

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 acquaint 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 Exam 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

9/7 Last day to change grading option or drop without a “W” or change enrollment option.

11/9 Last day to drop course with mark of “W”.

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 Part B, Section 11, "Behavior Violating University Standards" policy.usc.edu/scampus-part-b. 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>.

Support Systems:

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086

Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. dps.usc.edu