

CSUN
Department of Kinesiology
Kin 185 A Tennis I – Beginning Tennis

INSTRUCTOR - Mj Smith, MA

OFFICE/HOURS - RE 255 TBA

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COURSE DESCRIPTION

Designed to develop beginning skills, knowledge of concepts, rules, strategy in the sport of tennis.

COURSE OBJECTIVES

At the conclusion of the course, the student will be able to:

1. Demonstrate and execute beginning level tennis skills.
2. Explain the rules, scoring, and basic strategies of tennis.
3. Demonstrate appropriate safety procedures.
4. Show proper care and use of equipment.
5. Demonstrate proper tennis etiquette.

LEARNING RESOURCES/ACTIVITIES

1. Handouts
2. Lectures & Demonstrations
3. Homework Assignments
4. Practice
5. Participation

EVALUATION PROCEDURES

- | | |
|-----------------------------|-------|
| 1. Exam | - 30% |
| 2. Homework Assignment | |
| Donate 2 cans of balls | - 10% |
| 3. Participation/Attendance | - 30% |
| 4. Skills Tests | - 30% |

CLASS MANAGEMENT

1. Student must be dressed appropriately. No jeans. No casual or running shoes, sandals or black sole shoes. Bring water bottle, towel, hat/visor, sun screen and sun glasses.
2. Warm up to be done on own after equipment is taken out.
3. Equipment must be used appropriately.
4. Students should be engaged in activity at all times, either preparing to do a skill or attempting a skill.
5. Three absences shall be permitted without an effect on the final grade. Each additional absence lowers grade by one full letter grade. No credit will be given for the course if more than six absences. All absences are counted. Three late arrivals or non-participates will count as one absence. Three absences may be made up with approval of instructor, but only those absences due to extenuating circumstances.

TEXT

TENNIS by Johnson & Xanthos (paperback)

INCLEMENT WEATHER: Meet in foyer in front of KN 110.

KIN 185A
TENNIS I

COURSE OUTLINE

Jan. 31	Orientation
Feb. 05-07	Volley and Ready Position
Feb. 14-16	Forehand FUNdamentals
Feb. 12-14	Backhand FUNdamentals
Feb. 19-21	Ground strokes
Feb. 26-28	Approach shots
Mar. 05-07	Serve
Mar. 12-14	Practice Techniques & Overhead
Mar. 19-21	Singles Introduction
Mar. 26-28	Doubles Introduction
Apr. 02-04	SPRING BREAK!
Apr. 09-11	Mental Game & Small group practice and play
Apr. 16-18	Mental Game & Small group practice and play
Apr. 23-25	Individualized Lessons
Apr. 30-May 02	Individualized Lessons
May 07-09	Novice Tournament/Skills Test Hand out Final Exam
May 14-16	Novice Tournament/Skills Test Final Exam Due
May 23	Final - Skills Test Make-ups

Schedule Subject to change