

Common Course Outline

PEIA 140

Beginning Tennis

1 Semester Credit

The Community College of Baltimore County

Description

Beginning Tennis

Introduces the fundamental principles of the basic strokes: forehand, backhand, serve plus net play; emphasizes development of serving technique concepts followed by practice in developing coordinated swings; also covers rules, etiquette, and strategy as well as terminology, singles and doubles play.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Describe the fundamental concepts of the forehand, backhand, serve, and volley.
2. Explain the check points of the backswing, impact area, and follow through.
3. Define the terms of tennis.
4. Identify causes of a poor swing.
5. Analyze strategy and techniques.
6. Explain several reasons for tennis' popularity today in America.
7. Describe the difference between strategy used in singles and doubles.
8. Explain the reasons for using different grips.
9. Explain the differences between an open, close, and flat racket face.
10. Demonstrate the forehand, backhand, serve, lob, overhead, and volley.
11. Demonstrate the correct check points on the backswing contact and follow through for the forehand, backhand, and serve.
12. Demonstrate the flat racket face as opposed to the open and closed face.
13. Demonstrate the proper footwork on execution of all strokes.
14. Demonstrate a fully coordinated swing utilizing proper foot and racket work.
15. Demonstrate the proper grips used on the forehand, backhand, serve, and volley.
16. Demonstrate the flat and slice serve.

Major Topics

1. Forehand
2. Backhand
3. Serve
4. Volley
5. Lob
6. Overhead
7. Rules

Course Requirements

Students will be required to complete the following minimums:

1. Attendance and Participation
2. Skill Testing
3. A Final Written Exam

Date Revised: 09/29/00