Monday, 30	make-ups/play
MAY	
Wednesday, 2	Reading Day

The Dance of Life

The dance of tennis is a microcosm of the dance of life. The attitudes and conditioned responses that limit us on the court are the same ones that limit us in our work and our relationships. Like our lives as a whole, the game of tennis offers us infinite opportunities to know ourselves, to separate what is true in us from what is false, and to move towards

acceptance. Only when we accept ourselves can we accept others; only when we accept ourselves can we feel at home in the world. The game of tennis can be whatever we want it to be: a stressful and desperate struggle to feed an ego addicted to what it thinks is "winning," or a dance celebrating the joy of being alive.

Practicing the following six steps will lead you into the "zone." Redefining the game gives you perspective. Perspective allows you to celebrate the joy of play. Celebrating the joy of play helps you relax, and relaxation gets you into the "zone." The zone is the state of flow in which the judgmental, rational mind shuts down and the spatial, intuitive mind takes over. In the flow state there is no time and no separation. You are your body and your movement; you are blissfully lost in the dance of the moment. The flow state can be a living meditation.

The Dance of Tennis strives to take you beyond your cultural conditioning into the flow state; where each moment is a momentous win within the soul. Competition can also lead you into the flow state, for the Greek root of competition means to rise, to join together. Use these steps to transform "power-over" the opponent into "power-with" the zone.

1. **Redefine your opponent.** He/she is not your enemy, but your dancing partner. You both are challenging each other to be all you can be.
2. **Redefine failure.** Really, there is no such thing as failure. Each missed shot, each lost game is an experiment that provides valuable feedback for you to refine your technique and

strategy. All of this is "grist for the mill" of maximizing your potential.

3. **Redefine winning.** There are more ways to succeed than simply winning the most points. You win when you enjoy playing, when you learn something, when you rise to a challenge, when you take delight in your movement, the environment and your fellow players. You win when you take a risk to go beyond your fears.
4. **Celebrate the joy of play.** Be a child on the court without expectations and without judgement. Play with single-minded, childlike intensity, but don't take yourself seriously. It is, after all, a game, and games are supposed to be fun.
5. **Find perspective.** See the whole picture, not just the score. See how the need to win can ruin your game as well as your mood. See where that need to win comes from. See how your body knows exactly how to move when that need to win fades away.
6. **Relaaaaaax!** Shake like a dog, stretch like a cat, loosen up. The more relaxed you are, both physically and mentally, the better you will play. When you are completely relaxed, you are in the flow state where anything is possible.