

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

Tennis Introduction – RECR 155- 001
1 Credit Fall 2021
Tuesday and Thursday, 12:00-1:15 pm, Fairfax West Campus Courts
August 24 – October 7,

Faculty

Name: Steve Gallagher

Email Address: sgallag@gmu.edu

Prerequisites/Corequisites

None

University Course Catalog Description

A practical course designed as an introduction to tennis. Students learn tennis terms, rules, scoring, techniques for different stroking patterns including groundstrokes, volley, overhead, and serve, as well as basic strategy for singles and doubles.

Course Overview

1. **Pre-Existing Conditions** – Students with injuries/pre-existing conditions that may affect performance must inform the instructor.
2. Students must bring their own tennis racquet.
3. Wear non-marking tennis shoes.
4. Most of the communication will be through GMU e-mail, Blackboard and Zoom.

Course Delivery Method

This course is an activity-based class.

Safe Return to Campus Policies and COVID-19 Safety Precautions

For guidance on Safe Return to Campus guidelines and requirements, please refer to the following site:

<https://www2.gmu.edu/safe-return-campus/faqs-for-safe-return>

Specific United States Tennis Association guidelines in dealing with the COVID-19 virus are outlined in the following document.

Learner Outcomes or Objectives

At the conclusion of the course students will be able to:

1. Explain and demonstrate appropriate tennis strokes.
2. Explain the scoring system basic rules.
3. Play singles and doubles.
4. Demonstrate proper tennis etiquette.

Professional Standards

Not Applicable

Required Texts: None

The following reading can be found online

International Tennis Federation (ITF) Rules of Tennis (Excerpt)

United States Tennis Association (USTA) – Tennis Terms to Know

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Assignments, Quizzes and Final Examination

1. **Participation/Attendance** – This includes arriving on time, absences, and daily play. Attendance will count after the first week of class. (Absences are only excused by a doctor's note. The doctor's note must be presented immediately upon return to class. Text, emails, phone calls do not excuse an absence.)
2. **Quizzes** – There will be a series of three multiple choice quizzes posted to Blackboard. Each quiz must be completed prior to the posted deadline to receive credit.
3. **Practical** – Demonstration of competency of strokes and stroke mechanics, footwork, scoring/rules, positioning and court presence during end-of-semester scheduled playing sessions

Grading Scale (%)

A	90 – 100
B+	88 – 89.9
B	84 – 87.9
B-	80 – 83.9
C+	78 – 79.9
C-	70 – 73.9
D	60 – 69.9
F	0 – 59.9

Components for Final Grade

Quizzes – 60 Points

Practical – 40 Points

Attendance – 70 Points

Total Possible Points – 170 Points

(e.g. 153 or more points is an A)

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Course Schedule**Classes 1 and 2**

Grips and grip reference points

Stroke mechanics and swing patterns – groundstrokes and volleys

Drop/hit to initiate a rally

Control of direction, net clearance, trajectory and depth
Graduated court position rally progressions
Equipment overview

Classes 3 and 4

Grips and grip reference points
Stroke mechanics and swing patterns – groundstrokes and volleys
Stroke mechanics and swing pattern – serve and overhead
Stroke mechanics and swing patterns – serve return
Control of direction, net clearance, trajectory and depth
Control of pace and spin
Graduated court position rally progressions
Basic scoring, rules of play and etiquette
Point patterns and situations

Classes 5 and 6

Grips and grip reference points
Stroke mechanics and swing patterns – groundstrokes, volleys, serve, overhead and serve return
Control of direction, net clearance, trajectory, depth, pace and spin in response to progressively more difficult feeds and live ball hitting situations
Shot combinations and patterns
Graduated court position rally progressions
Basic scoring, rules of play and etiquette
Point patterns and situations

Classes 7 and 8

Stroke mechanics and swing patterns – groundstrokes, volleys, serve, overhead and serve return
Shot redirection
Spin development – underspin and topspin with groundstrokes
Dynamic court coverage and footwork
Shot combinations and patterns
Graduated court position rally progressions
Point patterns and situations
Singles play

Classes 9 and 10

Stroke mechanics and swing patterns – groundstrokes, volleys, serve and overhead
Dynamic court coverage and footwork
Transitions – up and back
Shot combinations and patterns
Graduated court position rally progressions
Point patterns and situations
Defensive tactics – how to stay in the point
Offensive tactics – how to finish the point
Singles and doubles round-robin play

Classes 11 and 12

Stroke mechanics and swing patterns – groundstrokes, volleys, serve and overhead
Dynamic court coverage and footwork
Shot combinations and patterns
Graduated court position rally progressions
Point patterns and situations
Defensive tactics – how to stay in the point
Offensive tactics – how to finish the point
Transitional tactics – defense to offense
Singles and doubles strategy and play

Classes 13 and 14

Singles and doubles round-robin play

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .