

HESR 250 Tennis II Course Syllabus

Instructor Information

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Office Hours: Available on Google Calendar

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Website: <https://agilebluefox.github.io/hes-portfolio/> (<https://agilebluefox.github.io/hes-portfolio/>).

Course Information

Class Location: See MyPack Portal

Credit Hours: 1 Hr.

Course Prerequisites: HESR 249 or instructor approval

Course Co-Requisites: None

GEP Category: This course fulfills a General Education Program requirement.

Course Description

This course will review some of the basic tennis skills introduced in the HESR 249 Tennis I course. Additionally, this course will introduce more advanced techniques in stroke production and skill development such as the topspin and slice serves, approach shots, half-volleys, and drop shots. Students will analyze some of the various styles of play used in the game of tennis and perform drills and match play situations that will improve performance based on offensive and defensive tactics in both singles and doubles.

Health Information Statement

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and 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 Health and Exercise Studies 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 in 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.

Student Learning Outcomes

The student will:

- Demonstrate how the fundamentals of health-related fitness apply to the sport of tennis.
- Explain how the concepts of health-related fitness apply to the sport of tennis.
- Explain and demonstrate the advanced strokes used in tennis.
- Explain and apply advanced strategies used in singles and doubles play.
- Identify and demonstrate the styles of play in the game of tennis.
- Explain and apply the scoring system used in both singles and doubles play.
- Identify issues of history, safety and etiquette in tennis.
- Explain and apply the basic rules of singles and doubles play.

Course Structure

This course will be taught primarily using lectures and in-class (lab) activities which correspond to the topics presented. Assessment of student knowledge and comprehension of the topics covered will be determined using online (Moodle) quizzes. Student performance on the required physical skills will be determined using standardized fitness scales specific to the activity performed.

Course Resources and Materials

TEXT

Optional: Johnson, J. D., Xanthos, P. J., Lebedeff, A. V. (2003). *Tennis: winning edge series*. McGraw Hill Cost: \$27.

EXPENSES AND MATERIALS

Tennis racquets and tennis balls will be provided by the Health and Exercise Studies Department.

ELECTRONICALLY-HOSTED COURSE COMPONENTS

All course information will be available on the web using Moodle at <https://wolfware.ncsu.edu> (<https://wolfware.ncsu.edu>). Any changes to the information located on the website will be announced via email or during class sessions. Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web-postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

COMMUNICATION

Students are responsible to confirm that the email address listed in your MyPACK account is current and accurate. There may be several instances during the semester that important information will be relayed to the class via email.

ACADEMIC CALENDAR

Students are responsible for keeping track of the important dates noted on the University Academic Calendar. To prevent problems, students should include all University deadlines on their own calendars, such as the last day to drop a course and the last day to change the grading method for a course.

GOOGLE CALENDAR

Scheduled office hours and out-of-class appointments can be viewed using the Google Calendar account provided by the University. If you are unfamiliar with Google Calendar and it's associated resources, please refer to the online support topics provided by Google at <https://support.google.com> (<https://support.google.com>).

Attendance Policy

Students are expected to attend class and participate fully during all activities. Students that attend less than 80% of a given class session may be counted absent.

The university calendar dictates the first day of class. All absences from that day forward will be counted regardless of reason including late registration.

Students are responsible for all assignments and materials covered during absences. Each student may have a maximum of number of absences not to exceed 20% of the number of class days in a given semester, including excused absences, unexcused absences, religious holidays, etc.

Any student with more absences than permitted will not receive credit for the course. Students with two (2) or fewer absences will receive four (4) points added to their final grade point average. Students are expected to monitor their attendance using the Attendance feature on Moodle.

Any issues regarding attendance, such as tardies or absences, marked on Moodle must be brought to the attention of the instructor within one week of the date in question.

Dress Code

Students must wear clothing appropriate for the activity they are participating in (including footwear). Students may obtain shirts, shorts and socks via Carmichael Gym checkout for no charge (laundry included). Students may purchase a departmental shirt from the NC State Bookstore. Students who fail to dress properly for class may not be permitted to participate in class activities and be counted absent for the class session. All clothing obtained from Carmichael Gym must be returned to the equipment checkout station at the end of the semester. Students will be charged for all UNRETURNED items.

