

**PED 130**  
**TENNIS-BEGINNING**

**COURSE DESCRIPTION:**

Prerequisites: None

Corequisites: None

This course emphasizes the fundamentals of tennis. Topics include basic strokes, rules, etiquette, and court play. Upon completion, students should be able to play recreational tennis. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 2. Semester Hours Credit, 1.

**LEARNING OUTCOMES:**

The student will be able to demonstrate the following:

- a. Basic tennis skills: forehand, backhand, serve, volley and lob.
- b. Demonstrate knowledge about the history of tennis.
- c. Demonstrate the basic game rules of singles and doubles tennis.
- d. Define commonly used tennis terms and phrases.
- e. Play a match demonstrating the basic techniques as well as knowledge of scoring.

**OUTLINE OF INSTRUCTION:**

- I. Basic overview of tennis
  - A. Introduction of tennis history and equipment
  - B. Rules of tennis and scoring
- II. Introduction to basic skills and their practice
  - A. Grips
    - 1) Forehand
    - 2) Backhand
  - B. Preparing to hit
  - C. Ground strokes
    - 1) Backhand
    - 2) Forehand
- III. Introduction and practice of different types of play
  - A. Singles tennis
  - B. Doubles tennis

IV. Introduction of specialized shots

- A. Punch serve
- B. Beginner's volley and half volley
- C. Lob shot
- D. Smash shot
- E. Drop shot

**REQUIRED TEXTBOOKS AND MATERIALS:**

- 1 Tennis racket
- 1 Can of tennis balls

**STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.