

COURSE OUTLINE

LFIT-133

Beginning Tennis

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide students who have never participated in, or have had limited formal instruction in, the sport of tennis. Students will be taught the various tennis strokes, as well as the rules, etiquette, and strategies for playing tennis.

Overall Course Objectives

Upon completion of this course, the student will be able to demonstrate the following:

1. Demonstrate the fundamental tennis skills, including the forehand, backhand, serve, and volley.
2. Describe the rules, origin, and etiquette of tennis.
3. Demonstrate the correct singles and doubles strategy during class play.
4. Describe the care for various types of tennis equipment.
5. Demonstrate the scoring system by participating in an intra-class tournament.

Major Topics

1. Tennis skills
 - a. Forehand
 - b. Backhand
 - c. Serve
 - d. Volley
2. Rules and Scoring
3. Tennis Etiquette
4. Singles and Doubles play

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member. Included, but not limited to attendance, participation, skills exams, knowledge, and rules written exams.