

California State University, Northridge
Department of Kinesiology

Course:	KIN 185A	Instructor:	Mai NARASAKI
Office:	RE 156C	Office Hour:	M-Th 9-10, 3-4,
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Notes: Please bring one can of new tennis balls to the class
Proper exercise attire.
NO MARKING SHOES or OPEN TOE SHOES!

Course Objectives

Student will have the necessary stroke skills to play a tennis match. Student will increase fitness for physical performance through active participation in tennis. Student will know the rules of tennis, basic strategies of play and the appropriate court etiquette.

Course Outline

- Week 1; Orientation & Selection and care of equipments.
- Week 2; Grips, Ball touch, Volley.
- Week 3; Stroke on forehand & backhand.
- Week 4; Ground stroke & Slice
- Week 5; Serve, individualized lessons
- Week 6; Overhead, individualized lessons
- Week 7; Rules & strategy for Singles
- Week 8; Rules & strategy for Doubles
- Week 9; Group practice and play
- Week 10; Group practice and play
- Week 11; Individualized lessons/ Class tournament
- Week 12; Review & Skills test
No Class on Thursday & Friday (Thanksgiving)
- Week 13; Skills test
- Week 14; Review
- Week 15; Final Exam (written test = 30 % of grade)

Evaluation Criteria

1. Attendance/punctuality	40%
2. Student demonstration off skills	30%
a) Forehand	
b) Backhand	
c) Volley	
d) Serve	
e) Strategy	
3. Written test	30%
Total	100%