Effective Semester / Session: Spring 2004

Type of Action:

- [ ] New
- [X] Modification
- [ ] Cancellation

Course Alpha and Number: PE 107

Course Title: Beginning Tennis

Reason for initiating, revising, or canceling:
Course guide is being submitted for approval since there is no signed copy on file. The course guide has been modified to reflect the change in department name and to fulfill the 3 year periodic review requirement.

Proposer: ___________________________ Date: 2/5/2004

Department Chair: ___________________________ Date: 3/25/04

English and Format Reviewer: ___________________________ Date: 3/30/04

Academic Council Chair: ___________________________ Date: 4/5/07/2004

Dean of Academic Programs and Services: ___________________________ Date: ________________
Northern Marianas College
Course Guide

Course: PE 107  Beginning Tennis

1. Department
   Human Performance and Athletics Department

2. Purpose
   PE 107 provides a class in which students can learn the proper
   fundamental strokes of tennis, the proper court etiquette and
   gamesmanship of tennis, and how to keep score. Emphasis will be on
   proper stroke mechanics.

3. Description

   A. Required/Recommended Textbook(s) and Related Materials
      None

   B. Contact Hours
      1. Lecture: 2 hours per week / 30 per semester
      2. Lab:
      3. Other:

   C. Credits
      1. Number: 1
      2. Type: Regular degree credit

   D. Catalogue Course Description
      This course introduces students to the rules and strategies of tennis,
      including fundamentals of forehand and backhand strokes, serves,
      volley, basic strategy, footwork, and court etiquette through drills and
      competition. Students are tested on rules and the various skills taught.
      The class participates in singles and doubles tournaments.
      English Placement: Level EN 073/074

   E. Degree or Certificate Requirements Met by Course
      This class fulfills the Physical Education requirement under General
      Education requirements for a Liberal Arts Degree.

   F. Course Activities and Design
      There will be classroom and lab activities. Classroom activities will
      include lectures and videotapes on tennis skills, fundamentals, and
      strategies, and health related subjects, such as nutrition, stretching
and proper warm-up and cool-down exercises. Lab will entail the
teaching of various tennis skills, and the students will practice skills in
different drills, lead-up games, and court type situations. The
emphasis will be placed on stroke mechanics.

4. Course Prerequisite(s); Concurrent Course Enrollment;
   Required English/Mathematics Placement Level(s)
   Prerequisites: None
   English Placement Level: EN 073/074 or higher

5. Estimated Cost of Course; Instructional Resources Needed
   Cost to the Student: Tuition for a 1-credit course and physical education
   activities fee.

   Cost to the College: Instructor's salary, tennis racquets, and tennis balls.

   Instructional resources needed for this course include tennis
   racquets, tennis balls, white board and white board markers, and
   television/VCR and videotaped programs.

6. Method of Evaluation
   Student learning is evaluated based on class participation, attendance, skill
   tests, and a mid-term written exam. NMC's grading and attendance policies
   will be followed.
7. Course Outline
   This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Class Orientation
   1.1 Introduction to the game of tennis
   1.2 History of the game of tennis
   1.3 Care and selection of equipment and playing apparel
   1.4 Court etiquette
   1.5 Stretching
   1.6 Warm-up and cool-down

2.0 Ground Strokes:
   2.1 Forehand
      2.1.1 Grip
      2.1.2 Footwork
      2.1.3 Rally drills
   2.2 Backhand
      2.2.1 Grip
      2.2.2 Footwork
      2.2.3 Rally drills

3.0 Introduction of Double Play
   3.1 Scoring
   3.2 Strategies
   3.3 Rules
   3.4 Court position

4.0 Service
   4.1 Grip
   4.2 Footwork
   4.3 Ball toss
   4.4 Return of service

5.0 Volley
   5.1 Grips for forehand and backhand volleys
   5.2 Footwork
   5.3 Strategy with drills

6.0 Fitness Component
   6.1 Nutrition
   6.2 Weight management

7.0 Introduction of Singles Play
   7.1 Scoring
   7.2 Strategies
   7.3 Rules
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7.4 Court position
8.0 Tournaments throughout Semester
  8.1 Singles
  8.2 Doubles
8. **Instructional Goals**
   This course will introduce students to:

   1.0 Knowledge of tennis history, court etiquette, the rules, and the care and selection of equipment and playing apparel;

   2.0 The four basic strokes: forehand, backhand, service, and volley;

   3.0 Two important strategies used in singles through class play;

   4.0 Two important strategies used in doubles thru class play and

   5.0 Cardiovascular fitness through participation.

9. **Student Competencies**
   Upon successful completion of this course, students will be able to:

   1.0 Demonstrate knowledge of tennis history, court etiquette, rules, and the care and selection of equipment and playing apparel;

   2.0 Perform the four basic strokes: forehand, backhand, service, and volley;

   3.0 Compare and contrast two important strategies used in singles through class play;

   4.0 Compare and contrast two important strategies used in doubles through class play; and

   5.0 Demonstrate cardiovascular fitness through participation.