Grading Criteria

Grade Criteria for Intermediate Tennis

Component	Percentage	Details
Quizzes	10%	Periodic quizzes will be available on Moodle throughout the semester based on the video and lesson content. The purpose of the quizzes is to assist students in organizing and assimilating the course information. Each quiz contains several questions which are scored and applied to the final grade. These quizzes can be completed anytime during the posted dates. The final due date will be listed on the class schedule.
Final Exam	30%	The final exam will be an online cumulative test of all material covered during the semester, including lessons, outside reading assignments and class instruction. The exam is a timed test composed of multiple choice, true/false, multiple answer, matching and short answer questions.
Serve Test	20%	The service test is a performance-based skills test performed according to the protocol described in the instructions located at Serve Test Protocol. Grading is determined using the standardized scale provided. Make-up skills tests will not be permitted for unexcused reasons.
Wall Rally	20%	The wall rally test is a performance-based skills test performed according to the protocol described in the instructions located at Wall Rally Protocol. Grading is determined using the standardized scale provided. Make-up skills tests will not be permitted for unexcused reasons.
Groundstroke Rally	20%	The groundstroke rally test is a performance-based skills test performed according to the protocol described in the instructions located at Groundstroke Test Protocol. Grading is determined using the standardized scale provided. Make-up skills tests will not be permitted for unexcused reasons.
Total	100	

Grade Access

Student grades will be posted on the Moodle course gradebook. Students are expected to monitor their grades on a regular basis throughout the semester. To prevent problems, students should confirm that grades for any online assignment or assessment (quiz or test) are correctly posted to the Moodle Gradebook immediately upon completion. Any non-posting grades must be reported before the deadline to the course instructor. Failure to confirm or report missing grades immediately may result in a zero grade for the graded item.

Late Or Make-Up Assignments

Any graded activity used in this course will be considered late if submitted after the due date. Students are responsible for all deadlines whether posted online or provided verbally in class.

ONLINE ACTIVITIES

To prevent problems, students are expected to complete all online assignments at least two weeks prior to the posted deadlines. Make-ups and extensions for online activities, such as lessons, quizzes, discussion posts and exams, which are accessible for multiple days will not be permitted. Technical issues that prevent the submission of a graded component within 24 hours of a deadline will not constitute grounds for extensions or make-ups.

WRITTEN PAPERS AND CLASS PROJECTS

Late assignments will not be accepted without proper documentation for an excused reason as defined in the university academic policies. All documentation for excused absences must be submitted via email and must be verifiable by including contact information of relevant individuals. All make-up assignments must be approved by the instructor and completed within one week of returning to class.

Grading Methods

Students are responsible for selecting the grading method that best fulfills their academic goals for this course. It is recommended that students confirm with their academic advisor that this course can be taken with any grading method other than a letter grade. The last day to drop this course or change the grading method is available on the Academic Calendar on the Registration and Records website. All requests for grading method changes after the posted date will be denied.

GRADING SCALE

Each student has the option of taking the class for a letter grade(+/-), credit only, or audit. Letter grades will be given according to the plus(+)/ minus(-) grading scale.

Plus/Minus Grading Scale			
A+ = 100-97	B+ = 89.99-87	C+ = 79.99-77	D+ = 69.99-67
A = 96.99-93	B = 86.99-83	C = 76.99-73	D = 66.99-63
A- = 92.99-90	B- = 82.99-80	C- = 72.99-70	D- = 62.99-60
F = 59.99-0			

CREDIT-ONLY

Students who are taking this course as credit-only must score 70% or higher on all work combined to receive a Satisfactory (S) grade. Otherwise a grade of Unsatisfactory (U) will be given. Students are strongly advised to confirm their grading status for this course with Registration & Records. If you have questions concerning the appropriate grading status please refer to your academic advisor.

AUDIT

Audit students must score at least 70% on all work combined to receive a grade of "AU" for this course, otherwise a grade of "NR" is given. Audit students are exempt from the course attendance policy.

Incomplete Grades

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. Incomplete grades are not a substitute for poor academic performance in this course. Incomplete grades must be made up before the end of the next regular semester in which the student is enrolled. Incomplete work is to be limited to accomplishing the work not completed. It is the student's responsibility to contact the course instructor in a timely manner to complete any work required in the subsequent semester.

Academic Integrity

Students are required to comply with the university policy on academic integrity found in the Code of Student Conduct (see [University Policy Links](#)) for more information.

WRITTEN ASSIGNMENTS

Students are strongly encouraged to consult with the writing center for assistance with all written assignments in this course, however, the core work, including the initial drafts and all research, should be completed by the student. All papers will be graded based upon specific rubrics that will be available to the student on the course website at the start of the semester. Plagiarism, in any form or degree, will not be tolerated and, at a minimum, will result in loss of credit for the assignment.

EXAMS AND QUIZZES

When taking online exams or quizzes, students are encouraged to use an on-campus computer lab or bring a laptop to the classroom. Although students are expected to compare lecture or reading notes and study with others, students may not use any additional resources or receive any assistance from another individual while taking any exam or quiz, whether written or online, without the expressed consent of the course instructor. Any evidence demonstrating a failure to abide by these restrictions during testing will be submitted to the Office of Student Conduct and no credit will be given for the exam.

Academic Honesty

See the Code of Student Conduct ([University Policy Links](#)) for a detailed explanation of academic honesty.

Honor Pledge

Your signature on any test or assignment, or online submissions via your email account or Moodle, indicates “I have neither given nor received unauthorized aid on this test or assignment.”

Accommodations for Disabilities

Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Resource Office at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please read the Academic Accommodations for Students with Disabilities Regulation (see University Policy Links).

Non-Discrimination Policy

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, creed, sex, 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 race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is 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 University Policy Links. 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).

Class Time

Class sessions will begin approximately five minutes after the scheduled start time. Likewise, students will be dismissed approximately five minutes before the end of the scheduled class time.

Gym Access

NCSU All Campus Cards must be used to enter Carmichael Gymnasium. Access without an ID is available at Carmichael Gym Member Services. Failure to provide adequate ID to enter the gym is not an excused reason for missing class.

Limited Participation

If for any reason you cannot fully participate in a given activity on a temporary basis (max. 2 class sessions) please let me know. Reasonable accommodations will be made when possible to allow students to perform comparable activities to fulfill course objectives.

Credit By Examination

Students must adhere to all university academic policies and regulations related to credit by examination. For more information see Credit By Exam at University Policy Links.

Course Schedule

** This schedule is tentative and may be adjusted as needed. Students are required to keep track of any changes to the schedule provided in class, online, or via email. **

Topic	Activity	Location
1	Course intro/Safety Issues	CG Tennis Courts
2	Review Basic Strokes and Strategies	CG Tennis Courts
3	Skills Testing and Development in Tennis II	CG Tennis Courts
4	Determining Factors in Stroke Performance	CG Tennis Courts
5	Advanced Strokes and Drills	CG Tennis Courts
6	Serving and Returning in Singles	CG Tennis Courts
7	Baseline and Net Play in Singles	CG Tennis Courts
8	Serving and Returning in Doubles	CG Tennis Courts
9	Baseline and Net Play in Doubles	CG Tennis Courts
10	Skills Testing/Final Exam	CG Tennis Courts

HESR 250 Tennis II Skills Test Scales

GROUNDSTROKE TEST PROTOCOL

The test is performed outdoors on the Carmichael Gym Tennis Courts. The test consists of a student hitting 20 balls launched from a ball machine, alternating forehand and backhand groundstrokes. Each shot that clears the net and lands crosscourt inside the singles court will be scored. All shots that land between the service line and the net will be worth one point while shots landing between the service line and the baseline are worth two points.

