

Montgomery County Community College  
 ESW 137  
 Introduction to Tennis  
 2-1-2

**COURSE DESCRIPTION:**

The introductory level of tennis includes learning the basic tennis techniques such as the serve, volley, forehand, and backhand, and the basic strategies such as high and deep hitting, consistent and accurate play, short and long angle hitting, and utilization of the four quadrants of the court. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Demonstrate a beginning proficiency level in playing tennis.	Participation Assessments Tournament Play Demonstration Presentations Lecture/Class Discussions	Skill Assessments Tournament Play Case Studies
2. Demonstrate the basic technical skills in tennis.	Participation Assessments Tournament Play Demonstration Presentations Lecture/Class Discussions	Skill Assessments Case Studies
3. Use accepted rules, scoring systems, strategies, and etiquette when playing tennis.	Participation Assessments Tournament Play Demonstration Lecture/Class Discussions Written Assignments Written Exams	Tournament Play Exams

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Identify the historical and cultural influences of tennis.	Participation Assessments Tournament Play Demonstration Presentations Research Project Lecture/Class Discussions Written Assignments Written Exams	Exams Research Project
5. Describe the various equipment needs and care of tennis equipment.	Participation Demonstration Presentations Lecture/Class Discussions Written Assignments Written Exams	Exams
6. Apply the tactics of playing singles and doubles matches.	Participation Assessments Tournament Play Demonstration Lecture/Class Discussions	Tournament Play Exams

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

#### SEQUENCE OF TOPICS:

1. Tennis Fitness
  - a. Flexibility exercises
  - b. Agility exercises
  - c. Strength exercises
  - d. Cardio respiratory endurance exercises
2. Tennis Grips
  - a. Eastern grip
  - b. Continental grip
  - c. Backhand grip
  - d. Western grip
3. Tennis Techniques
  - a. Serve
  - b. Forehand
  - c. Backhand
  - d. Volley

4. Stroke Analysis
  - a. Ready position
  - b. Pivot
  - c. Racket back
  - d. Racket forward
  - e. Transfer body weight
  - f. Contact point
  - g. Follow through low to high
5. Strategy – Singles Matches
  - a. Consistency in hitting
  - b. Accuracy in hitting
  - c. Height and depth hitting
  - d. Short angle hitting
  - e. Long angle hitting
  - f. Utilization of the four quadrants of the court
  - g. Hitting the ball from set position
  - h. Hitting the ball on the run
  - i. Serving tactics.
  - j. Net and baseline game
6. Strategy – Doubles Matches
  - a. Player positions
  - b. Serving and return of service tactics
  - c. Doubles formations
  - d. Doubles game tactics
7. Rules and Etiquette
  - a. Behavior on court
  - b. Interpretation of rules
8. Mental Aspects of Competition
  - a. Competition
  - b. Concentration
  - c. Mental practice
9. History of Tennis
  - a. Origin of game
  - b. USLTA
  - c. ILTF

#### LEARNING MATERIALS:

Bryant, James. (2012). *Games - Set - Match: A Tennis Guide* (8<sup>th</sup> ed.). Wadsworth.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn

Date: 8/1998

Revised by: Dr. Anne Livezey

Date: 2/2009

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.

Date: 9/11/2009

Revised by: Dr. Anne Livezey

Date: 6/2012

VPAA/Provost or designee Compliance Verification:

Victoria L. Bastecki-Perez, Ed.D.

Date: 6/18/2012

Revised by: Dr. Anne Livezey

Date: 6/21/2017

VPAA/Provost or designee Compliance Verification:

Date: 1/10/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*