

The Physical Education program at USC provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes.

## **Tennis- PHED 140a**

**1 unit**

**Location:** Tennis Courts

**Blackboard:** <https://blackboard.usc.edu>

**Instructor:** Tim Burton

**Office/Hours:** Mon. 2pm By appointment/Zoom.

**Contact Info:** [Tim.Burton@usc.edu](mailto:Tim.Burton@usc.edu) PED 108  
1-213-740-2488

### **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. Improve student's skill in the basic strokes: forehand; backhand; serve; volley; lob; and overhead.
2. Introduce or reacquaint each student to the basic rules, scoring, and etiquette of tennis.
3. Offer each student an opportunity to apply their skill and knowledge in actual match play.
4. 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.
5. Provide each student with information about current tennis trends, specifically in regard to local tennis programs, professional tournaments and equipment selection.
6. Encourage development and appreciation of tennis for lifetime fitness.

### **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.

### **Physical Education & Mind Body Health (PEMBH) Mission**

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

### Course Location

All in person meetings for the class will take place on the tennis courts located behind the baseball field and tennis stadium.

### 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.***

### Evaluation Criteria:

Assignment-10% NTRP due by week 14

Midterm - 20% Week 8

Final Exam-25% Last day of scheduled class

Fundamental Skill Assessment-15% (Tennis match play amongst students in a round robin format to assess learned knowledge and apply it to actual game play) Weeks 12-15.

Participation-30% (Attend class regularly; arrive on time; active participation in warm-up, drills and games) Weeks 1-15. No make-ups of any kind.

### Weekly Course Content

1. Orientation, backhand and forehand fundamentals
2. Combined Groundstroke Review and Court Positioning
3. Serve and Service return Fundamentals and Practice, warmup sequence
4. Rules, Scoring and Etiquette
5. Singles Match Play
6. Volley Fundamentals and Practice
- 7. Midterm – Online / Blackboard**
8. Doubles Positioning and Strategy; Double Match Play
9. Overhead and Lob Fundamentals and Practice
10. Combined Stroke Review and Warmup Sequence
11. Specific Rule Situations
12. Tournaments – Amateur and Professional
13. Skills Assessment, Tennis match play student vs student
14. Skills Assessment / Tournament play **Final exam review**
15. **Final exam – ONLINE / Blackboard Last regular class meeting**

**USC's Unifying Values** accountability; integrity; excellence; open communication; well-being; and diversity, equity and inclusion- and a commitment to an ongoing process of collective self-examination, improvement and renewal.

### **Academic Conduct & Support Systems**

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see the student handbook or the Office of Academic Integrity's website, and university policies on Research and Scholarship Misconduct.

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

### Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at [osas.usc.edu](http://osas.usc.edu). You may contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto:osasfrontdesk@usc.edu)

### Support Systems

Counseling and Mental Health (213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. 988 Suicide and Crisis Lifeline

**988** for both calls and text messages – 24/7 on call

**The 988 Suicide and Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis. Relationship and Sexual Violence Prevention Services (RSVP)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

### **Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)**

(213) 740-5086

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**

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

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

### **The Office of Student Accessibility Services (OSAS)**

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

### **USC Campus Support and Intervention**

(213) 740-0411

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

### **Diversity, Equity, and Inclusion**

(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: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

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: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call

Non-emergency assistance or information.

### Office of the Ombuds

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

### Occupational Therapy Faculty Practice (323) 442-2850 or [otfp@med.usc.edu](mailto:otfp@med.usc.edu)

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.