Syllabus

HPE 115 Tennis

General Information

Date
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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