

# **PEIA/PEMJ 140**

## **Beginning Tennis**

1 Credit

Community College of Baltimore County  
Common Course Outline

### **Description**

**PEIA/PEMJ 140 – Beginning Tennis:** introduces the fundamentals of the five basic tennis strokes. Students explore serving technique as well as develop coordinated swings. Students are also introduced to the basic rules, terminology, etiquette, and strategy in singles and doubles play. NOTE: PEIA 140 is the same as PEMJ 140. Earn credit for one only.

### **Overall Course Objectives**

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

1. Recall basic tennis terminology;
2. Describe the different strategies in singles versus doubles tennis;
3. State the basic rules of singles and doubles tennis;
4. Explain the differences between an open, close, and flat racket face;
5. Explain basic tennis strategies;
6. Analyze their swing to improve power and accuracy;
7. Show the proper hand grips used for the five basic strokes;
8. Employ proper footwork for the five basic strokes;
9. Demonstrate proper execution of the five basic strokes;
10. Analyze their swing to improve power and accuracy; and
11. Describe proper tennis etiquette.

### **Major Topics**

- I. Tennis terminology
- II. Rules of tennis
- III. Tennis etiquette
- IV. Five basic strokes of tennis
  - a. Forehand
  - b. Backhand
  - c. Overhead
  - d. Lob
  - e. Serve
- V. Strategy
  - a. Singles tennis
  - b. Doubles tennis

### **Course Requirements**

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

- Three skills tests

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- One final written exam
- One written paper on the rules of tennis
- Attendance and participation

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.

### **Other Course Information**

This is a physical activity course and proper attire for tennis is required.

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