

## **NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 123 – TENNIS (1 CR.)**

### Course Description

Teaches tennis skills with emphasis on stroke development and strategies for individual and team play. Includes rules, scoring, terminology, and etiquette. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

### General Course Purpose

This skill-related physical activity course is designed to develop coordination, power, reaction time, and speed through participation in a singles or doubles sport.

### Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

### Course Objectives

Upon completing the course, the student will be able to:

- a) Execute basic tennis strokes: ground strokes, volley, serve
- b) Explain tennis rules, scoring procedures, and terminology
- c) Practice beginning drills for developing skills for games

### Major Topics to be Included

- a) Execute basic tennis strokes: ground strokes, volley, serve
- b) Explain tennis rules, scoring procedures, and terminology
- c) Practice beginning drills for developing skills for games