



PE 1101

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1101

Title: Tennis II

Catalog Description:

This course is designed to teach Intermediate to Advanced tennis skills. This course also includes game strategy.

General Education Requirements: N/A

Semesters Offered: Fall 1

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Credit/Clock Comments: Four hours per week for the eight week block.

Prerequisites: PE 1100 or instructor approval

Justification:

This course fulfills elective credit at the University of Utah, Weber State University, Utah State University, Utah Valley State College. Lifetime recreational activities such as tennis develop physical skills that form the basis of a healthful life-style. This is important in a society with so many health dangers associated with sedentary life styles.

Student Learning Outcomes:

Students will develop and refine basic tennis strokes. Students will learn about the mental approach to the game such as court awareness, opponent weaknesses, and strategies, and will apply these principles to the games of singles and doubles. Students will also review rules of the game and court etiquette.

Content:

Students will give oral presentations and provide demonstrations for various aspects of the game. They will also review and refine basic tennis strokes including forehand, backhand, volley, and serve. Students will learn tennis fundamentals such as grip, racket position, foot work, percentage tennis etc. The students play games most days with a variety of opponents from the class. There is a ladder type tournament toward the end of the semester.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

The game of tennis is a good life time sport to develop cardiorespiratory endurance, agility, balance, and speed. These lifestyle choices contribute to a person's fitness levels and help in the prevention of disease.

Key Performance Indicators:

Attendance is about 65%. Improvement comes through practice of correct methods, so skills are valued at about 10%. There is a written final covering rules and playing scenarios; this is about 25%

Representative Text and/or Supplies:

Instructor handouts and materials from student presentations.

Optimum Class Size: 20

Maximum Class Size: 24

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)