

**BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

**TENNIS
PHED 1364**

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Course Description: This course is an introduction to the game of tennis. Students will learn the basic strokes, rules and strategies of singles and doubles play. Intermediate and advanced skills and strategies will be introduced as appropriate.

Course Objectives: Students will be expected to:
Be in attendance and participate in all class activities.
Learn the basic strokes of service, forehand, backhand, volley, and overhead.
Learn the appropriate etiquette and rules of singles and doubles match play.
Develop a greater appreciation for personal fitness and the benefits of life long activity.

Course Requirements: Students must:
Be in class, ready to participate on time.
Be dressed in exercise clothing and footwear (court sneakers preferred).
Demonstrate proper tennis strokes as shown in class.
Demonstrate proper tennis etiquette and scorekeeping skills.
Miss no more than 4 classes.

Course Coverage

Orientation to facilities and introduction to the Department of Physical Education
Court and equipment familiarity / Introduction to Service and Return
Rules and Scoring (Singles) / Service and Return Practice
Forehand / Short Court Play
Backhand/ Short Court Play
Short Court Play with emphasis on Shot Placement
Singles Match Play / Skills Evaluation
Introduction to Doubles Play / Doubles Short Court Play
Introduction to Volley, Lobs, and Drop Shots
Doubles All Court Game Play
Semester Review of All Rules, Scoring, and Strokes
Supportive Sports Fitness / Wellness Topics