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## SECTION HEADING

### PHED 2135: Intermediate Tennis

#### Description

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

#### Credits

1

#### Prerequisite

PHED 1135

#### Corequisite

None

#### Topics to be Covered

1. Advanced skills of tennis.
2. Advanced strategies for competitive singles and doubles play the game of tennis.
3. History of tennis and specific terminology.
4. Expose the student to advanced tennis as a lifetime activity.

#### Learning Outcomes

1. Describe the terminology, definitions, equipment, and benefits of tennis.
2. Demonstrate proper fundamentals of tennis safety.
3. Describe the history and evolution of tennis as a sport.
4. Demonstrate advanced hitting components of stance, court movement, and swing plane of the racquet.
5. Describe and explain the court strategy and scoring elements of in the sport of tennis.
6. Describe strategies for singles and doubles competitive tournament play.

#### Credit Details

Lecture: 0

Lab: 1

OJT: 0

MnTC Goal Area(s): None