

HHPA 147 : TENNIS II

Transcript title

Tennis II

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Recommended preparation

HHPA 146.

Course Description

Geared toward students with intermediate or advanced tennis skills. Students will work towards improving current tennis skill level and strategy by means of practice as well as feedback from the instructor.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skill development, safety practices, and fundamentals of tennis to develop overall physical fitness and enhance sport activities.
3. Develop perspective of intermediate and advanced concepts of tennis: rules, the court, equipment needed, scoring and tennis etiquette.
4. Summarize intermediate and advanced skills of singles and doubles tennis play.

Content outline

Intro to Tennis II Grips/Rally drills Serves/Placement of return of serves Round Robin Play w/ strategy Volley Drills Round Robin Play w/ strategy and poaching Lob and Overhead Drills, Etiquette Down the Line/Cross court drills Skill Testing Tournaments

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health