

PE 261

COURSE SYLLABUS

Section #: 3283

Days: Mon & Wed

Time: 10:45am-12:10pm

Location: Tennis Courts

Office Hours: Monday and Wednesday 12:15pm-2:30pm
Tuesday and Thursday 10:45am-12pm

Instructor: Yvette Ybarra

Office: SN Room 100 Office 1

Telephone: 818-240-100 ext.3195

Email: yybarra@glendale.edu

COURSE DESCRIPTION:

Physical Education 261 covers the beginning concepts of tennis. Emphasis is placed on fundamental skills including rules, terminology, and court etiquette. Instruction is given in the basic strokes: forehand, backhand, volley, and serve.

STUDENT LEARNING OUTCOMES:

Upon successful completion of the required course work, the student will be able to:

- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.
- identify the basic rules, terminology, equipment and etiquette of tennis.
- identify and perform basic tennis strokes.
- participate in a tennis tournament.

EQUIPEMENT:

It is important to wear proper clothing to class: shorts, t-shirts, sweats, court shoes, and socks. Students who do not dress properly will not be allowed to take part in class and will lose 5 points for the day. Water and towel is strongly advised. You will also need a tennis racket to participate in this course.

TEXT (Optional):

Van Dalen, Martin Teaching Tennis Volume 1: The Fundamentals of the Game (For Coaches, Players, and Parents) New Jersey: Xlibris, 2011. ISBN #9781462874606

KEYS TO SUCCESS:

To maintain a positive learning environment for all students the following are expected:

- **Attendance and participation** is required to be successful in this class.
- Courteously and respectfully listen to others'.
- Cell phones must be turned off or put on vibrate and musical devices are not allowed. **Failure to comply will result in dismissal and loss of points for that day.**
- Inappropriate and disruptive behavior is not acceptable and may be cause for dismissal from class.
- Please **be prepared** for class by wearing the appropriate clothing and bringing a racket.
- All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

CHEATING:

All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale Community College. The following behaviors serve as an operational description of student violations of academic honesty:

1. The student takes or copies answers from another student or source or uses unauthorized materials during a test.
2. The student turns in an assignment (labs, art projects, homework, prewritten or purchased papers, or work downloaded from the Internet) which is not his/her own.
3. The student uses words or ideas which are not his/her own without acknowledgment of the source (plagiarism).
4. The student knowingly deceives an instructor with the intent to improve his/her standing in class.
5. The student submits the same paper or project previously submitted in another class without the permission of the current instructor.
6. The student depends upon tools or assistance prohibited by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments.
7. The student acquires, without permission, tests or other academic materials belonging to a member of the GCC faculty or staff.

When a student engages in academic dishonesty, faculty have the option of requiring the student to see a college counselor, assigning a lower or failing (F) final grade in the course (or denying promotion from a non-credit course).

Honesty is expected. Any effort to copy another student's work during exams or to present another's work as your own will be **PUNISHED WITH A "0" GRADE FOR THE ASSIGNMENT/TEST**. The student will be placed on file with the GCC Vice President of Instruction. Buying or downloading assignments are forms of cheating.

ATTENDANCE/PARTICIPATION:

Your final grade will be determined by your participation, effort, and attendance. Each student comes to this course with different levels of experience, which makes it fair to base the majority of the grade on attendance/participation. If you are unable to make class, please notify instructor by email. Emergencies do happen, so each student will be allowed one absence during the semester.

Rainy Days – Come anyway! There is no time to waste. We're trying to turn you into a good player; that will happen a lot faster if you work on it, both on and off the court.

GRADING: Your semester grade is determined from the following factors:

- **Participation** – If you're absent a lot you can't participate a lot. **10 points each class.**
- **Written Exam** – The written will cover: scoring, rules of the game, names of the parts of the racket, and the names of the lines on the court. **This is worth 25 points.**
- **Performance Exam** – Beginners (PE 261) will hit forehands, backhands, and serves. The grade will be based on the number of balls that land in the court and to a lesser extent, the "style" of their serve. This is the other half of the final exam. **This is worth 35 points.**
- **Class Tournament** – If you win or finish as the runner up in the class tournament, it's difficult not to think of you as an "A" student. You do not need to take the Performance Exam, but you will still need to take the Written Exam.
- **Moodle Assignment** – Please log into your Moodle account and make sure to answer the safety quiz. **This will be made available during the week of 2/27-3/3.**

GRADING SCALE:

	<u>POINTS</u>	<u>POSSIBLE</u>	<u>TOTAL</u>
Attendance	10	28	280
Written Exam	25	1	25
Performance Exam	35	1	35
Safety Quizzes	15	2	<u>30</u>
			370

