

Western University
Faculty of Health Sciences
School of Kinesiology KIN
2986B Tennis

Course Instructor: Mike Richards

Course Information:

The course is an activity based 0.5 course. Classes are held three times a week. Check course calendar for exact time periods.

Student Capacity: 24

Location: Tennis Bubble

Course Description:

The development of skilled performance in selected tennis activities as well as a study of some key principles in teaching these activities and how it can be applied to Kinesiology. The application of principles of biomechanics, learning progressions, error detection/correction methods, the history of the sport, psychology, sports management and safety considerations.

The course will involve practical testing, written test based upon the material covered. Grading will also include participation, attendance and match play assessment.

Course Format:

Practical activity classes will take place on the courts at the University Tennis Centre (Bubble). Four hours scheduled per week and classroom session on the Fridays.

Course Objectives:

1. To study and experience primarily through learning by doing some fundamental methods of developing skilled technique in ground strokes, volleys, serves, lobs, overheads, and fundamental strategy and tactics of game play.
2. Through group work and cooperative learning, develop competence in demonstrating all techniques covered in the course.
3. To examine some scientific and empirical principles and their rationales underlying the development of skilled performance.
4. Through group work and cooperative learning, develop competence in detecting/correcting technique errors.

5. To examine some methods of organizing and administering group drills and various types of tournaments.
6. To provide a background and framework to those who wish to pursue coaching or instructing tennis.
7. To enjoy improving and understanding more about tennis and how it can be applied to Kinesiology and why it is such a popular professional and worldwide game.

Anti-requisite: Kin 2916Q/R/S/T; Kin 3916Q/R/S/T

Pre-requisite: Completion of the first year Kinesiology program and registration in Kinesiology

Tennis is a low impact and enjoyable, safe game. Physical activity will include engaging in rallies, swinging a racquet and using hand eye coordination and covering space (court). Footwork and exercise will be involved and working with other students in drills and participating in doubles.

Other Information:

Racquets and balls will be supplied and regular athletic shoes are required.

Course Content:

There will be both practical activity and theory classes.

Practical Session Units:

1. Groundstrokes – biomechanics/topspin/slice, progression of stroke
2. Volleys – approaching/passing, airgame (overheads)
3. Serving – biomechanics/spin
4. Singles – rallies/endurance/strategy
5. Doubles – working as a team/formations/positioning
6. Lines of the court/discipline of rules/scoring
7. Games-movement and court coverage/offence/defence
8. Drills – feeding balls, consistency/practice/play

Theory:

1. Philosophy - the sport, etiquette, the competition O.T.A, Tennis Canada, ATP, WTA
2. History - Grand Slams, surfaces, former champions, business of tennis
3. Biomechanics/Motor Learning-spin, racquets and string, stroke production
4. Progression of a Player-styles of play
5. Physical Fitness
6. Mental Aspects of Competition-strategies (psychology)
7. Tournaments-draw sizes etc., organization
8. Trends in Tennis-injuries and fatigue, terminology
9. Canadian Tennis-limitations, expectations, sport development and growth

Expectation of Students:

Attendance is mandatory. Bring a great, energetic attitude with emphasis on enjoying and learning an amazing sport that can be enjoyed for a lifetime at any age!

Coaching/Evaluation:

50% - Complete 4 performance tests as follows:

Forehand technique and accuracy
 Backhand technique and accuracy
 Serve technique and accuracy
 Volley technique and accuracy

10% - Participation – tennis etiquette, attendance

10% - Assignment (Playing Matches)

Each student must play 2 matches

- a) 1 Singles Match
- b) 1 Doubles Match
- c) A written report to be handed in and evaluated
- d) Win/loss record will not count towards your mark

30% - Final Exam

Complete a written test on the material presented in class

Readings: Tennis Activity Manual

Bonus: Special membership rates will be available for Kinesiology students participating in the 12 week class to be able to play extra tennis and use the tennis bubble facility.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>