

UNIVERSITY OF EDUCATION OF WINNEBA
2ND SEMESTER, FEB. - JUNE, 2008



COURSE: TENNIS
COURSE CODE: PES 364
LECTURER: B. B. NARTEY

COURSE OUTLINE

LESSON ONE

- (i) Brief History
- (ii) Course Objective
- (iii) The Five Fundamentals of Tennis
- (iv) Introduction to the basic skills of the Forehand Stroke.

LESSON TWO

- (i) Review of the Fundamental Skills.
- (ii) Review of the Forehand Skills.
- (iii) To practice in smaller groups.

LESSON THREE

- (i) Introduction to Backhand Stroke.
- (ii) The Backhand Grips (Single & Double Fisted).

LESSON FOUR

- (i) Development of the groundstroke.
- (ii) Stress on Ready position; Shoulder turning; Racket preparation; Forehand swing; and the Follow-Through.
- (iii) Combination of Forehand / Backhand Groundstroke Drills.

LESSON FIVE

- (i) Introduction to The Serve.
- (ii) Importance of the Serve.
- (iii) The Purpose / Safety and the control of the Serve.
- (iv) The delivery & its rules.

LESSON SIX

- (i) Introduction to the Volley.
- (ii) The definition of the Volley.
- (iii) The demonstration of the Volley cues: "tap", "bump", "block", "bunt"
- (iv) Practice Drills in smaller groups.

LESSON SEVEN

- (i) Review the Skills And putting all together.
- (ii) Introduction to The Scoring System.
- (iii) Demonstration Games in Doubles for scoring.

LESSON EIGHT

- (i) Introduction to Singles Game.
- (ii) On court positioning for Singles Game.
- (iii) Tactics & Strategies in the Singles Game.
- (iv) Strokes mostly used in Singles Game.
- (v) Students practice in groups.

LESSON NINE

- (i) Introduction to Doubles Game.
- (ii) Positioning on court for Doubles Game.
- (iii) Roles of each player in the Doubles Game.

LESSON TEN

- (i) Developing the Service Skills.
- (ii) Review of the Service Skills.
- (iii) Review the main phases of the Serve; i.e. (the progressions)
- (iv) Practice in smaller groups of (4).

LESSON ELEVEN

- (i) Introduction to the secondary Strokes; i.e. Lob, Smash, Drop Shot, etc.
- (ii) The purpose of the strokes given as examples of the Secondary strokes.
- (iii) Practical demonstration by more advanced players.

LESSON TWELVE

- (i) To give students the opportunity to practice the skills and apply the skills in game situations.
- (ii) Scoring system should be applied in game situations.

REVISION FOR ASSESSMENT

THEORY & PRACTICAL ASSESSMENT ON:

- (i) The Brief History of The Game.
- (ii) Fundamentals of Tennis.
- (iii) Production of the Basic Strokes.
- (iv) Application of the strokes in the Games.
- (v) The Scoring System.

TYPES OF TESTS;

- (i) Skills Tests on strokes.
- (ii) Play.
- (iii) Rules.
- (iv) Court specification.
- (v) Court Areas.

Types of written tests:

- (i) Matching Exercises.
- (ii) Filling in the blanks.
- (iii) True or False.
- (iv) On Rules.
- (v) General questions on trivia; e.g. How many tennis balls are there in the standard can of tennis balls?

ASSIGNMENTS:

Students will be required to submit two assignment on topics to be chosen by the lecturer of the course.

FINAL GRADING:

It will be based on the following:-

- (i) Continuous assessment in class activities.
- (ii) Practical assessment on stroke production and their application in game situation. With the emphasis placed on consistency.
- (iii) Written Exam.

NOTE: Practical = 60% of the total assessment.

WISHING ALL OF YOU GOOD LUCK!