

# PE 262

## COURSE SYLLABUS

**Section #:** 3284

**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

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### COURSE DESCRIPTION:

Physical Education 262 builds on fundamental knowledge of tennis rules, etiquette, basic skills, strokes, footwork, scoring, and strategy. Emphasis is on intermediate skills development including: shot placement in game situations, the lob and overhead smash, and the use of spins in fundamental strokes.

### 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.
- apply the rules, terminology, equipment, etiquette, warm-up and cool-down strategies of tennis to game-play.
- identify and perform variations of the fundamental strokes of tennis, and demonstrate proper use during game situations.
- 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** – Intermediates (PE 262) 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 45 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:**

	<b><u>POINTS</u></b>	<b><u>POSSIBLE</u></b>	<b><u>TOTAL</u></b>
Attendance	10	28	280
Written Exam	25	1	25
Performance Exam	45	1	45
Safety Quizzes	15	2	<u>30</u>
			380

<b><u>GRADE</u></b>	<b><u>PERCENTAGE</u></b>
A	100-90
B	89-79
C	78-68
D	67-57
F	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**

<b>Week of:</b>	<b>We will cover in class:</b>	<b>What we are trying to accomplish:</b>	<b>Assignment:</b>
Week 1 2/22	<ul style="list-style-type: none"> <li>- Introduction to class Intermediate tennis, General assessment of class skill level</li> <li>- Pre-Test</li> <li>- Stretching, Warm-up procedures</li> </ul>	<ul style="list-style-type: none"> <li>- Determine skill level of each student.</li> <li>- Give you an opportunity to ease back into playing.</li> </ul>	<ul style="list-style-type: none"> <li>- Daily stretching</li> <li>- Hit at least 3x weekly</li> <li>- Watch matches on T.V.</li> </ul>
Week 2 2/27-3/1	<ul style="list-style-type: none"> <li>- The forehand (basic)</li> <li>- The purpose</li> <li>- The mechanics</li> <li>- Drills (forehand)</li> <li>- Free hit/play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Give you a complete &amp; more advanced understanding of the forehand</li> <li>- Give you the opportunity to practice forehands w/ specific drills</li> </ul>	<ul style="list-style-type: none"> <li>- Same as above</li> <li>Plus</li> <li>- Drill on your forehand</li> </ul>
Week 3 3/6-3/8	<ul style="list-style-type: none"> <li>- The forehand (more advanced)</li> <li>- The purpose</li> <li>- Topspin &amp; advanced mechanics</li> <li>- Free hit / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Develop a more sophisticated, polished, powerful forehand &amp; help you develop an ability to direct the ball.</li> </ul>	<ul style="list-style-type: none"> <li>- Same as above</li> <li>Plus</li> <li>- Add 50-100 pushups daily</li> <li>- Forehand drill</li> </ul>
Week 4 3/13-3/15	<ul style="list-style-type: none"> <li>- The backhand (basic)</li> <li>- The purpose</li> <li>- The mechanics</li> <li>- Backhand drills</li> <li>- Free hit / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Give you a complete &amp; more advanced understanding of the backhand.</li> <li>- Give you the opportunity to practice backhands w/ specific drills</li> </ul>	<ul style="list-style-type: none"> <li>- Same as above</li> <li>- Don't forget the pushups</li> <li>- Practice backhands</li> </ul>
Week 5 3/20-3/22	<ul style="list-style-type: none"> <li>- The backhand (more advanced)</li> <li>- The purpose; placement</li> <li>- Topspin &amp; passing shots</li> <li>- Direction (of ball)</li> <li>- Free hit / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Teach you more effective method of hitting topspin backhands &amp; create your ability to hit backhand passing shots</li> <li>- Help you gain confidence in your backhand</li> </ul>	<ul style="list-style-type: none"> <li>- Same as above</li> <li>- Hit series of 25 backhands down the line &amp; 25 cross court.</li> </ul>
Week 6 3/27-3/29	<ul style="list-style-type: none"> <li>- The serve (basic)</li> <li>- The purpose (&amp; intent)</li> <li>- The five steps of the serve</li> <li>- The 3 synchronized steps</li> <li>- Free hit / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Teach you the mechanics of the serve (correctly)</li> <li>- Work on development of a first &amp; second serve</li> <li>- Teach you how to practice serve`</li> </ul>	<ul style="list-style-type: none"> <li>- Same as above</li> <li>Plus</li> <li>- Add 50-100 sit-ups (daily)</li> <li>- Practice. 50-100 serves 3x weekly.</li> </ul>
Week 7 4/3-4/5	<ul style="list-style-type: none"> <li>- The serve (more advanced)</li> <li>- Making your serve faster</li> <li>- Ability to place your serve different</li> <li>- Free hit / free play</li> </ul>	<ul style="list-style-type: none"> <li>- Show you how to get more power from your serve</li> <li>- Teach you critical difference between first &amp; second serves</li> <li>- Develop your ability to "spot" your serve</li> </ul>	<ul style="list-style-type: none"> <li>- Sit-ups will help your serve</li> <li>- Stretching will help your serve</li> </ul>
Week 8 4/10-4/12	<ul style="list-style-type: none"> <li>- The volley (basic)</li> <li>- The purpose of the volley</li> <li>- The grip, footwork &amp; follow through</li> </ul>	<ul style="list-style-type: none"> <li>Develop an ability to play the net</li> <li>- Teach you the grip for volley</li> <li>- Teach you the footwork for the volley</li> </ul>	<ul style="list-style-type: none"> <li>- Squeezing a ball will strengthen your forearm and grip</li> </ul>
<b>Spring Break</b> <b>4/17-4/21</b>			

