

# Bemidji State University

## PHED 1574: Skills for Life: Tennis

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that introduces the basic skills of tennis including techniques of basic grips, strokes and footwork. Entry level strategies for singles and doubles, history and rules of the game, etiquette, and scoring will be taught. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Essential strokes
2. Forehand
3. Grip and backhand
4. Offensive and defensive lob and overhead smash
5. Rules and Scoring
6. Serve and serve return
7. Singles and Douples
8. Volley

### D. LEARNING OUTCOMES (General)

1. demonstrate an appreciation (value) for the game of tennis as a form of physical activity and development of social wellness.
2. develop their tennis skill to improve their physical wellness.
3. develop the capacity to perform critical analysis of their own tennis skill, make changes and improve their skill.
4. demonstrate higher order thinking by demonstrating knowledge of strategies for singles and doubles play.
5. understand and demonstrate proper tennis etiquette.
6. analyze their own physical activity behavior and compare it to national standards.
7. understand the basic rules of tennis.
8. engage in collaborative learning with other students in the class to aid in assessment of each students tennis stroke on the three strokes (forehand, backhand, serve).
9. demonstrate proper grips, footwork, strokes (forehand groundstroke, backhand groundstroke, and serve), weight transfer, and follow through.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted