

**San José State University**  
**KIN 21A-01**  
**Beginning Tennis, Fall 2018**

**Course and Contact Information**

<b>Instructor:</b>	Kristina Hollander
<b>Office Location:</b>	Simpkins Athletic Building 135
<b>Telephone:</b>	Preferred method of communication via email
<b>Email:</b>	Kristina.hollander@sjsu.edu
<b>Office Hours:</b>	Available via appointment
<b>Class Days/Time:</b>	Monday & Wednesday 5:00-5:50pm
<b>Classroom:</b>	SJSU Tennis Courts - 1251 S. 10 <sup>th</sup> St, San Jose 95112

**Course Description**

This is a beginning tennis course in which students will develop the basic skills necessary to play the game of tennis. Technical skills include groundstrokes, volleys, lobs, overheads and the serve as well as proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. It is assumed that students enrolled in the class have little or no experience in the basic skills or knowledge.

**Course Goals and Learning Outcomes**

1. To present to the student the fundamental skills and knowledge of tennis.
2. To improve each student's skill in hitting all of the basic strokes: forehand; backhand; serve; volley; lob; and overhead.
3. To introduce or reacquaint each student to the basic rules, scoring, and etiquette of tennis.
4. To offer each student an opportunity to apply their skill and knowledge in actual match play.
5. To make each student aware of the basic differences in strategy for singles and doubles and to provide an opportunity to apply this information in actual match play.
6. To provide each student with information about current tennis trends, specifically in regard to local tennis programs, professional tournaments and equipment selection.
7. To encourage each student to pursue tennis as a life-time leisure activity.

**Course Requirements and Assignments (Required)**

All students are required to:

- 1. Bring 2 cans of unopened tennis ball and their own racquet.**
2. Participate in all class activities, including lectures, practices, practical test, physical test, match play, and written assignments.
3. Be on time to class.
4. Have NON-marking black sole shoes, and appropriate gym clothes. No exception will be made – No court shoes, no gym clothes – NO PLAY!

Include University's Credit Hour Requirement below.

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

### **Final Examination or Evaluation**

The final exam will be given during the finals week.

### **Grading Information (Required)**

Class Participation ----- 60%  
Final Exam ----- 40%

### **University Policies**

#### **Academic integrity**

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy F15-7](#) requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. Visit the [Student Conduct and Ethical Development](#) website for more information.

#### **Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](#) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](#) (AEC) to establish a record of their disability.

#### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](#). Students should be aware of the current deadlines and penalties for dropping classes ([Late Drop Information](#)).

Information about the latest changes and news is available at the [Advising Hub](#).

## Course Number / Title, Semester, Course Schedule

*List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.*

### Course Schedule

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
1	Aug 22	Course Introduction
2	Aug 27/29	Conditioning, agility, coordination
3	Sep 3/5	Conditioning, forehand and backhand introduction, mini tennis NO CLASS 9/3
4	Sep 10/12	Conditioning, serve introduction, review forehand and backhand, mini tennis play
5	Sep 17/19	Conditioning, return introduction, review serve, work with ball machine
6	Sep 24/26	Conditioning, volleys and overheads introduction, review return, work with ball machine
7	Oct 1/3	Conditioning, introduce lobs, review volleys and overheads, work with ball machine
8	Oct 8/10	Conditioning, review everything we have learned so far, prepare for skills test
9	Oct 15/17	Skills Test
10	Oct 22/24	Introduction to singles; Scoring
11	Oct 29/31	Work with ball machine, match play
12	Nov 5/7	Work with ball machine, match play; Introduction to doubles
13	Nov 12/14	Work with ball machine, singles and doubles match play NO CLASS 11/12
14	Nov 19/21	Work with ball machine, singles and doubles match play NO CLASS 11/21
15	Nov 26/28	Match play
16	Dec 3/5	Final Exam Review
17	Dec 10	Final Exam