

## **PEHR: Intercollegiate Women's Tennis Syllabus, Spring 2013**

**Instructor:** Eric S. Pelton  
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Tennis Courts

**Course Credits:** 1  
**Location of Class:** Dixie State Tennis Courts  
**Beginning/Ending Date:** January 9, 2013 through May 12, 2013  
**Meeting Times for Class:**

**Pre- or Co- requisites:** PEHR 1770 is a corequisite: Body Conditioning  
The student must enroll in the 1770 section corresponding with the Intercollegiate Sport.

**Textbook for Class:** N/A

**Requirements:**

1. Play by the rules and exhibit knowledge and skill of rules and fundamentals of tennis
2. Ability to organize understands and plays a tournament
3. Attend Practice and participate.
4. Be teachable and follow instructions.
5. Help teammates on and off the court.

**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. Be able to exercise enough to get a cardiovascular workout and to relieve stress.
- c. Be able to play competitive tennis.
- d. Learn correct use of terminology, rules, safety practices and correct fundamentals of tennis.
- e. Increase ability to get along with others and to cooperate with classmates
- f. Develop skills to teach rules, fundamentals, and strategies of tennis to others.

### **Grading Criteria**

I.	Attendance	Number of practices	70x10 = 700 points
II.	Skill Development	Number of skills	25x4 = 100 points
III.	Effort	Effort in practice	= 100 points
IV.	Competition	Performance in games	= 100 points
Total			1000 points

Final grade determined by following percentages:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = Below 60%

### **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 [www.dixie.edu](http://www.dixie.edu) 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 in the Browning Learning Center, Room 105. There is a schedule of what courses have tutors at what times outside the door. You can also visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center in the Browning Learning Center, Room 105. 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 Computer Center in the Smith Computer Center or the Library basement.

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 Val Browning Library 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. Having served on the committee that disciplines students for academic dishonesty, I can promise you that it is better to fail an assignment or even a class than to cheat and lose the chance to continue your education. (See "Student Code" <http://library.dixie.edu/policies/studentcodesectionfour.pdf> page 8).

**OUTLINE FOR PEHR (number)**

<i>Date</i>	<i>Skills</i>	<i>Attendance</i>	<i>Effort</i>	<i>Performance</i>
Jan. 7	<b>Forehand</b>			
Jan. 14	<b>Backhand</b>			
Jan. 21	<b>Serve</b>			
Jan. 28	<b>Volley</b>			
Feb. 4	<b>Approach shots</b>			
Feb. 11	<b>Strategy</b>			
Feb. 18	<b>Footwork</b>			
Feb. 25	<b>Recovery</b>			
March 4	<b>Topspin</b>			
March 11	<b>Under spin</b>			
March 18	<b>Score keeping</b>			
March 25	<b>Half volley</b>			
April 1	<b>Split step</b>			
April 8	<b>Serve &amp; Volley</b>			
April 15	<b>Doubles</b>			
April 22	<b>Doubles Strategy</b>			
Finals April 26 – May 2	<b>Poaching</b>			
Jan. 7	<b>Being Aggressive</b>			
Jan. 14	<b>Low balls</b>			
Jan. 21	<b>High Balls</b>			
Jan. 28	<b>Mental Toughness</b>			
Feb. 4	<b>Mental Focus</b>			
Feb. 11	<b>Peak Performance</b>			
Feb. 18	<b>Drop shot</b>			
Feb. 25	<b>Overhead</b>			
March 4	<b>Forehand</b>			
March 11	<b>Backhand</b>			
March 18	<b>Serve</b>			
March 25	<b>Volley</b>			
April 1	<b>Approach shots</b>			
April 8	<b>Strategy</b>			

<b>April 15</b>	<b><i>Skills</i></b>	<b><i>Attendance</i></b>	<b><i>Effort</i></b>	<b><i>Performance</i></b>
<b>April 22</b>	<b>Recovery</b>			
<b>Finals April 26 – May 2</b>	<b>Topspin</b>			