

Virginia Western Community College

PED 123

Tennis I

Prerequisites

None

Course Description

Teaches tennis skills with emphasis on stroke development and strategies for individual and team play. Includes rules, scoring, terminology, and etiquette. Part I of II.

An introductory course, providing both group and individual instruction in skills, scoring and game strategy. Students will experience both individual and doubles play. No experience necessary.

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Student is required to provide two cans of tennis balls at the beginning of the course
Tennis racquets are provided but students are encouraged to bring their own

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate knowledge of tennis terminology and scoring
- Gain experience playing the game in both singles and doubles play
- Demonstrate playing knowledge of etiquette
- Develop and demonstrate basic strategies of play on the court during a game
- Participate in a complete tennis set

Topical Description

1	Introduction – History of the Game
2	Basics of the Sport <ul style="list-style-type: none">• Rules of the Game• Etiquette• Singles Play• Doubles play• Terminology• Court Boundaries and Lines
3	Individual Skills <ul style="list-style-type: none">• Grips• Serves• Strokes
4	Strategies <ul style="list-style-type: none">• Net Play• Ball Placement• Topspin

Note to Instructors