

## 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; singles and doubles strategy and matches.

### Course Objectives

1. To improve student's skill in the basic strokes: forehand; backhand; serve; volley; lob; and overhead.
2. To introduce or acquaint each student to the basic rules, scoring, and etiquette of tennis.
3. To offer each student an opportunity to apply their skill and knowledge in actual match play.
4. 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.
5. To provide each student with information about current tennis trends, specifically in regard to local tennis programs, professional tournaments and equipment selection.
6. To encourage development and appreciation of tennis for lifetime fitness.

### 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

Observation Assignment (Observe and analyze a skill/strategy in a collegiate match) -10%
Midterm Exam - 20%
Final Exam - 25%
Fundamental Skill Assessment (National Tennis Rating Program criteria used for assessing beginning skill level by end of semester) - 15%
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.

**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. Orientation and basic fundamentals
2. Forehand and backhand fundamentals and practice
3. Combined groundstroke review and court positioning
4. Serve and service return fundamentals and practice
5. Rules, scoring and etiquette
6. Singles match play
7. Volley fundamentals and practice
8. Midterm
9. Doubles positioning and strategy; doubles match play
10. Overhead and lob fundamentals and practice
11. Combined stroke review and warmup sequence
12. Specific rule situations
13. Tournaments: amateur and professional
14. Skills assessment
15. Final Exam

### **Important dates**

- 3<sup>rd</sup> week    Last day to change grading option (Letter Grade, P/NP, Audit)
- 7<sup>th</sup> week    Last day to drop without a W and to switch a pass/no pass status to a letter grade.
- 12<sup>th</sup> week    Last day to drop a class with a W on permanent record
- 15<sup>th</sup> week    Final exam

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 Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](http://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](http://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. <http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)