Tennis I – HESR 249

North Carolina State University
Department of Health & Exercise Studies
Fall 2015

INSTRUCTOR: Kevin Moennich
COURSE: HESR 249 – Tennis I
OFFICE: 2042 Carmichael Gym
OFFICE HOURS: Monday-Thursday 10:00-11:00am or by appointment
TELEPHONE: (919) 513-1552
EMAIL: kdmoenmi@ncsu.edu
CREDITS: One
MEETING AREA: Tennis Courts (Court 1), Rainy days = Court 5 inside Carmichael Gym

CLASS WEBSITE: http://courses.ncsu.edu/hesr249/common/

COURSE PAK: http://courses.ncsu.edu/hesr249/common/coursepak/PE249coursepack.pdf

COURSE DESCRIPTION: This is a beginning tennis course in which students will develop the basic skills necessary to play the game of tennis. Technical skills include forehand and backhand ground strokes, volleys, serves and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of tennis.

Health Information Statement:
Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies:
Each course in the physical education category of the General Education Requirements will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing,
maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP Student/Course Learning Outcomes:
The student will be able to:
• Identify the lines and areas on the tennis court
• Explain and demonstrate the basic strokes used in tennis
• Assist other students in the practice and development of the basic strokes
• Explain and apply the scoring system used in both singles and doubles play
• Explain and apply the basic rules of singles and doubles play
• Explain and apply the basic strategies used in singles and doubles play
• Identify issues of safety and etiquette in tennis
• Compare the various fitness principles as they relate to tennis

GRADING CRITERIA:
Students electing to take the course for credit only must score a minimum final average grade of 70% to achieve satisfactory completion of the course.

Skills Performance
20% - Groundstrokes
20% - Serve
20% - Wall Rally
The skills tests include a serve test, groundstroke (forehand/backhand), and wall rally test.

Written Evaluations
20% - Midterm Exam
20% - Final Written Exam
Exams include basic rules, court dimensions, history, etiquette, safety, strategy, technique, and interpreting and categorizing various game type situations.

It is University policy that all students sign the Honor Pledge on tests and assignments.
Honor Pledge: I have neither given nor received unauthorized aid on this test or assignment.

GRADING SCALE:
Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>97-100</td>
<td>= A+</td>
</tr>
<tr>
<td>93-96.99</td>
<td>= A</td>
</tr>
<tr>
<td>90-92.99</td>
<td>= A-</td>
</tr>
<tr>
<td>87-89.99</td>
<td>= B+</td>
</tr>
<tr>
<td>83-86.99</td>
<td>= B</td>
</tr>
<tr>
<td>80-82.99</td>
<td>= B-</td>
</tr>
<tr>
<td>77-79.99</td>
<td>= C+</td>
</tr>
<tr>
<td>73-76.99</td>
<td>= C</td>
</tr>
<tr>
<td>70-72.99</td>
<td>= C-</td>
</tr>
<tr>
<td>67-69.99</td>
<td>= D+</td>
</tr>
<tr>
<td>63-66.99</td>
<td>= D</td>
</tr>
<tr>
<td>60-62.99</td>
<td>= D-</td>
</tr>
</tbody>
</table>
**September 14, 2015** Grade method (letter grade, S/U, audit) verification is the responsibility of the student; grade method changes cannot be made after the university deadline has passed.

**ATTENDANCE:**
Students are expected to attend all classes and to arrive and leave at the scheduled times. If the student accumulates 3 absences he/she will not receive credit for the class. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php

1. **ALL WORK missed as a result of an excused absence must be made up as soon as possible following the absence. An absence can not be made up.**
2. **For students registering late, all missed classes count as absences.**

**REQUIREMENTS FOR CREDIT ONLY:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 2 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

**REQUIREMENTS FOR AUDIT:** Students must attend all classes except written exams and will be allowed two absences before NR will be recorded as a final grade. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

**TARDY:** All students are expected to be dressed and on time. Two tardies = one absence.

**2 bonus points toward final grade** = Students that attend and participate in every scheduled class. Students cannot exceed one tardy.

**PARTICIPATION:** This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

**LATE ASSIGNMENTS:** Five points will be deducted from the assignment’s final grade for first day the assignment is late. An additional two points per day will be deducted off the assignment’s final grade for every day thereafter.
INCOMPLETE GRADES:
http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php
Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make-up work is to be limited to accomplishing the work not completed.

DRESS/CLOTHING & EQUIPMENT:
1. Students are required to attend class dressed in the NC State HES gray T-shirt provided by the gymnasium locker room and red, black, white, or gray shorts (may be your own personal shorts).
2. It is required that students wear an appropriate athletic/running shoe. The shoes worn may be canvas-topped or soft leather topped rubber soled shoes.
3. Racquets will be provided although students are allowed to bring their own racquet if desired.

RECOMMENDATIONS FOR SAFETY:
1. Inform the instructor of any medical concerns that may restrict participation in the activity.
2. Inform the instructor of any symptoms of nausea, fainting, shortness of breath or dizziness.
3. Drink plenty of fluids throughout the day and prior to participation in class. 64 oz. is recommended.
4. A proper warm-up and stretch is needed before beginning activity.

GENERAL INFORMATION:
1. Cell phones and pagers should be turned off and put away during class.
2. The NCSU ALL-CAMPUS CARD must be used to enter Carmichael Gymnasium.
3. Due to the nature of this activity, it may be necessary for the student and instructor to have some physical contact. If you feel uncomfortable by being touched, please let the instructor know.
4. Every sport-fitness activity has certain inherent risks and regardless of precautions taken, it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
5. Class will begin 5 minutes after the scheduled start time. (Class is scheduled for 115 minutes with the first 5 minutes and the last 10 minutes to be used for changing clothes).
6. Academic Integrity: For all written assignments, students will be expected to adhere to the University Honor Code: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment...
means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php

7. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653.

See http://www.ncsu.edu/dso/

For more information on NC State’s policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).

8. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at
http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op .

Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
# HESR 249 – Tentative Schedule of Class Topics and Assignments

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Day</th>
<th>Class Location</th>
<th>Topic/Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aug 19th</td>
<td>Wednesday</td>
<td>Room #2037 CG</td>
<td>Course Introduction, Syllabus, Grips, Stance, Footwork, The Game/Rules</td>
</tr>
<tr>
<td>2</td>
<td>Aug 24th</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Racquet Control, Ball Spin, Rules, Intro to Groundstroke</td>
</tr>
<tr>
<td></td>
<td>Aug 26th</td>
<td>Wednesday</td>
<td>Tennis Courts</td>
<td>Forehand Groundstroke, Intro Backhand Groundstroke</td>
</tr>
<tr>
<td>3</td>
<td>Aug 31st</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Serve, Basic Rules of Play, Scoring</td>
</tr>
<tr>
<td>4</td>
<td>Sep 7th</td>
<td>Monday</td>
<td>NO CLASS</td>
<td>LABOR DAY / NO CLASS</td>
</tr>
<tr>
<td></td>
<td>Sep 9th</td>
<td>Wednesday</td>
<td>Court 5 CG</td>
<td>Midterm Exam Skill Test Practice</td>
</tr>
<tr>
<td>5</td>
<td>Sep 14th</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Modified Scoring/Gameplay Volleys, Net Play</td>
</tr>
<tr>
<td></td>
<td>Sep 16th</td>
<td>Wednesday</td>
<td>Tennis Courts</td>
<td>Intro to Doubles</td>
</tr>
<tr>
<td>6</td>
<td>Sep 21st</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Doubles Positioning &amp; Strategy</td>
</tr>
<tr>
<td></td>
<td>Sep 23rd</td>
<td>Wednesday</td>
<td>Tennis Courts</td>
<td>12 point Tiebreaker scoring/play</td>
</tr>
<tr>
<td>7</td>
<td>Sep 28th</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Singles &amp; Doubles Play Skills Test- Serving, Groundstrokes</td>
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<tr>
<td></td>
<td>Sep 30th</td>
<td>Wednesday</td>
<td>Tennis Courts</td>
<td>Singles &amp; Doubles Play Skills Test- Serving, Groundstrokes</td>
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<tr>
<td>8</td>
<td>Oct 5th</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Singles &amp; Doubles Play Skill Test – Wall Rally</td>
</tr>
<tr>
<td></td>
<td>Oct 7th</td>
<td>Wednesday</td>
<td>Room #2037 CG</td>
<td>Final Exam</td>
</tr>
<tr>
<td>9</td>
<td>Oct 12th</td>
<td>Monday</td>
<td>Tennis Courts</td>
<td>Make-up Testing/Tournament Play</td>
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</tbody>
</table>

Wally Rally & Rainy day class sessions will occur on courts 4-5 in Carmichael Gym