

# Minnesota State University Moorhead

## PE 116: Tennis I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for the beginning tennis player. It focuses on developing ground strokes, the serve, and understanding of tennis terminology, rules, etiquette and basic singles and doubles strategies.

### B. COURSE EFFECTIVE DATES: 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Play, racquet control.
2. Play, Forehand and backhand
3. Play, Serving.
4. Play, Introduce Volleys, doubles rotation.
5. Play, Introduce Tiebreaker.
6. Doubles Play.
7. Doubles Tourney.
8. Singles Tourney.
9. Skills Test.

### D. LEARNING OUTCOMES (General)

1. Develop their capacities to perform critical analysis of tennis skills.
2. Develop skills that lead to social wellness.
3. Analyze own behaviors, attitudes and beliefs of wellness as it relates to physical activity.
4. Student will demonstrate the ability, written as a self-analysis of their physical activity.
5. Students will examine the value of tennis as a means to develop wellness and increase their physical activity.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted