

**YORK UNIVERSITY
FACULTY OF HEALTH**

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
PKIN 0435.00 - TENNIS I
WINTER TERM - 2019**

INSTRUCTOR: Michael Mitchell (cell 416 710-5549)
Email - mmitchel@yorku.ca

TIME/DATE: Sections: Winter term – Jan 3, 2019 – April, 2019
No classes Reading Week Feb 18-22, 2018
Section M Tuesday/Thursday 10:00 am-11:00 am
Section N Tuesday/Thursday 11:00 am- 12:00 pm

PREREQUISITE / CO-REQUISITE: NONE (KHS majors first accepted)

FACILITY: TENNIS CANADA (AVIVA CENTER BUBBLE Indoors.)
1 Shoreham Drive @ York University
York University SQUASH courts/classrooms on selected dates. Jan, Feb,
March & April 2018.

COURSE DESCRIPTION: An introduction to Tennis. Emphasis is placed on developing effective technique for basic strokes, tactics, movement and methodology for practice. Students will learn the rules of play for singles and doubles. Focus will be on ground strokes, serves, returns and play with an emphasis on accuracy and consistency. Theory and some practical methods in teaching beginner/intermediate tennis using Tennis Canada approved methods. Students will be required to participate in class presentations, discussions along with final evaluation of practical participation.

EVALUATION: Practical 50% - Skill performance and demonstration of strokes. Evaluation will be on going throughout course by checklist and instructor evaluation of skills. Minimum demonstration of skills required. Tactical skills observed through drills, game based situations and in class discussion.

Theory 30% - Rules Quiz – 10 %
Theory Exam – 20 %

Attendance / Participation 20% - based on physical & active attendance

Grading - A B C F or **Pass/Fail**
To exercise the Pass/Fail option students will sign from the course director the applicable P/F form. The completed form will then be submitted to the Undergraduate office at terms end. Understand policy for P/F option. If you opt for the P/F option you do not qualify for the Kinesiology and Health Science Honour Roll and Tait McKenzie Honour Society.

COURSE CONTENT AND LEARNING OBJECTIVES: The student will learn and execute the following:

- Basic stroke development.
- Singles and Doubles tactics/strategies.
- Rules and regulations of the game, tournament organization.
- Introduce practical methods in developing a new skill and explain the complexities in learning new motor skills.
- Develop abilities to teach progressive skills and engage students.
- Enhance appreciation and derive benefits from health activity.
- Course content using Actions Methodology.
- Demonstrate & perform basic movement skills in a variety of class settings.
- Develop mutually beneficial interactions for learning within a small group.
- Generalize practical physical activity experiences to enhance further opportunities in Sport.
- Integrate physical activity into daily living.
- Promote sport as opportunity for health benefits in future.

TEXTBOOK: Handout package available for purchase.

EQUIPMENT: Racquets available, balls provided. Bring water bottle, recommend wearing York clothing or proper attire. Winter boots must be removed and placed on carpet leading into the bubble on daily basis please.

DRESS: Tennis shoes, proper footwear & playing clothes, no boots, sandals, jeans, ensure the safety of students is not inhibited through improper wear.

ATTENDANCE: As per PKIN requirements, **80%** term attendance required. Student-instructor agreement on make-up for classes missed due to illness or injury. This must be agreed upon before and with instructor permission.

ATTENDANCE POLICY: **This 24 hour practicum, 12 weeks x 2 weekly and students are allowed 4 absences. However there will be deductions on the attendance/ practical evaluations portion of grade breakdown for missed sections. It is the discretion of course instructor to permit for missed classes be attended in other sections or following term to satisfy the mandatory 80 % PKIN requirement.**

Lateness Penalty. Students within reason are expected to be present for the majority of the class and actively participating, understanding with some degree that weather may affect timing with the transit schedules. Students may make up in other racket sport sections offered by course instructor with prior permission.