Groundstroke Rally Test

Groundstroke Points	Percentage
> 36	100
34–35	95
31–33	90
28–30	85
26–27	80
23–25	75
21–22	70
19–20	65
17–18	60
15–16	55
13–14	50
< 12	45

WALL RALLY PROTOCOL

The test is performed either indoors on the basketball courts or outdoors on the tennis courts. The testing student must stand approximately 33 ft from the wall. The student is given a section of the wall (min 20 ft) wide. Each student attempts to rally against the wall for three (3) 30-second trials with a short break between trials. A partner records the number of times that the tennis ball strikes the wall. Only direct hits that travel from the student's racquet and strike the section of the wall designated to the student can be counted. Any erratic hits which strike any other area or object in the court do not count toward the student's score even if the ball hits the designated section of the wall after striking the object or area. For example, the ball cannot hit the floor, air ducts, columns, basketball goals, or ceiling before hitting the wall. After all trials are completed the student's total score is recorded and a grade is given according to the appropriate scale depending on sex of the student.

Wall Rally Test

Males	Percentage	Females
> 59	100	> 49
57-59	95	47-49
54-56	90	43-46
51-53	85	40-42
48-50	80	37-39
45-47	75	34-36
42-44	70	31-33
39-41	65	28-30
36-38	60	25-27
33-35	55	22-24
30-32	50	19-21
< 30	45	< 19

SERVE TEST PROTOCOL

The test is performed outdoors on the Carmichael Tennis Courts. Each of the testing courts are marked using a dashed chalk line halfway between the service line and baseline and between the baseline and the fence creating five scoring areas. The testing student must stand on the side of the court opposite the marked scoring sections. The student receives five trials from the deuce court and five trials from the ad court. Each trial consists of a first serve and a second serve (if the first serve is a fault). The serve must be a legal serve according to the rules of tennis or it is considered a fault. If the serve is good, the student receives the number of points corresponding to the marked section in which the second bounce lands. If the serve is a fault the server gets a second serve. If the second serve is also a fault the server scores zero points and the trial is complete. After all ten trials are complete the students' total score is recorded and a grade is given according to the appropriate scale depending on sex of the student.

Service Test

Males	Percentage	Females
> 45	100	> 40
43-45	95	38-40
40-42	90	35-37
37-39	85	32-34
34-36	80	29-31
31-33	75	26-28
29-30	70	24-25
27-28	65	22-23
25-26	60	20-21
23-24	55	18-19
21-22	50	16-17
< 21	45	< 16

University Policy Links

- Attendance: “<http://policies.ncsu.edu/regulation/reg-02-20-03>
(<http://policies.ncsu.edu/regulation/reg-02-20-03>)”
- Student Ombuds: “<https://ombuds.dasa.ncsu.edu/> (<https://ombuds.dasa.ncsu.edu/>)”
- Credit only: “<https://policies.ncsu.edu/regulation/reg-02-20-15/>
(<https://policies.ncsu.edu/regulation/reg-02-20-15/>)”
- Academic calendar: “<https://studentservices.ncsu.edu/calendars/academic/>
(<https://studentservices.ncsu.edu/calendars/academic/>)”
- Audit: “<https://policies.ncsu.edu/regulation/reg-02-20-04/>
(<https://policies.ncsu.edu/regulation/reg-02-20-04/>)”
- Grades: “<https://policies.ncsu.edu/regulation/reg-02-50-03/>
(<https://policies.ncsu.edu/regulation/reg-02-50-03/>)”
- Class eval: “<https://oirp.ncsu.edu/classeval/> (<https://oirp.ncsu.edu/classeval/>)”

- Class eval for students: “<https://oirp.ncsu.edu/classeval/for-students/> (<https://oirp.ncsu.edu/classeval/for-students/>)”
- Student Conduct/Honor code: “<https://policies.ncsu.edu/policy/pol-11-35-01/> (<https://policies.ncsu.edu/policy/pol-11-35-01/>)”
- Anti-discrimination: “<https://policies.ncsu.edu/policy/pol-04-25-05/> (<https://policies.ncsu.edu/policy/pol-04-25-05/>)”
- OIED: “<https://oied.ncsu.edu/divweb/equity/> (<https://oied.ncsu.edu/divweb/equity/>)”
- Accommodations for students with disabilities: “<https://policies.ncsu.edu/regulation/reg-02-20-01/> (<https://policies.ncsu.edu/regulation/reg-02-20-01/>)”