

Common Course Outline for: EXSC 1112 Tennis

A. Course Description

1. Number of credits: 1
2. Lecture hours per week: 1 hour
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This course includes movement skills and techniques of basic tennis strokes. Positioning and strategies for singles and doubles play. Rules and etiquette. A lifetime fitness activity.

B. Date last revised: 01/01/2019

C. Outline of Major Content Areas

1. Strokes: Volley, Ground Strokes, Courtesy Serve, Overhand Serve, Overhead Smash and Lob
2. Strategy and Tactics: Court positions for serving, receiving and general play for singles and doubles
3. Selection and care of equipment
4. Conditioning and safety
5. History, rules, terminology, and etiquette
6. Tournament play and scoring

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Practice efficient movement skills.
2. Demonstrate correct forehand and backhand techniques of the volley and ground strokes.
3. Demonstrate correct techniques in executing the overhand serve, courtesy serve, overhead smash and lob.
4. Behave in a courteous and respectful manner toward opponents and teammates.
5. Apply fundamental skills and rules in game situations.
6. Choose appropriate strategies for singles and doubles play and adjust strategies as necessary.
7. Realize that tennis is an exciting and challenging lifetime activity.

E. Methods for Assessing Student Learning

Attendance and class participation (60%), subjective assessment of effort and skill (20%), written objective testing (20%).

F. Special Information

None