

# PEHR 1100 03 Beginning Tennis

## Syllabus – Spring 2013

**Instructor:** Eric S. Pelton  
**Instructor information:** 435-767-1372  
pelton@dixie.edu  
Gymnasium #203  
**Office Hours:** Tue. 11:20 am – 1:00 pm  
**Course Credits:** 1.0  
**Location of Class:** DSC Tennis Courts  
**Beginning/Ending Date:** Jan. 7, 2013 – May 2, 2013  
**Meeting Times for Class:** 11:00 am – 12:40 am - Monday

**Pre- or Co- requisites:** N/A

**Textbook for Class:** [www.tennisclip.com](http://www.tennisclip.com)  
[www.en.wikipedia.org/wiki/Tennis](http://www.en.wikipedia.org/wiki/Tennis)

**Requirements:**

1. Play by the rules and exhibit knowledge and skill of rules and fundamentals of tennis
2. Ability to understand and play tennis.
3. Attend class and participate.
4. Be teachable and follow instructions.
- 5. Tennis Racquet.**

**Course Description:** To enhance tennis technique and skill with competitive workouts. The class will be tennis instruction beyond intermediate tennis and drills; with game and tournament play and performance being the main focus.

### **Department and Course Objectives:**

#### **I. PEHR Objectives:**

- a. Enhance development of physical, mental, social, and emotional well-being through physical education;
- b. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- c. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- d. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- e. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

#### **II. Course Objectives:**

- a. Learn to play, score, and use strategy.
- b. Learn the Basic Fundamental Strokes in tennis.
- c. Be able to exercise enough to get a cardiovascular workout and to relieve stress.
- d. Be able to rally.
- e. Learn correct use of terminology, rules, safety practices and correct fundamentals of tennis.

- f. Increase ability to get along with others and to cooperate with classmates
- g. Develop skills to teach rules, fundamentals, and strategies of tennis to others.

**Grading Criteria**

I.	Attendance	Number of Classes	= 480 points
II.	Skill Development	Skills Test	4x50 = 200 points
III.	Effort	Effort in Class	= 120 points
IV.	Homework / Test	Hw-100, Tests-100	= 200 points
<b>Total</b>			<b>1000 points</b>

**Final grade determined by following percentages:**

- A = 100-94%
- A- = 93-90 %
- B = 89-84%
- B- = 83-80%
- C = 79-74%
- C- = 73-70%
- D = 69-64%
- D- = 63-60%
- F = 59% - 0%

**OUTLINE FOR PEHR (Beg Tennis - 1100 01)**

Date	Skills	Attendance	Effort	
Jan. 7	Introduction, Rules, Grips, Overview	30	10	Read: Manner of Play (Wiki)
Jan. 14	Scoring	30	10	Read: Shots (Wiki)
Jan. 21	Racquet Control, Ball Spin	30	10	No Class Jan. 21
Jan. 28	Backhand	30	10	
Feb. 4	Serve / Serve Return	30	10	
Feb. 11	Volley / Overhead	30	10	
Feb. 18	Singles Strategy	30	10	No Class Feb. 18
Feb. 25	Doubles Strategy	30	10	
March 4	Drills	30	10	
March 11	Match Play	30	10	No Class Spring Break!!!
March 18	Match Play	30	10	
March 25	Tournament	30	10	
April 1	Tournament	30	10	
April 8	Tournament	30	10	
April 15	Skills Test	30	10	
April 22	Skills Test	30	10	
Finals April 26 – May 2	Finals	30	-	

## Other Useful Stuff

College approved absences: Dixie College Policy explains in detail what needs to happen if you anticipate being absent from class because of a college-sponsored activity (athletic events, club activities, field trips for other classes, etc). Please read this information and follow the instructions carefully! The policy can be found at:

<http://www.dixie.edu/humanres/policy/sec5/523.html>

Dmail: Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to **Error! Hyperlink reference not valid.** and select "Dmail," for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

Disability Accommodations: Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

College resources: Several college resources are available to help you succeed. Check out the links for each one to get more information.

If you need help understanding the content of your courses, go to the Tutoring Center located on the 4th floor of the Holland Centennial Commons in Room 431. You can visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center on the fourth floor of the Holland Centennial Commons in room 421. You can also visit them online at [http://new.dixie.edu/english/dsc\\_writing\\_center.php](http://new.dixie.edu/english/dsc_writing_center.php)

If you need to use a computer to do schoolwork on campus, go to the Smith Computer Center or in the Dixie College library on the second, mezzanine, or third floors of the HCC.

If you are assigned to take a test in the Testing Center, go to the North Plaza. You can get information on their website at <http://new.dixie.edu/testing/>

The Library has all kinds of information and resources. Visit the Dixie State College Library on the 2<sup>nd</sup>, and 3<sup>rd</sup> floors of the Holland Centennial Commons, or go to the library website at <http://library.dixie.edu/>

Classroom expectations: It is the responsibility of an instructor to manage the classroom environment to ensure a good learning climate for all students. This means not talking when the teacher is talking, following instructions, and speaking and acting respectfully to the professor and fellow students. If your behavior is disruptive, I will first let you know verbally that you are behaving inappropriately. If it continues, I will send you written notice that your behavior must change. As a last resort, I will drop you from the class. For more details, please see the disruptive behavior policy at: <http://www.dixie.edu/humanres/policy/sec3/334.html>

Academic integrity: I believe that most students are honest, and I don't want to punish everyone for the few that aren't. However, I will not tolerate cheating, and if I discover that it has occurred, a zero grade will be given for that assignment or exam, and you will not be allowed to make it up. Repeated or aggravated offenses will result in failing the course. Any time you take credit for work you did not do, you are cheating. This includes getting the answers to homework problems from someone else, copying information from a library or internet source and presenting it as if it were your own words (plagiarism), looking at someone else's answers on an exam, and asking someone who has already taken a test about what questions it contains. I have tried to design assignments and exams to minimize the temptation to cheat, but it is not my job to prevent you from cheating. If you cheat and are not caught, it doesn't mean that you "beat the system." It means you violated the Student Code and forfeited your integrity, whether or not you are caught. You will pay the price, sooner or later. (See "Student Code" <http://www.dixie.edu/humanres/policy/sec5/533.html#appeals>).