

Kinesiology 250TN #13137

CSUN- 1 Unit Spring 2008

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Tennis-The Game of a Lifetime Office Hour-TBA Book: Steps to Success Tennis

An advanced class for the Kinesiology major focused on the lifetime sport of tennis, the student will exit the class with knowledge of the FUNdamentals of the game and the ability to grow as a tennis player/teacher.

- Week One-Orientation , Skills test....
- Week Two-Volley-Under-spin-placement-types of volleys
- Week Three- Topspin Forehand & Backhand
- Week Four- Ground-strokes-Approach shots-Slice backhand/wood rackets
- Week Five- Spin Serve and variations
- Week Six- Practice Techniques-Overhead
- Week Seven-Singles tactics and strategy
- Week Eight- Doubles tactics and strategy
- Week Nine- Mental Game-Small group practice and play
- Week Ten-Charting matches
- Week Eleven- Individualized lessons
- Week Twelve- " " Class Tournament
- Week Thirteen- Class tournament/Skills Test
- Week Fourteen- Class tournament/Skills Test
- Week Fifteen-Team Tennis
- Week Sixteen- Final Exam-written
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Notes: Please bring two cans of new tennis balls to the class.

Books- Variety of books/teacher supplied.

Inclement Weather- Redwood Hall 159/278

Grade based on:

CSUN Women's Tennis Team Match/practice-Spectator

Web Report

Skills Growth-50%

Written Test-25%

Attendance 25%

90% + = A

Spring Break -March 17-22