

PDP GS 110 Beginning Tennis

Instructor: Jill Hibbard

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Meets once per week: 0.5 Credit

Course Description:

Introduction to the rules and fundamental practices of tennis including basic strokes, techniques, and playing in game situations. Tennis is played on the outdoor tennis courts at the Case Center when seasonally appropriate, then moves to indoor courts at the Track and Tennis Center.

Required Equipment:

Students should provide own racquets, however racquets will be available if necessary. Athletic shoes and apparel must be worn. For safety reasons those not properly attired will not be allowed to participate.

Learning Outcomes:

Students should expect to learn all the basics of the game of tennis. In addition, they will also have a cardio workout and competitive play within the class structure. Upon completion they will have all the tools to use tennis as a life-long social sport.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3

absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending any section of tennis class.

Please contact Jill Hibbard, Tennis Instructor, if you plan on attending a section of tennis class so that she can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Week 1	Orientation, course outline, Introduction/Equipment/Warm-Up/Safety/Etiquette
Week 2	Warm up and ball gymnastics. Ready Position. The Forehand Drive: The grip, backswing, footwork, contact and follow-through (practice the one hit rally from the service line)
Week 3	The Forehand drive: cross-court and down-the-line shots. Emphasis on depth and accuracy (practice from the baseline)
Week 4	The Backhand drive: The grip backswing, footwork, contact and follow-through (practice the one-hit rally from the service line)
Week 5	The two-handed Backhand drive: The grip, backswing, footwork, contact, follow through (practice the one-hit rally from the service line)
Week 6	The Flat Serve: The grip, stance, ball toss, backswing, forward swing to contact, and follow-through. Fitness principles for tennis
Week 7	The Return of the Serve: Forehand and backhand “Forever Rally” from the service and base lines. Nutritional and rehydration principles for tennis
Week 8	The Forehand Volley: Grip, stance, backswing, forward sing to contact, follow-through, and finish

Week 9	The Backhand Volley: Grip, stance, backswing, forward swing to contact, follow-through, and finish. Overhead smash
Week 10	Interactive play using all new skills
Week 11	Doubles play and strategies. Mini games
Week 12	Singles play. The approach shot. Mini games
Week 13	Singles Play. The Lob: Defensive and Offensive strokes. Mini games.