



**COURSE OUTLINE : PE 261**  
**D Credit – Degree Applicable**  
**COURSE ID 003080**  
**Cyclical Review: November 2018**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 261  
**COURSE TITLE (FULL) :** Tennis I  
**COURSE TITLE (SHORT) :** Tennis I

**CATALOG DESCRIPTION**

PE 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.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

**Total Course Units: 1.00**

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 54.00**

Total Out-of-Class Hours: 0.00

Prerequisite: None.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Identify tennis as a sport;	Yes
2				perform moderate daily physical activities;	Yes
3				participate in an individual and group environment;	Yes
4				demonstrate and maintain a positive attitude.	Yes

**EXIT STANDARDS**

- 1 Demonstrate proper grip, mechanics and execution of the forehand or one or two handed backhand ground stroke;
- 2 demonstrate proper technique while hitting the flat serve;
- 3 demonstrate proper technique of the forehand and backhand volley;
- 4 describe the no-advantage and traditional method of scoring;
- 5 discuss the rules of tennis;
- 6 describe basic singles and doubles strategy.

**STUDENT LEARNING OUTCOMES**

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

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	History of Tennis	0	3	3
2	The Forehand Drive <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance and footwork</li> <li>• Swing</li> </ul>	0	9	9



3	<p>The Backhand Drive</p> <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Grip</li> <li>• Stance and footwork</li> <li>• Swing</li> <li>• Elementary lead-up game</li> <li>• Advanced lead-up game</li> </ul>	0	8	8
4	<p>The Serve</p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Stance and ball toss</li> <li>• Swing and footwork</li> <li>• Lead-up games</li> </ul>	0	8	8
5	<p>The Volley</p> <ul style="list-style-type: none"> <li>• Forehand volley</li> <li>• Backhand volley</li> </ul>	0	2	2
6	<p>Rules, Etiquette, and Strategy of Tennis</p> <ul style="list-style-type: none"> <li>• Scoring</li> <li>• Rules and regulations</li> <li>• Doubles and singles strategy</li> <li>• Court etiquette</li> </ul>	0	12	12
7	Tournament Play	0	12	12
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 self evaluation (e.g. written evaluation of goal setting and performance in tournaments and competition);
- 2 written analysis (e.g. summary of the physical and emotional benefits of tennis).



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**METHODS OF EVALUATION**

- 1 practical examination (e.g. skills test);
- 2 written final examination;
- 3 participation in class individual tournament;
- 4 participation in local tennis tournaments.

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Instructor-generated reading materials.							