

## Physical Education

<http://www.usc.edu/dept/LAS/phed>

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### Beginning Tennis: PHED 140A

#### Course Description

This is an introductory course teaching the fundamental skills of tennis. Focus includes: basic strokes; strategy; rules; scoring; etiquette; practice drills; singles and doubles play. The more experienced students will receive instruction on use of spin; court positioning; footwork; and advanced strategies.

#### Course Objectives

1. To present to the student the fundamental skills and knowledge of tennis.
2. To improve each student's skill in hitting all of the basic strokes: forehand; backhand; serve; volley; lob; and overhead.
3. To introduce or reacquaint each student to the basic rules, scoring, and etiquette of tennis.
4. To offer each student an opportunity to apply their skill and knowledge in actual match play.
5. To make each student aware of the basic differences in strategy for singles and doubles and to provide an opportunity to apply this information in actual match play.
6. To provide each student with information about current tennis trends, specifically in regard to local tennis programs, professional tournaments and equipment selection.
7. To encourage each student to pursue tennis as a life-time leisure activity.

#### Physical Education Program Objectives

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

- Recognize the physical and mental benefits of increased activity..

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Apply learned fundamental skills.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

- Understand and utilize various training methods..

#### Evaluation Criteria

Cognitive: 50%	Observation Assignment (Observe and analyze a skill/strategy in a collegiate match) -10%
	Midterm - 15%
	Final Exam - 25%
Psychomotor: 50%	Fundamental Skill Assessment (National Tennis Rating Program criteria used for assessing beginning skill level by end of semester) - 20%
	Participation (Attending class regularly; arriving on time; active participation in warm-up, drills & games) - 30%

Each student must bring one new, unopened can of tennis balls before the third week of class. Running shoes will not be allowed on the court. Class will meet in the lobby of the PE building on rainy days.

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30 am-5:00 pm. The office is located in Student Union 301 and the phone number is (213) 740-0776.

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. *SCampus*, the Student Guidebook, ([www.usc.edu/scampus](http://www.usc.edu/scampus) or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

## **Statement on Academic Conduct and Support Systems**

### **Academic Conduct**

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, Behavior Violating University Standards <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the Office of Equity and Diversity <http://equity.usc.edu/> or to the Department of Public Safety <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact->

[us](mailto:us). This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. The Center for Women and Men <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

### **Support Systems**

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the American Language Institute <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. The Office of Disability Services and Programs [http://sait.usc.edu/academic-support/center-programs/dsp/home\\_index.html](http://sait.usc.edu/academic-support/center-programs/dsp/home_index.html) provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, USC Emergency Information <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

### Course Content and Schedule

1. Forehand Instruction and Practice
2. Backhand Instruction and Practice
3. Serve Instruction and Practice
4. Rules and Scoring
5. Singles Match Play
6. Tennis Movement and Court Positioning
7. Volley Instruction and Practice
8. Midterm
9. Double Strategy and Doubles Match Play
10. Overhead and Lob Instruction and Practice
11. Specific Rule Situations
12. Tournament Information and Observation Assignment Due
13. Skills Assessment
14. Equipment Selection
15. Final Exam

### Important dates

- 3<sup>rd</sup> week    Last day to add a class or drop a class without a W on permanent record
- 3<sup>rd</sup> week    Last day to change grading option (Letter Grade, P/NP, Audit)
- 12<sup>th</sup> week   Last day to drop a class with a W on permanent record
- 15<sup>th</sup> week    Final exam