PEIA 140
Beginning Tennis
1 Credit

Community College of Baltimore County
Common Course Outline

Description

PEIA 140 – Beginning Tennis: Introduces the fundamental principles of the basic strokes: forehand, backhand, serve plus net play; emphasizes development of serving techniques concepts followed by practice in developing coordinated swings; also covers rules, etiquette and strategy as well as terminology, singles and double play.

Overall Course Objectives

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

1. Describe the fundamental concepts of the forehand, backhand, serve and volley;
2. Explain the check points of the backswing, impact area and follow through;
3. Define terms of tennis;
4. Identify causes of a poor swing;
5. Analyze strategy and techniques;
6. Explain several reasons for tennis' popularity today in America;
7. Describe the difference between strategy used in singles and doubles;
8. Explain the reasons for using different grips;
9. Explain the differences between an open, close, and flat racket face;
10. Demonstrate the forehand, backhand, serve, lob, overhead and volley;
11. Demonstrate the correct check points on the backswing contact and follow through for the forehand, backhand and serve;
12. Demonstrate the flat racket face as opposed to the open and closed face;
13. Demonstrate the proper footwork on execution of all strokes;
14. Demonstrate a fully coordinate swing utilizing proper foot and racket work;
15. Demonstrate the proper grips used on the forehand, backhand, serve and volley; and
16. Demonstrate the flat and slice serve.

Major Topics

  I.   Forehand
 II.   Backhand
III.   Serve
IV.   Volley
 V.   Lob
VI.   Overhead
VII.   Rules

Course Requirements
Grading will be determined by the individual faculty member, but shall include the following, at minimum:

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- Attendance and Participation
- Skills Testing
- A Final Written Exam

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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