

COURSE OUTLINE

LFIT-134

Intermediate Tennis

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the opportunity to develop advanced stroke techniques as well as advanced player strategies for both singles and doubles play. Instruction will include advanced drills and alternate scoring methods, and singles and doubles tournament play. It is assumed that students in this course have previous experience in playing tennis.

Overall Course Objectives

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

1. Demonstrate the fundamental skills in executing the forehand drive, backhand drive, the volley, and the serve.
2. Demonstrate the advanced skills of imparting topspin and backspin.
3. Demonstrate the lob and the overhead.
4. Analyze the correct game strategy during class practice games and/or tournaments.
5. Demonstrate knowledge of the following:
 - a. the rules of tennis
 - b. the origins of tennis
 - c. terminology of tennis
 - d. selection and use of equipment
 - e. types of competition
 - f. scoring systems
 - g. tennis etiquette
6. Demonstrate singles and doubles play in class tournaments.

Major Topics

1. Advanced skills
 - a. Topspin and Backspin
 - b. Overhead
 - c. Lob
 - d. Tournament play

Course Requirements

Grading/Exams:

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