

BERGEN COMMUNITY COLLEGE
Division of Arts Humanities & Wellness
Wellness Exercise Science Department
Departmental Policy Syllabus

COURSE TITLE:	Beginners Tennis
COURSE CREDITS/HOURS	2 labs; 1 credit
PREREQUISITE:	None
SEMESTER & YEAR:	All
COURSE NUMBER:	WEX-173
MEETING TIMES & LOCATIONS:	/To be announced

COURSE DESCRIPTION:

Beginner Tennis is a course that provides the student with the opportunity to develop the fundamental skills of the game. It also acquaints students with basic rules, regulations and strategy of both singles and doubles play.

STUDENT LEARNING OBJECTIVES

- A. To practice skills used in the game of tennis: forehand and backhand serves, serve, and volley.
- B. To explore different grips used for the forehand, backhand, serve and volley.
- C. To investigate basic rules and strategies of a singles and doubles game.
- D. To apply the terminology, scoring and etiquette of singles and doubles play.

ASSESSMENT CRITERIA

- A. To physically perform the forehand and backhand drives, serve, and volley.
- B. To demonstrate the grips used in the forehand, backhand, serve and volley.
- C. To demonstrate the rules, scoring and strategy in writing and/or by playing in a singles and doubles game.
- D. To demonstrate orally or in writing the terminology and etiquette used in a game of tennis.

CONTENT OUTLINE

- A. Skills
 - 1. Serve
 - 2. Forehand
 - 3. Backhand
 - 4. Volley
 - 5. Lob
- B. Strategy
 - 1. Singles
 - 2. Doubles
- C. Knowledge
 - 1. Singles rules and scoring
 - 2. Doubles rules and scoring
 - 3. Court etiquette

ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

SUGGESTED READING:

Handout material to be distributed in class.

GRADING POLICY

A final grade in the course is based on the student's participation, performance tests and written exam.

METHODS OF INSTRUCTION

- A. Lecture
- B. Demonstration of skills
- C. Video tape (press box)
- D. Student practice
- E. Doubles Play

PROPOSED COURSE CALENDAR

Weeks 1-8 Drills for Forehand, backhand, volley and lob

Weeks 9-10 Rules applied to doubles and singles play, skill evaluation, written exam.

Course sequence and content are subject to change without notice as emphasis on course content may vary.

Revised July 2014