GRADE

A
B
C
D
F

PERCENTAGE

100-90
89-79
78-68
67-57
56-below

IMPORTANT DATES

Drop Date for 16 week courses without a "W" **3/4/17**

Drop Date for 16 week courses with a "W" **5/20/17**

Spring Break April 17-21

Week of:	We will cover in class:	What we are trying to accomplish:	Assignment:
Week 1 2/22	<ul style="list-style-type: none"> - Syllabus - Equipment (parts of the racket) - Pre-Test - Stretching, Warm-up procedures 	<ul style="list-style-type: none"> - Give you a basic idea of the concepts of the game. - Explain the beginnings of the game of tennis & the objectives. - Teach you about equipment you'll need. 	<ul style="list-style-type: none"> - Read up on tennis including our recommended textbook.
Week 2 2/27-3/1	<ul style="list-style-type: none"> - Introduction of how to hold the racket. - Introduction of how to use the racket (general) - The "4 things" you need to do to hit the ball & get it into the court. 	<ul style="list-style-type: none"> -Familiarize you with the racket. - Teach you the different grips for forehand, backhand & the serve. - Explain the "4 things" you need to do to hit the ball & get it into the court. 	<ul style="list-style-type: none"> - Get in the habit of reading Tennis magazines & watching matches on TV.
Week 3 3/6-3/8	<ul style="list-style-type: none"> - Demonstrate the various ways beginners can practice forehands – drop – step – hit; chair drills & the wall. 	<ul style="list-style-type: none"> - Start developing the process of "from understanding to memory, to muscle memory" - Develop your forehand. 	<ul style="list-style-type: none"> - Put down the phone & start squeezing a ball while you drive your car.
Week 4 3/13-3/15	<ul style="list-style-type: none"> - Introduction of the backhand - The grip - Top spin & slice - Placement of the ball (forehand & backhand) 	<ul style="list-style-type: none"> - Get you started on the "Other side" - Teach you how to develop your backhand. 	<ul style="list-style-type: none"> - Practice, practice, practice. - Keep squeezing ball.
Week 5 3/20-3/22	<ul style="list-style-type: none"> - Continuation of the backhand with our drills & hopefully better results by this second week. 	<ul style="list-style-type: none"> - Business as usual: teach you to teach yourself; in this case, teach yourself the backhand (top spin & slice) 	<ul style="list-style-type: none"> - Drill, drill, drill: Squeeze, squeeze, squeeze.
Week 6 3/27-3/29	<ul style="list-style-type: none"> - The serve - Your philosophy of the serve (speed -- or placement?) 	<ul style="list-style-type: none"> - Teach you the basics of the serve; - Teach you how to practice your serve - Teach you service placement 	<ul style="list-style-type: none"> - Pushups - Ball squeezes - Practice your serve & "mirror-drill"
Week 7 4/3-4/5	<ul style="list-style-type: none"> - From now on, we devote the last half of the class (30 min. approx.) to free play (singles or doubles) - Learning to keep score 	<ul style="list-style-type: none"> - Get you started on the road to match play - Teaching you how to keep score by playing matches. 	<ul style="list-style-type: none"> - Try to lineup people to play w/ on the weekends.
Week 8 4/10-4/12	<ul style="list-style-type: none"> - We keep working on scoring covering the finer points (names) now & discuss any play strategy. 	<ul style="list-style-type: none"> - Get you to start understanding score of the finer points of the game - Get you involved in competition. 	<ul style="list-style-type: none"> - Play - Hit on the wall - Practice serve - See a school tennis match.
Spring Break 4/17-4/21			
Week 9 4/24-4/26	<ul style="list-style-type: none"> - More advanced drills - "Dirty – 30" drill 	<ul style="list-style-type: none"> - Advance your skills - Develop consistency - Learn to run down the ball - Achieve consistency; build stamina 	<ul style="list-style-type: none"> - Run, jump rope - lift weights - play

Week 10 5/1-5/3	- Set up practice matches (singles & doubles) - "Dirty – 30" drill	- Help you learn to compete - Achieve consistency; build stamina	- Run, jump rope - lift weights - play
Week 11 5/8-5/10	- Class Tournament begins Men's & Ladies' singles and doubles - Discuss the tournament bracket	- Involve you in competitive play - Drills/ free play for anyone who is not playing a match today.	- Watch Tennis on TV - Practice/ Play
Week 12 5/15-5/17	- Consolation brackets for 1 st round victims	- Continuation of tournament - Drills & free play	- Watch Tennis on TV - Play on weekends
Week 13 5/22-5/24	- 2 nd round of regular draw	- Preparation for final exam - Drills & free play	- Watch Tennis on TV - Play on weekends
Week 14 No class 5/29 Memorial Day Class 5/31	- Round of 16 & Qtr. Finals of class tournament (singles & doubles)	- Continuation of tournament - Preparation for final exam - drills & free-play	- Watch Tennis on TV - Play on weekends
Week 15 6/5	- We should be playing the semifinals & finals of our class tournaments (singles & doubles) - Take you through a "dry-run" of the practical part of the final exam	- Complete our class tournament (singles & doubles; men's & Ladies draw) - Prepare for the final exam (have someone feed you balls for your ground strokes and also practice your serve). Our next class is the FINAL EXAM	- Make arrangements to stay in touch w/ your classmates - Practice, practice
Finals 6/7-6/14	Last Class Session - Take your final exam - Final exam June 12th 9:10am - 11:30am	- Take your final exam	- Watch some tennis on T. V.
FINAL EXAM – June 12th from 9:10am-11:30am (RAIN OR SHINE)*			