

CUYAMACA COLLEGE
EXERCISE SCIENCE
BEGINNING TENNIS

Class: 076A

Section number:

Class Location: Tennis Courts

Prerequisites: NONE

Units: one

Phone: 660-4519

e-mail pam.farmer@gcccd.edu

Instructor: Pam Farmer

Office: D 323

Office Hours:

M-W 12:30- 1:30 p.m.

T-Th 9:30-11 a.m.

COURSE DESCRIPTION:

This sixteen week class will include the fundamentals of stroke production, shot selection, rules, etiquette and match play.

COURSE OBJECTIVES:

Tennis is a lifetime sport. Building a strong skill foundation will increase your enjoyment, physical fitness and participation in tennis. To that end, the beginning tennis player will be able to:

1. Demonstrate the fundamentals of grip, footwork, and racquet path in the execution of a forehand, backhand, volley and serve.
2. Explain the basic strategy of singles and doubles, and demonstrate the court position of each doubles player at the start of a point.
3. Name the areas on the court.
4. Play a set of tennis using U.S.T.A. rules and scoring.
5. Demonstrate an understanding of the rules of etiquette.
6. Properly warm-up to avoid injury.

METHOD OF INSTRUCTION:

1. Explanation and demonstration of grip, footwork and racquet path in the execution of the groundstrokes, volley and serve.
2. The use of drills to practice the shots discussed in class.
3. Explanation and demonstration of the progression of stroke execution and selection to basic strategy.
4. Discussion of court areas, rules and etiquette.
5. Each student will receive a handout covering the official rules of tennis and a handout on stroke production, strategy, and principles of high percentage tennis.
6. Match play

ASSIGNMENTS:

Active participation in class is vital to skill improvement.

1. Students are expected to punctually attend class.
2. Court shoes and athletic attire are required.
3. Students are responsible for the information in the handout and rules.
4. Proper warm-up of the body and strokes.
5. Report any accident or injury to the instructor immediately.

METHOD OF EVALUATION:

Your participation in class is the most important component to your grade. You must be present and active to improve your skill and knowledge of the game. Therefore;

1. The major portion of the grade will be determined by participation.
2. There will be a written test covering the topics discussed in class, the handout material, and the U.S.T.A. rules. The test will include true-false, multiple choice, matching and fill-in questions.
3. The conduct grade will start out as a 4.0 grade and will be reduced for these behaviors: not dressed to participate, unwilling to try drills, negative comments about other players, refusal to play scheduled matches.

GRADING POLICY

1. The grading scale is; A= 3.6-4.0, B= 2.6-3.5,C= 1.6-2.5,D=.7-1.5 F= . 6
2. The participation grade is linked to your activity in class and your number of absences: 0-3 = A, 4-6 = B, 7-9 = C, 10 = D,11 = F
Three late arrivals or early departures will be considered an absence.
3. The final grade will be determined as follows:
participation grade 60%, written test 30%, conduct 10%
4. Absences may be made up by attending another section of tennis, entering the tournament or writing a critique of a professional match. The critique will be one page in length and will list the players involved, the tournament site, and comments on why the winner of the match was successful.

TEXT:

1. Copy of U.S.T.A. rules.
2. Handout covering lecture material.

TOOLS AND MATERIALS LIST:

You are required to bring **two** pressurized cans of **unopened** tennis balls. Please bring the balls during the first two weeks of class. After the first month of class if you have not brought the balls, you will be required to bring **four** unopened cans. These must be **Penn Championship, Wilson Championship** or **U.S.Open**. They cost approximately \$2 a can.

This course adheres to policies outlined in the Cuyamaca College catalogue. For further information consult "Academic Policies" in the catalogue.

**CUYAMACA COLLEGE
EXERCISE SCIENCE
INTERMEDIATE TENNIS**

Class: 076B

Section number:

Class Location: Tennis Courts

Prerequisites: NONE

Units: one

Phone: 660-4519

e-mail

pam.farmer@gcccd.edu

COURSE DESCRIPTION:

This sixteen week course is a continuation of E.S. 076A. The fundamentals of stroke production will be reviewed and refined. A greater variety of strokes and strategies will be introduced into singles and doubles match play.

COURSE OBJECTIVES:

Tennis is a blend of physical execution and deductive thinking. In addition to improving shot execution and selection, players benefit from the mental challenge of strategy and performance skills. To that end, the intermediate player will be able to:

1. Demonstrate increasing control and consistency of the groundstrokes, volley and serve.
2. Begin to anticipate opponent's shots.
3. Execute the fundamentals of the overhead, lob and approach shot.
4. Individualize one's warm-up.
5. Demonstrate the rules of etiquette.
6. Demonstrate a knowledge of the rules of tennis during match play.

METHOD OF INSTRUCTION:

1. A review of the fundamentals of groundstrokes, volley and serve.
2. The use of drills to increase control and consistency of individual skills.
3. Discussions on how to transfer knowledge of shot execution to the ability to anticipate opponent's shot.
4. Discussions on more complex strategies in singles and doubles.
5. Match PLAY

ASSIGNMENTS:

Students need to be present and active in order to improve tennis skills.

1. Students are expected to punctually attend class.
2. Court shoes and athletic attire are required.
3. Students are responsible for the information in the handout and rules.
4. Proper warm-up of the body and strokes.
5. Report any accident or injury to the instructor immediately.

Instructor: Pam Farmer

Office: D323

Office Hours:

M-W 12:30- 1:30 p.m.

T-Th 9:30-11 a.m.

**CUYAMACA COLLEGE
EXERCISE SCIENCE
ADVANCED TENNIS**

Class: 076C

Section number:

Class Location: Tennis Courts

Prerequisites: NONE

Phone: 660-4519

e-mail: pam.farmer@gcccd.edu

Instructor: Pam Farmer

Office:D323

Office Hours:M-W 12:30-1:30pm

T-Th 9:30 -11a.m.

COURSE DESCRIPTION:

This sixteen week course is a continuation of E.S. 076B. The fundamentals of stroke production will be reviewed and refined. In addition, the advanced player will begin to execute the basic strokes as offensive shots. A greater variety of strokes and strategies will be used in both singles and doubles match play.

COURSE OBJECTIVES:

Tennis stimulates the physical fitness and mental growth of a player. The advanced player will be able to plan and execute a tennis strategy appropriate for the situation. To that end the advanced player will be able to:

1. Demonstrate increasing control, consistency and power when hitting groundstrokes, volleys and serves.
2. Be able to devise a game plan for different types of opponents.
3. Execute with consistency the overhead, lob and approach shot.
4. Demonstrate knowledge of high percentage tennis.
5. Individualize one's warm-up.
6. Demonstrate the rules of etiquette.
7. Demonstrate knowledge of the rules of tennis during match play.

METHOD OF INSTRUCTION

1. Explanation and demonstration on how to achieve more consistency and power with the groundstrokes, volley and serve.
2. The use of drills to increase control, consistency and power of individual skills.
3. Lecture and handout material on how to devise a game plan to match your opponent's skills.
4. Lecture and handout material on factors that define high percentage tennis.
5. Match play to practice devising and executing a game plan.

ASSIGNMENTS:

Active participation in class is vital to improvement of physical and mental tennis skills.

1. Students are expected to punctually attend class.
2. Court shoes and athletic attire are required.
3. Students are responsible for the information in the handout and rules.
4. Proper warm-up of the body and strokes.
5. Report any accident or injury to the instructor immediately.