

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 123

Credits: 2

Course Title: Tennis I

Course Description: Teaches tennis skills with emphasis on stroke development and strategies for individual and team play. Includes rules, scoring, terminology, and etiquette. Lecture 1 hour. Laboratory 2 hours.

General Course Purpose: Students will learn the basic concepts of the game of tennis from singles to doubles formats.

Course Prerequisites and Co-requisites:
None

Course Objectives:

Upon completing the course, the student will be able to:

- a. Demonstrate the ability to perform the following skills: forehand and backhand drives, serve, volley, and lob;
- b. Perform the following related skills: proper footwork, positioning, and simple strategy in a game;
- c. Demonstrate knowledge of how the game is played, the rules, and scoring; and
- d. Develop and/or identify personal wellness/exercise goals using SMART planning method and focused on the improvement of tennis skills.

Major Topics to Be Included:

- a. Forehand drive
- b. Backhand drive
- c. Serve
- d. Volley
- e. Lob
- f. Game, play, rules, scoring, and etiquette

Effective Date of Course Content Summary: September 2015