DEPT. Physical Education  COURSE NUMBER: PHED 1135

NUMBER OF CREDITS: 1  Lecture: 0  Lab: 1

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.

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:

Prerequisites or Necessary Entry Skills/Knowledge:
None

Topics to be Covered (General)
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: 03/25/2020