

PHED 26: BEGINNING TENNIS SKILLS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform with increased proficiency the skill sets and techniques of beginning tennis. (rubric: checklist)
- Demonstrate and explain the basic strategies and rules of tennis. (rubric: cognitive)

Description

Introduction to beginning tennis play, including basic strokes, drills, rules, and etiquette.

Course Objectives

The student will be able to:

1. Demonstrate the basic tennis strokes, including forehand, backhand, serve, lob, and smash
2. Practice basic court positions
3. Identify the rules and basic etiquette for the game
4. Demonstrate basic drills
5. Analyze basic strategies for offensive and defensive play

Course Content

1. Basic tennis strokes
 - a. Forehand
 - b. Backhand
 - c. Grip
 - d. Serve
 - e. Lob
 - f. Smash
2. Court positioning
 - a. Serving
 - b. Receiving
 - c. Backcourt
 - d. Forecourt

- e. Net
 - f. Alley
3. Rules and basic etiquette for the game
 - a. Court and net
 - b. Scoring
 - c. Service
 - d. Rotation
 - e. Service court errors
 - f. Faults
 4. Basic drills for improvement
 - a. Stroke practice with ball machines
 - b. Net practice
 - c. Service breakdowns
 - d. Lob games
 5. Strategies for offensive and defensive play
 - a. Volleying
 - b. Covering the angles
 - c. Move to the ball
 - d. "No man's land"
 6. Equipment selection
 - a. Proper racket/string choice
 - b. Review footwear/clothing

Lab Content

1. Basic tennis strokes
2. Court positioning
3. Rules and basic etiquette for the game
4. Basic drills for improvement
5. Strategies for offensive and defensive play
6. Equipment selection

Special Facilities and/or Equipment

1. Tennis racquet, tennis courts, and tennis balls.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Skills and techniques will be evaluated by instructor observation
Written or oral exam on rules and etiquette of the game

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Demonstration as directed by instructor

Representative Text(s) and Other Materials

Brown, J., and Soulier. Tennis, 4th ed.. 2013.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional reading/writing assignments as determined by the instructor

Discipline(s)

Physical Education