

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Spring 2004

**Type of Action:**

- New
- 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.

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Proposer 2/5/2004  
Date

  
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Department Chair 2/5/2004  
Date

  
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English and Format Reviewer 3/25/04  
Date

  
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Academic Council Chair 3/30/04  
Date

  
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Dean of Academic Programs and Services 04/01/2004  
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

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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.

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### 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

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## 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.