

Kinesiology 185A Tennis I #'s 13109, 13111, 13110

Spring 2008

CSUN- 1 Unit

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Office/Hours -RE 255 -TBA

An introduction to the lifetime sport of tennis, the student will exit the class with knowledge of the FUN-damentals of the game and the ability to grow as a tennis player.

- Week One-Orientation , Skills test....
- Week Two-Volley-Ready Position-
- Week Three- Forehand FUN-damentals
- Week Three-Backhand FUN-damentals
- Week Four- Groundstrokes-Approach shots-Volleys
- Week Five- Serve FUN-damentals
- Week Six- Practice Techniques-Overhead
- Week Seven-Singles Introduction
- Week Eight- Doubles Introduction
- Week Nine- Mental Game-Small group practice and play
- Week Ten- " "
- Week Eleven- Individualized lessons
- Week Twelve- " "
- Week Thirteen- Novice tournament/Skills Test
- Week Fourteen- Novice Tournament/Skills Test
- Week Fifteen- Team Tennis
- Week Sixteen- Final Exam-written = 25% of grade

Notes: Please bring two cans of tennis balls to the class.

Book-Tennis Steps To Success -Human Kinetics

Inclement Weather- Room 159

Spring Break -3/17-22

Grade Based on:

CSUN Women's Tennis Team Match/practice-Spectator

Skills Growth/form test-50%

Written Test-25%

Attendance 25% (3 misses allowed,.5 letter grade after 3)