

## Northern Marianas College CURRICULUM ACTION REQUEST

**Effective Semester / Session:** Fall 2002

**Type of Action:**

- New
- Modification
- Cancellation

**Course Alpha and Number:** PE 207

**Course Title:** Intermediate Tennis

**Reason for initiating, modifying, or canceling course, or other pertinent comment:**

The course guide has been modified to reflect the change in department name and the required triennial course guide update.

<i>Kent C. Barnes</i>	<i>5-16-02</i>
Proposer	Date
<i>Kent C. Barnes</i>	<i>5-16-02</i>
Department Chair	Date
<i>L.T.</i>	<i>5/17/02</i>
Division Review (Dean)	Date
<i>Thomas Colton</i>	<i>5/21/02</i>
English and Format Reviewer	Date
<i>Melody M. DeYoung</i>	<i>6/17/02</i>
Academic Council Chair	Date
<i>[Signature]</i>	<i>06-17-02</i>
Vice President for Academic Affairs	Date

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Course: PE 207 Intermediate Tennis

1. **Department:** Health, Physical Education, and Athletics

2. **Purpose:**

PE 207 provides a course in which students can learn the proper intermediate skills of tennis, advanced strategies, and the gamesmanship of tennis. Emphasis will be on intermediate and advanced stroke mechanics.

3. **Description:**

**A. Required/Recommended Textbook(s) and Related Materials:**

None

**B. Contact Hours**

1. **Lecture:**
2. **Lab:**
3. **Other:** 2 per week/ 30 per semester

**C. Credits**

1. **Number:** 1
2. **Type:** Regular degree credit

**D. Catalogue Course Description:**

This course introduces students to the strategies and strokes of intermediate level tennis, including the fundamentals of net play, lob, overhead smash, spin serves, footwork, and court coverage through drills and competition. The class will participate in singles and doubles tournaments. (English Placement Levels: EN 073/074)

**E. Degree or Certificate Requirements Met by Course:**

This course fulfills the Physical Education requirement under General Education requirements for an Associate in Arts degree in Liberal Arts.

**F. Course Activities and Design:**

Instructional activities will include lectures and videotapes on tennis skills, fundamentals and strategies, health related subjects such as nutrition and stretching, and proper warm-up and cool-down exercises. Practical activities will entail the teaching of various intermediate tennis skills and practicing those skills in different drills, lead-up games, and court situations. Emphasis will be placed on intermediate stroke mechanics.

4. **Course Prerequisite(s); Concurrent Course Enrollment:**

**Required English/Mathematics Placement Level(s)**

Course Prerequisite(s): None

Concurrent Course Enrollment: None

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English Placement Levels: EN 073/EN 074, or by permission of the instructor

**5. Estimated Cost of Course; Instructional Resources Needed:**

To the Student: Tuition for a 1-credit course; instructional materials fee; and a physical education activity fee.

To the College: Instructor's salary.

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

**6. Method of Evaluation:**

Student learning will be evaluated on the basis of class participation, attendance, skills 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 is presented.

- 1.0 Orientation—Introduction
  - 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 Proper warm-up and cool-down
  
- 2.0 Rules and playing conduct
  
- 3.0 Intermediate Strokes
  - 3.1 Lob
  - 3.2 Overhead smash
  - 3.3 Chop back hand
  - 3.4 Spin serve
  
- 4.0 Strategy for Singles and Doubles Play

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**8. Instructional Goals:**

This course will introduce students to:

- 1.0 The history of tennis;
- 2.0 Court playing area, spaces, and fixtures;
- 3.0 Tennis vocabulary;
- 4.0 Advantages and disadvantages of different grips;
- 5.0 The tennis "ready position;"
- 6.0 Lobs, overhead smashes, chop backhands and spin serves;
- 7.0 Use of "ad and no-ad scoring;" and
- 8.0 Proper court etiquette.

**9. Student Competencies:**

Upon successful completion of this course, students will be able to:

- 1.0 Discuss the history of tennis;
- 2.0 Explain court playing area, spaces, and fixtures;
- 3.0 Use tennis vocabulary;
- 4.0 Compare the advantages and disadvantages of different grips;
- 5.0 Demonstrate the tennis "ready position;"
- 6.0 Demonstrate improvement in lobs, overhead smashes, chop backhands and spin serves;
- 7.0 Explain and use "ad and no-ad scoring;" and
- 8.0 Demonstrate proper court etiquette.