

# 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. Demonstrate proficiency in the basic strokes: forehand; backhand; serve; volley; lob and overhead.
2. Interpret the basic rules, scoring, and tennis etiquette.
3. Apply learned skills and knowledge in match play.
4. Implement basic strategies for singles and doubles during play.
5. Develop an appreciation of tennis as a healthy lifetime 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.

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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.

**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." Other forms of academic dishonesty are equally unacceptable.

**Support Systems:**[Counseling and Mental Health](#)

phone number (213) 740-9355

On call 24/7

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

[National Suicide Prevention Lifeline](#)

Phone number 1 (800) 273-8255

On call 24/7

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

Phone Number (213) 740-9355(WELL), press "0" after hours

On call 24/7

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

[USC Office of Equity, Equal Opportunity, and Title IX](#)

Phone number (213) 740-5086

Title IX Office (213) 821-8298

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

Phone number (213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity, Equal Opportunity, and Title IX for appropriate investigation, supportive measures, and response.

[The Office of Disability Services and Programs](#)

Phone number (213) 740-0776

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

[USC Campus Support and Intervention](#)

Phone number (213) 821-4710

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity at USC](#)

Phone number (213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC phone number (213) 740-4321

HSC phone number (323) 442-1000

On call 24/7

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC phone number (213) 740-6000

HSC phone number (323) 442-1200

On call 24/7

Non-emergency assistance or information.

## **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. Doubles 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