

Physical Education

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

Instructor: John Jessee
E-mail: jessee@usc.edu
Office: PED 107
Phone: 213-821-5253
Fax: 213-821-1058

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

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| 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% (Tennis match play amongst students in a round robin format to assess learned knowledge and apply it to actual game play) |
| | 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 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.

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

8th week Midterm

15th week Final Exam