



Syllabus

HPE 115 Tennis

General Information

Date

May 24th, 2018

Author

Eric Marsh

Department

Physical Education and Integrated Health Care

Course Prefix

HPE

Course Number

115

Course Title

Tennis

Course Information

Credit Hours

1

Lecture Contact Hours

0.5

Lab Contact Hours

1.5

Other Contact Hours

0

Catalog Description

This co-educational activity includes instruction in the fundamental skills, techniques and rules that govern the life-time activity of tennis.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

None

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality

Inquiry

Course Learning Outcomes

Course Learning Outcomes

1. Implement the rules, scoring, and etiquette of tennis.
2. Apply offensive and defensive strategies in singles and doubles.
3. Demonstrate fundamental tennis skills (eg. forehand, backhand, serve, lob, volley, overhead).
4. Identify the wellness benefits of cardiovascular workouts provided by a life-time activity such as tennis.

Outline of Topics Covered

- I. Conditioning
- II. Footwork
- III. Forehand
- IV. Backhand
- V. Serve

- VI. Lob
- VII. Volley
- VIII. Overhead
- IX. Scoring
- X. Etiquette
- XI. Rules
- XII. Strategy for singles and doubles play
- XIII. Care of equipment