

Beginning Tennis
PEDB 1250 – Fall Semester – 2007

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Basic Physical Education Philosophy

The philosophy of the basic physical education at the University of Georgia is to promote lifelong physical activity and fitness for the enhancement of health and well-being. Increases in regular physical activity and fitness are influenced by people's confidence in the ability to engage in regular exercise and positive beliefs concerning the benefits of physical activity and fitness. Motivation to increase physical activity and fitness can be enhanced by incorporating fitness knowledge about fitness and behavior modification principles into activity classes. The adoption of positive health behaviors by students has the potential to significantly improve the lifelong health benefits for all UGA graduates.

Course Description: This course is designed for the beginning tennis player. Students will be taught the basic tennis strokes and strategy to reach a proficiency level that will enable them to play recreationally. Physical activity will be a major emphasis of the course, and students will be expected to participate in moderate to vigorous activity when in class.

Course Objectives:

1. To develop basic tennis skills: forehand, backhand, serve, volley and lob.
2. To learn and 2 scoring systems of tennis, including game, set and match.
3. To develop an understanding for the importance of exercise to overall health.
4. To develop an appreciation for exercise as an integral part of life.

Class Policies and Procedures: The course syllabus is a general plan. Deviations may be necessary. They will be announced.

Attire: Students must wear athletic clothing to participate in class (shirts, shorts or sweat pants). Tennis shoes only. (No sandals or social shoes).

Students must bring their own racket to every class and two cans of new tennis balls by the 2nd class meeting.

Attendance: Regular attendance and class participation are required and are important factors in your final grade. You are allowed **three (3)** absences during the semester. If you are late for class **three (3)** times it will count as an **absence**. Students are given an extra 5 minutes to get to class

after the normal starting time before roll is taken. After the roll is taken, you are late. More than **three (3)** absences will result in an unsatisfactory grade (U).

Grades: You will either **earn** a satisfactory grade (S) or an unsatisfactory grade (U) based on your attendance, skill test, and written exam. You must pass the exam in order to pass the class. There will be a total of 100 possible points. You must accumulate a minimum of 75 points to earn a (S) grade.

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| Attendance | 30 points |
| Skill Test | 35 points |
| Exam | 35 points |

Rainy Day Meetings: On rainy days check your email after 1:45 p.m. to see if there is a change of location. If nothing is posted, meet at the tennis courts pavilion.

Academic Policy: All academic work must meet the standards contained in “A Culture of Honesty” (<http://www.lugaledu/ovpi/honesty/acadhon.htm>). Students are responsible for informing themselves about these standards before performing any academic work.