

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

**Tennis Introduction – RECR 155- 001**  
**1 Credit Spring 2022**  
**Tuesday and Thursday, 12:00-1:15 pm, Fairfax West Campus Courts**  
**March 22 – May 5**

**Faculty**

Name: Steve Gallagher  
Office Hours: Before and after class  
Office Location: Before and after class  
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](mailto: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](mailto:titleix@gmu.edu).

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