

California State University, Northridge
Department of Kinesiology

Course:	KIN 185B	Instructor:	Mai NARASAKI
Office:	RE 156A	Office Hours:	M/W 9-10, 12-1, TH3-4,
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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

Development of higher proficiency in performance of tennis skills with special emphasis on game strategy.

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; Tournament
- Week 15; Tournament

Evaluation Criteria

1. Attendance/punctuality	60 %
2. Student demonstration off skills	40 %
a) Forehand	
b) Backhand	
c) Volley	
d) Serve	
e) Strategy	
Total	100%