

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

Apply learned fundamental skills.

Empower themselves by setting and working toward realistic individual goals.

Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

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

Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Evaluation Criteria

Cognitive: 50%

Assignment-10% (2 Tennis observations, 1 men's and 1 women's match)
Midterm 15%
Final Exam-25%

Psychomotor: 50%

Fundamental Skill Assessment-20% (National Tennis Rating Program criteria used for assessing beginning skill level by end of semester)

Participation-30% (Attending class regularly; arriving on time; active participation in warm-up, drills and games)

Course Location

Meet in the south gym of the PED building for the first meeting. All other meetings for the class will take place on the tennis courts located behind the baseball field and tennis stadium. On rainy days meet in the lobby of the PED building

Course Materials

Each student is responsible for bringing one (1) new, unopened can of tennis balls before the third week of class. Running shoes and black soled shoes that leave marks will not be allowed on the court. Bring your own tennis racket. Course reader and other handouts for the class are on Blackboard.

USC Physical Education IS NOT responsible or 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.

Weekly Course content

Week 1 Forehand Instruction and practice,

Week 2 Backhand instruction and practice.

Week 3 Serve instruction and practice

Week 4 Singles strategies and play rules and scoring. **Both tennis observations due at end of week.**

Week 5 Volley instruction and practice

Week 6 Match play

Week 7 Midterm review

Week 8 **Midterm**

Week 9 Lob instruction and practice, match play

Week 10 Overhead instruction and practice, match play

Week 11 Doubles instruction and match play

Week 12 Fundamental skill assessment/ match play,

Week 13 Fundamental skill assessment/ match play

Week 14 Final exam review

Week 15 Final Exam – Last class meeting of semester

Important Dates

3rd week Last day to drop a class without a W on permanent record

3rd week Last day to change grading option(Letter Grade, P/NP, Audit)

8th week Midterm

12th week Last day to drop with a W

15th week Final Exam

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>. 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 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/academicsupport/centerprograms/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