

KINE 123 - Tennis Course Outline

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Fundamentals of tennis. Beginning: Rules, scoring, etiquette, and tactics for singles. Emphasis on forehand and backhand ground strokes, serve and volley. Text required.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- C. Students will understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate a knowledge of the rules and etiquette of tennis.
- B. Demonstrate proficiency at the following tennis skills; forehand, backhand, serve, volley, serve return, lob and overhead.
- C. Demonstrate an understanding of the strategy and tactics of singles and doubles play.
- D.

3. Course Content

- A. Forehand ground stroke
 - a. Review grip, ready position, pivot and back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to the ball
- B. Backhand ground stroke
 - a. Review grip, pivot, back swing, forward swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
- C. Volley
 - a. Review grip, ready position, swing, contact and follow through
 - b. Introduce footwork and concept of moving to ball
- D. Serve
 - a. Review grip, stance, toss and swing
 - b. Introduce concept of serve placement
 - c. Introduce top spin serve
- E. Service Return
 - a. Ready position
 - b. Swing

B. Other required materials/supplies.