

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

PEAC 1431 (Beginning Tennis)

Catalog Description:

Beginning Tennis is a one credit physical education class that teaches students the depths of this lifelong sport. Throughout the semester, students will learn proper grips, strokes, and footwork. Each class will be upbeat with plenty of cardio exercises. In addition, students will learn court positioning in singles and doubles, as well as how to score a match. Needed for the class is athletic clothing and athletic (non marking) shoes. If you do not have a tennis racquet, then one will be lent for the semester. Class is held at the Kingsdale tennis courts in Bella Vista on Monday evenings at 5 p.m.

Credit Hours/Contact Hours/Load Hours:

1/1/1

Course Objectives:

- Develop proper stroke production.
- Develop an appreciation for tennis as a lifetime sport.
- Learn to be a part of a competitive, social, or leisure environment.
- Learn rules, scoring, etiquette, and history through class discussions, lectures, and participation.

Class Outline:

- Tennis Racquet and other Equipment
- Stroke Mechanics
- Ball Placement
- Stretching and Conditioning
- How to Play the Game
- Weekly Handouts

Evaluation:

Grade will be based on the following scale:

- 70% - Attendance, participation and improvement.
 - No absences = A+
 - One absence = B
 - Two absences = C
 - Three or more absences = F
- 10% - Tennis Skills, which will be evaluated by observation.
- 20% - Final Exam.

Extra Credit will be available. Please see Andrew personally.

Inclement Weather: Class will still be held inside Tennis Pro Shop.