

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1135

NUMBER OF CREDITS: 1

Lecture: 0 Lab: 1 OJT: 0

Course Title:

Beginning Tennis

Catalog Description:

Beginning Tennis introduces the fundamentals of tennis as a leisure time activity. Emphasis is on acquiring technique, knowledge, and fitness.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Essential skills and basic safety rules when using a racquet

History of tennis and specific terminology

Differences within singles, doubles, competitive, and recreational

Expose the student to tennis as a lifetime activity

Student Learning Outcomes

Describe and understanding of the terminology, definitions, equipment, and benefits of tennis.

Demonstrate proper fundamentals of tennis safety.

Demonstrate knowledge of the history and evolution of tennis as a sport.

Demonstrate basic hitting components of stance, court movement, and swing plane of the racquet.

Describe and explain the court strategy and scoring elements of in the sport of tennis.

Describe strategies for singles and doubles tournament play.

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 3/25/2020