<p>Week 9 4/24-4/26</p>	<ul style="list-style-type: none"> <li>- The volley (advanced)</li> <li>- Serving and Volleying</li> <li>- Sharper angles</li> <li>- free play / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Introduce the combination of serving &amp; coming in after your serve ("serve &amp; volley")</li> <li>- Teach you angles unknown to geometry teachers</li> </ul>	<ul style="list-style-type: none"> <li>- Practice serving easy so your partner can return it right to you &amp; you can practice your volley.</li> </ul>
<p>Week 10 5/1-5/3</p>	<ul style="list-style-type: none"> <li>- Overheads</li> <li>- Grip</li> <li>- Motion</li> <li>- Footwork</li> <li>- Free hit / play segment</li> </ul>	<ul style="list-style-type: none"> <li>- Teach you what to do when they start to lob you off the net.</li> <li>- Give you another offensive weapon</li> <li>- 50 sit-ups daily at home will help your Overhead and your serve</li> </ul>	<ul style="list-style-type: none"> <li>- Start serving &amp; volleying on some of your points</li> <li>- Have someone feed you lobs.</li> </ul>
<p>Week 11 5/8-5/10</p>	<p>"Big 3" Serves, volleys &amp; overhead</p> <ul style="list-style-type: none"> <li>- We'll be doing a drill that begins w/the serve, you follow it in &amp; hit</li> <li>- Your volley, &amp; then your partner throws up a lob &amp; you hit an overhead smash.</li> </ul>	<ul style="list-style-type: none"> <li>- Teach you the realities of actual playing conditions for the aggressive (net rusher) Player</li> <li>- Train you to be able to perform all the 3 Parts (strokes) into one point, which is often what is required.</li> </ul>	<p>You will have to be in great shape to sustain this type of game. Cardio, pushups and sit ups will help.</p>
<p>Week 12 5/15-5/17</p>	<ul style="list-style-type: none"> <li>- Pull the draw for our class tournament</li> <li>- Start our tournament</li> </ul>	<ul style="list-style-type: none"> <li>- Show how tournament draws are done</li> <li>- Teach you about "seeding"</li> <li>- History of tournament tennis</li> <li>- Give you an understanding of the entire</li> <li>- Tournament atmosphere.</li> </ul>	<ul style="list-style-type: none"> <li>- Computer search of past Grand Slam tournaments</li> <li>- Watch tennis on T.V.</li> </ul>
<p>Week 13 5/22-5/24</p>	<p>First and second rounds of our men And ladies draw. Consolation bracket draw pulled for 1<sup>st</sup> round losers. Free play/ hitting session</p>	<p>Here we go... its "Showtime." Here's your Chance to show what you've got. We always have a couple of upsets in the 1<sup>st</sup> couple of rounds. The pressure is on—but hey, you've got to learn to perform under pressure.</p>	<ul style="list-style-type: none"> <li>- Watch pro matches on T.V when possible</li> <li>- Play matches</li> </ul>
<p>Week 14 <b>No class 5/29 Memorial Day</b> Class 5/31</p>	<p>Quarter &amp; semifinal rounds of the tournament. Those who are not playing today (schedule or eliminated), can watch the matches or have free play.</p>	<p>Watch some of your classmates (if you're already eliminated) play their guts out under tournament pressure. Win or lose, you always learn something by competing.</p>	<ul style="list-style-type: none"> <li>- Watch pro matches on T.V when possible</li> <li>- Play matches</li> </ul>
<p>Week 15 6/5</p>	<ul style="list-style-type: none"> <li>- Play the semi-finals &amp; finals of our class tournament</li> <li>- Take you through a "dry-down" of the practical part of the final exam</li> </ul>	<ul style="list-style-type: none"> <li>- Determine the winners &amp; runner-ups of our men's &amp; women's tournament</li> <li>- Prepare for the final exam (have someone feed you balls for your ground strokes and volley test portion of the final). Also practice your serve. Our next class is the FINAL EXAM</li> </ul>	<ul style="list-style-type: none"> <li>- Look over the rules of the game</li> <li>- Be familiar w/ scoring</li> <li>- Watch some tennis on T. V.</li> </ul>

Finals 6/7- 6/14	Last Class Session - Take your final exam - <b>Final exam Monday</b> <b>June 12th 9:10am - 11:30am</b>	- Take your final exam	- Watch some tennis on T. V.
<b>FINAL EXAM – Monday June 12<sup>th</sup> from 9:10am-11:30am (RAIN OR SHINE)*</b>			