


**P.E. SYLLABUS OF KAINAN UNIVERSITY
FOR
INTERNATIONAL HONORS PROGRAM**

Term: Spring 2007

Meeting Time: Thursday 10:10a.m. – 12:00a.m.

Course Location: Tennis Court

Instructor: Kuo-ming (Simon) Lin 

Office: Department of Physical Education

Office Hours: 09:00 – 12:00 & 13:10 – 17:00

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Recommended text:

1. USTA. Complete Conditioning for Tennis. Human Kinetics.
2. Johnson, J. D., Xanthos, P. J., Lebedeff, A. V. (2003). Tennis: winning edge series. McGraw Hill, 8th ed.

Recommended related-website:

TENNIS.com	http://www.tennis.com/index.aspx
The Association of Tennis Professional	http://www.atptennis.com/
Princetennis	http://www.princetennis.com/home.asp

Course Description:

This course is designed to introduce the students to the skills, rules and strategies of beginning Tennis. Also, the goal of this course is to get the students started in these wonderful sports and to give students a workable knowledge of Tennis. Additionally, this is a lifetime recreational course designed to enable students with a reasonable level of fitness proficiency and fundamental skills for Tennis and encourage lifetime fitness and responsibility for health.

Course Objectives:

This is elementary tennis class designed to provide the beginning tennis player with a basic knowledge, understanding, and skill in the game of tennis. This course is designed for the student to:

1. Gain an understanding of the basic rules and regulations of the sport.
2. Learn game strategy for singles.
3. Learn and apply the sports terminology.
4. Gain an awareness of the safety factors.
5. Learn the techniques involved in tournament.
6. Learn the basic grips (forehand Drive, backhand drive).
7. Learn the basic fundamental strokes (forehand and backhand ground strike, serve, volley, lob, and overhead smash).



Student Obligation:

1. Rainy days: Attendance is still mandatory. Alternate indoor activities will be planned on inclement weather; therefore please wear sporting clothes for every class.

INCLMENT WEATHER = COME TO CLASS

2. Skill is developed by doing; therefore, attendance is REQUIRED. Each absence will result in a five point reduction in your participation grade. After 6 absences you will be placed on probation and the next absence will result in an F. If tardies are habitual, every three will count as one absence.

3.

Grading Policy:

1. Skill testing: 60%
2. Participation/Attendance: 20%
3. Testing for Tennis Knowledge: 20%

A=90-100%

B+=87-89.9%

B=80-86.9%

C+=77-79.9%

C=70-76.9%

D+=67-69.9%

D=60-66.9%

E=59.9 or lower

P.E. SCHEDULE OF KAINAN UNIVERSITY (SPRING 2007)

Week	Date	Unit Title	Instruction Content	Course Location
一	3/1	Prepared Week	Class's introduction and requirements.	Stadium
二	3/8	Basic skills	1. To practice ball sense and introduce varied grips. 2. To introduce the stance of tennis. 2. To introduce and demonstrate forehand/backhand stroke. 3. Group practice.	Tennis Court
三	3/15	Basic skills	1. To review forehand/backhand stroke. 2. To introduce and demonstrate forehand/backhand top spinning stroke.	Tennis Court
四	3/22	Basic skills	1. To review top spinning stroke. 2. To demonstrate tennis footwork.	Tennis Court
五	3/29	Advanced skills	To demonstrate volley and net drills.	Tennis Court
六	4/5	Advanced skills	To introduce and demonstrate lob/overhead smash.	Tennis Court
七	4/12	Advanced skills	To introduce and demonstrate forehand/backhand slice.	Tennis Court
八	4/19	Advanced skills	1. To review lob/overhead smash. 2. To review forehand/backhand slice.	Tennis Court
九	4/26	Mid-term exam	Testing with forehand/backhand groundstroke.	Tennis Court
十	5/3	Advanced skills	1. To introduce and demonstrate all kinds of service (flat, slice, top spin). 2. Group practice	Tennis Court
十一	5/10	Advanced skills	To review all kinds of service and returns.	Tennis Court
十二	5/17	Advanced skills	To introduce and demonstrate how to feed balls.	Tennis Court
十三	5/24	Game play skills	To introduce scoring/rules of tennis.	Tennis Court
十四	5/31	Game play skills	To introduce singles/doubles play.	Tennis Court
十五	6/7	Game play skills	To introduce competitive play/sport psychology techniques for tennis.	Tennis Court
十六	6/14	Skill testing	Testing with serves/returns.	Tennis Court
十七	6/21	Written test	Testing about tennis knowledge.	Tennis Court
十八	6/28	Final exam	Make-up test	Tennis Court