Course Prefix and Number: PED 123  
Credits: 2

Course Title: Tennis I

Course Description: Teaches tennis skills with emphasis on stroke development and strategies for individual and team play. Includes rules, scoring, terminology, and etiquette. Lecture 1 hour. Laboratory 2 hours.

General Course Purpose: Students will learn the basic concepts of the game of tennis from singles to doubles formats.

Course Prerequisites and Co-requisites: None

Course Objectives: Upon completing the course, the student will be able to:

a. Demonstrate the ability to perform the following skills: forehand and backhand drives, serve, volley, and lob;

b. Perform the following related skills: proper footwork, positioning, and simple strategy in a game;

c. Demonstrate knowledge of how the game is played, the rules, and scoring; and

d. Develop and/or identify personal wellness/exercise goals using SMART planning method and focused on the improvement of tennis skills.

Major Topics to Be Included:

a. Forehand drive
b. Backhand drive
c. Serve
d. Volley
e. Lob
f. Game, play, rules, scoring, and etiquette

Effective Date of Course Content Summary: September 2015