STUDENT WELLNESS

ACTIVITY CLASSES

STAC 181 — Beginning Tennis

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Learning Outcomes

Motor Skills: To demonstrate basic tennis stroke techniques of: ground strokes, serves, volleys, overheads and lobs
Cognitive Material: To demonstrate an understanding of essential tennis information regarding equipment, etiquette, facilities, scoring, and playing of the game by passing a written exam.

Course Content

1. Forehand Groundstroke
2. Backhand Groundstroke
3. Serve
4. Return of Serve
5. Volley
6. Half-volley
7. Overhead
8. Lob
9. Singles Strategy
10. Doubles Strategy

Inclement Weather Sessions

It is logical to assume a few class periods will be disrupted due to inclement weather, thus a number of lectures have been scheduled. These lectures will cover the cognitive material related to the examinations in the Testing Center. On such days, you should report to the area indicated by your instructor. Class begins on the hour.

Inclement Weather Topics

Equipment and Facilities
Equipment
The Tennis Court
Scoring and Playing the Game
Basic Scoring
The 12-Point Tie-Breaker
Singles
Doubles
No-Ad Scoring
Rules
Points of Player and Spectator Etiquette
Tennis Terms
Singles Strategy
The Doubles Game

Grading

• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.
  3. Tennis Sets
     Each student is required to play two (2) sets of singles and two (2) sets of doubles outside of class time. A form is provided at the end of this outline for you to complete and return to your instructor. This form is due anytime prior to the end of the last regularly scheduled class period. Due to unpredictable weather conditions, these sets should not be delayed until the last week of the semester. Your opponent for these sets does not need to be a member of your class.

Students who do not meet these criteria will receive a Fail (E) grade, which will impact their GPA.
ATTENDANCE/PARTICIPATION

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
- If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu.

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged the beginning 8am on the last day of the exam.

Dress and Attire

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

Tennis Shoes: Shoes designed for court use are approved for the tennis court facilities. This would include tennis shoes, volleyball shoes, basketball shoes, and racquetball shoes. Conversely, shoes designed for use on hard surfaces such as running, walking, and other street or athletic shoes with hard composition soles are not acceptable for tennis court use.

Why? -- The surface of a tennis court is delicate. It has been engineered through years of research to provide a fair and consistent bounce of the tennis ball to enhance play. If the surface is too smooth, the ball will quickly skip preventing most players the opportunity of returning it. Tennis balls and tennis shoes are purposefully designed so as to have no wearing effect on the court’s surface. The soles of “tennis” shoes are made from a non-marking, soft composition that grips the court surface but leaves no mark or wear on the
Conversely, running, walking, street and other types of athletic shoes have soles made from hard compositions that resist the wear from concrete, asphalt and other hard surfaces. These compositions destroy the surface of tennis courts and, therefore, are not allowed on the courts. We greatly appreciate your help in keeping our tennis courts beautiful and playable.

**General Information**

1. **Equipment**: Student must provide their own racquet. Balls will be provided for class time.

2. **Racquet Restringing**: Professional racquet restringing is available at 146-A in the Richards Building. Turn-around is typically 1–2 days.

3. **Tennis Court Reservations**: Indoor Tennis courts at BYU may be reserved by students for periods of one hour. Reservations can be made by calling Intramurals (Extension 2-3644) not more than two days in advance.

4. **Intramurals**: Intramural tennis is available for both singles and doubles. Contact the Office of Intramural Activities (145 RB) for more information.

5. **Injury**
   Any injury occurring during scheduled class time should be immediately reported to your instructor.

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**TENNIS PLAY FORM — StAc 181**

Name: ______________________________ Date: __________

Section: _______ Days Taught: ____________________ Time: __________

Date: ___________ Opponent(s): ____________________ Set Scores:

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________