

DEPARTMENT OF KINESIOLOGY

BEGINNING TENNIS PEDB 1350 (CALL # 81-675)

SEMESTER: FALL 2008

INSTRUCTOR: JANET MUSIMBI M'MBAHA

OFFICE: Ramsey Center Rm. 346

PHONE: 706-254-0016

EMAIL: jmusimbi@uga.edu

OFFICE HOURS: Tuesday & Thursday 4.00-5.00 PM

Course Description

The course is designed for beginning tennis players. It shall cover basic tennis strokes which will enable one to play proficiently and for recreational purposes.

Venue & Time

Tennis courts 1-9

Time MW 2:30-3:20 PM

Objectives

- Equip students with knowledge on basic tennis skills and rules of the game.
- Teach them to realize and appreciate the importance of exercise for health and lifetime fitness.

Course content

- Equipment
- Forehand stroke
- Backhand
- Serve
- Volley
- Basic Rules of the game.

Requirements

- Bring own racket and 2 cans of new balls
- Wear appropriate athletics attire and tennis shoes(sandals and other inappropriate wear shall not be allowed)

Attendance

- Regular attendance, participation and punctuality will add to the final grade.
- More than 3 absences will earn Unsatisfactory (U) grade.
- Absences due to illness should be verified by a physician.
- Any other absences that may be due to family or otherwise will require prior discussion and approval of the instructor.

Communication

The best way to communicate is via electronic mail using the UGAMail and/or the Communication module in WebCT.

Course evaluation

- The entire course carries a total of 100 points. 70% receives a satisfactory (S) grade.
- Attendance/ participation 40
- Skills performance 40
- Exam 20 - a written exam based on the information received during the semester.

You must pass exam to pass the class.

Assignments

All assignments will be administered via WebCT. Please refer to the recommended text book for this course. Required Text: Hoeger, W.W. K., Hoeger, S.A., & Brown J. (2008). Fitness and wellness (UGA Edition). Mason, Ohio: Thomson/Wadsworth

Academic honesty

Make a point of knowing and conforming to the UGA academic honesty policy available on the following website: <http://www.uga.edu/ovpi/honesty/academic>

Policies

The course syllabus is a general plan. Deviations announced by the instructor may be necessary.

Rainy Days

The class will still meet at the Pavilion next to the courts.

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Course schedule

Week	Date	Topic	activity
1	August 18-24	Introduction to tennis	<ul style="list-style-type: none">• Ball handling,• forehand drive
2	August 25-31		<ul style="list-style-type: none">• forehand drive• backhand drive
3	September 1-7	*1 st Labor day	<ul style="list-style-type: none">• backhand drive• serve
4	September 8-14		<ul style="list-style-type: none">• serving• returning serve
5	September 15-21	Scoring	<ul style="list-style-type: none">• scoring in tennis
6	September 22-28	Assessment of skills	<ul style="list-style-type: none">• Mini-tennis tournament• Handing in written assignment

7	September 29-October 5	Introducing the volley	<ul style="list-style-type: none"> • forehand Volley • backhand
8	October 6-12		<ul style="list-style-type: none"> • volley continued
9	October 13-19	Introducing the Lob	<ul style="list-style-type: none"> • Lob
10	October 20-26		<ul style="list-style-type: none"> • Lob/ Volley
11	October 27-November 2	Introducing rules	<ul style="list-style-type: none"> • singles
12	November 3-9	Rules	<ul style="list-style-type: none"> • doubles
13	November 10-16	Practice /mini-competition	<ul style="list-style-type: none"> • skills test • scoring knowledge
14	November 17-23	Continuation	Skills/scoring knowledge
15	November 24-30	Practical test	The learnt skills
16	December	Written test	Date to be confirmed