
SECTION HEADING

PHED 1135: Beginning Tennis

Description

Beginning Tennis introduces the fundamentals of tennis as a leisure time activity. Emphasis is on acquiring technique, knowledge, and fitness.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Essential skills and basic safety rules when using a racquet
2. History of tennis and specific terminology
3. Differences within singles, doubles, competitive, and recreational
4. Expose the student to tennis as a lifetime activity

Learning Outcomes

1. Essential skills and basic safety rules when using a racquet
2. History of tennis and specific terminology
3. Differences within singles, doubles, competitive, and recreational
4. Expose the student to tennis as a lifetime activity

Credit Details

Lecture: 0

Lab: 1

OJT: 0

MnTC Goal Area(s): None