STAC 183—ADVANCED TENNIS

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

Learning Objectives
At the conclusion of the course, students will:

1. Demonstrate competence in the advanced skills of tennis of: ground strokes, volleys, smashes, and serves.
2. Demonstrate improvement in their game by:
   - Learning how to play as a/an...
     - Counterpuncher
     - All-Courter
     - Serve and Volleyer
   - Learning how to play against a/an...
     - Counterpuncher
     - All-Courter
     - Serve and Volleyer
3. Demonstrate improvement in their game by reducing unforced errors.

Everyone, including the best professionals, makes unforced errors. But very few players realize that all unforced errors are not the same. By understanding your unforced errors, you can adjust your game or training (if indeed correction is needed), and improve much more quickly.

Unforced errors are points you give away. Unforced errors (shown below as percent of total points played) measure how many points you give away freely. These do not include errors you are forced to make by your opponent’s aggressive shots.

Percent of Unforced Errors

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top Five Average</td>
<td>13.80%</td>
<td>16.60%</td>
</tr>
<tr>
<td>All Professionals</td>
<td>14.70%</td>
<td>20.10%</td>
</tr>
<tr>
<td>College Players</td>
<td>25.00%</td>
<td>24.40%</td>
</tr>
<tr>
<td>Under 18’s</td>
<td>25.00%</td>
<td>25.60%</td>
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<tr>
<td>Under 14’s</td>
<td>29.10%</td>
<td>31.30%</td>
</tr>
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</table>

Types of Unforced Errors

<table>
<thead>
<tr>
<th>Types of Errors</th>
<th>Examples</th>
</tr>
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<tbody>
<tr>
<td>Execution Errors</td>
<td>Double fault or bad stroke</td>
</tr>
<tr>
<td>Aggressive Errors</td>
<td>Approach shot misses the line</td>
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<tr>
<td>Pressure Errors</td>
<td>Miss easy volley on break point</td>
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<tr>
<td>Tactical Errors</td>
<td>Try wrong shot – pass instead of lob</td>
</tr>
<tr>
<td>Fatigue Errors</td>
<td>Lose long match or long point</td>
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</table>

Execution errors require coaching on specific shots. You should not worry about aggressive errors. They will self-correct in time. You can reduce pressure errors on court with movement and lower fatigue errors with better training. Reducing tactical errors requires more knowledge of the 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 test with 75% or better.

Students who do not meet these criteria will receive a Fail (E) grade which will impact their GPA.
TEST
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 beginning 8am on the last day of the exam.

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.

Class Schedule
1 Intro, Objectives—Understand and Use 3 basic styles of Singles Play, Learn Advanced Doubles
   Techniques, 1/3 Att, 1/3 Chart, 1/3 Skills Test on F, B, V, OH, S
2 Correct warm-up, Groundstrokes, Open vs. Closed Stance. Learn how to chart a tennis match
3 Counter Puncher—Groundstroke test hitting all 4 ways, Positioning-Center of Angle, Passing Shots and
   Lobs, Basic Doubles
4 Counter Puncher—Defensive and Offensive Lobs, Spin Serves and Serve Test, Playing points as CP and
   ways to play against a CP
5 All Court—ball on the rise, depth of Groundstrokes, first shot to control point. Putaways
6 All Court—review putaways, approach shots and drop shots. 1st Serves, Play out points defend against
   an AP
7 Serve and Volley—split step vs. no split. Open ct. vs. “behind,” volley drills, 1/2 ct. quick volley, S&R,
   volley skills test
8  Serve and Volley—1/2 volley, drop volley, OH, chip and charge, Overhead skills test
9  Singles Tournament—Doubles with “Australian” formation, Practice Skills test
10 Singles Tournament—Doubles with Poaching and signals, Practice Skills test
11 Individual Help and Practice of Skills Test.
12 Skills Test, Forehand, Backhand, Volley
13 Skills Test Overhead, Serves, Re-Test (Bring cookies for 2nd Re-Test)  Last Day of class

General Information
1. **Dress & 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. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

2. **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 court. 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.

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

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

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

6. **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 2-3980) not more than two days in advance.

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