



COURSE DISCIPLINE : PE

COURSE NUMBER : 262

COURSE TITLE (FULL) : Tennis II

COURSE TITLE (SHORT) : Tennis II

CATALOG DESCRIPTION

PE 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.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

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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: PE 261.

ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	261	Beginning Tennis	Demonstrate proper grip, mechanics and execution of the forehand or one or two handed backhand ground stroke;	Yes
2	PE	261	Beginning Tennis	demonstrate proper technique while hitting the flat serve;	Yes
3	PE	261	Beginning Tennis	demonstrate proper technique of the forehand and backhand volley;	Yes
4	PE	261	Beginning Tennis	describe the no-advantage and traditional method of scoring;	Yes
5	PE	261	Beginning Tennis	discuss the rules of tennis;	Yes
6	PE	261	Beginning Tennis	describe basic singles and doubles strategy.	Yes



EXIT STANDARDS

- 1 Apply proper mechanics of the forehand and backhand groundstrokes, flat serve and volley;
- 2 demonstrate the proper techniques of hitting a slice serve;
- 3 demonstrate the proper techniques of hitting both the offensive and defensive lob;
- 4 demonstrate the proper technique for hitting the overhead smash;
- 5 demonstrate the proper technique to execute a top spin and under spin forehand and backhand ground stroke;
- 6 demonstrate footwork skills through drills and practice;
- 7 demonstrate movement patterns based on game situations.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 apply the rules, terminology, equipment, etiquette, warm-up and cool-down strategies of tennis to game-play
- 3 identify and perform variations of the fundamental strokes of tennis, and demonstrate proper use during game situations
- 4 participate in a tennis tournament

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Review of Fundamental Groundstrokes <ul style="list-style-type: none"> • Forehand • Backhand • Service 	0	8	8
2	Review of Rules and Strategies <ul style="list-style-type: none"> • Singles • Doubles 	0	8	8



COURSE OUTLINE : PE 262

D Credit – Degree Applicable

COURSE ID 003081

Cyclical Review: November 2018

3	<p>The Volley</p> <ul style="list-style-type: none"> • Purpose • Grip • Stance • Footwork • Stroke • Lead up drills and game 	0	10	10
4	<ul style="list-style-type: none"> • Lob • Purpose • Grip • Stance • Footwork • Stroke • Lead up drills and games 	0	8	8
5	<p>Overhead Smash</p> <ul style="list-style-type: none"> • Purpose • Grip • Stance • Footwork • Stroke • Lead up drills and games 	0	2	2
6	<p>Top Spin and Under Spin Ground Stroke</p> <ul style="list-style-type: none"> • Purpose • Grip • Stance • Footwork • Stroke • Lead up drills and games 	0	8	8
7	<p>Tournament Play</p> <ul style="list-style-type: none"> • Warm-up and cool-down strategies • Game situations 	0	10	10
				54



OUT OF CLASS ASSIGNMENTS

- 1 self evaluation (e.g. written evaluation of goal performance in tournaments and competition)
- 2 written analysis (e.g. summary and examination of rules, terminology, and court etiquette)

METHODS OF EVALUATION

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