



PHYS ED 4-82 High Intermediate Tennis (.5 units)

Instructor: Lon Rork
http://pe.berkeley.edu/instructors_lon_rork.html
Class Times: Thursday 11am-1pm
Location: Hearst Tennis Courts or Hearst Gym 220 (Rain)
Contact: Email: lonrork@berkeley.edu
Office: RSF 39 or 185 Hearst Memorial Gymnasium
Office Hours: Tuesday 1-2pm 185 Hearst Gym
Required Text: None

I. Course Description: High intermediate tennis is a course designed for individuals with significant tennis experience. Many, but not all, students played competitively in high school or junior tournaments. The course is designed to improve overall consistency in all tennis strokes while being able to play both singles and doubles sets and tiebreakers with specific emphasis placed strategy and proper movement on the court.

II. Statement of Course Goal and Learning Objectives: The goal of this course is to improve and augment the students already strong understanding of the game of tennis. Objectives: At the conclusion of the course, students shall be able to:

1. Show improvement in their overall consistency while rallying from the baseline as well as the net. Including being able to consistently hit both down the line and cross-court shots.
2. Describe and execute volleys and proper court movement for doubles including overheads.
3. Describe and execute proper net approach shots for both singles and doubles.
4. Show improvement in both their first and second serves while playing singles and doubles.
5. Understand and execute basic doubles and singles strategies.

III. Method of Assessment and Evaluation: The achievement of course objectives shall be assessed by the following: observation and assessment of skill as written in the above objectives. Final grades shall be based on the percentage of the overall points accumulated according to the following:

Attendance and Participation:	50 points (50%)
Effort and Ability to Follow Directions:	20 points (20%)
Skill Level Assessment:	<u>30 points (30%)</u>
Total Points:	100 points (100%)

GRADE (FOR ROSTER)	GRADE POINTS PER UNIT	RECOMMENDED PERCENTAGE BREAKDOWN	DESCRIPTION
A+ A A-	4.0 4.0 3.7	94–100% 94–100% 90–93%	Excellent: The grade of "A+", when awarded at the instructor's discretion, represents extraordinary achievement, but does not receive grade point credit beyond that received for the grade of A.
B+ B B-	3.3 3.0 2.7	86–89% 83–85% 80–82%	Good
C+ C C-	2.3 2.0 1.7	76–79% 73–75% 70–72%	Fair: Each course in a certificate program must be completed with a grade of C or better, although some programs have higher requirements.
D+ D D-	1.3 1.0 0.7	66–69% 63–65% 60–62%	Barely passed
F	0.0	< 60%	Failed

IV. Course Requirements

1. Students are expected to show up on time prepared to participate in tennis activities for every class. Wearing appropriate athletic clothing including athletic shoes, preferably tennis shoes, is required. Students are required to provide their own tennis racket. Students not prepared for class may be dismissed and will have that class count as an absence.
2. Attendance and participation is a large portion of your grade in the class and absences and tardies will have a negative impact on your grade. If you are taking the class for a letter grade on your 2nd absence your grade will drop a whole letter from where you stand in class. Also any absences past 3 will result in an “F” or “NP” for the class.
3. There are no makeups for classes that have already been missed. However students are allowed to do makeups for future absences when they know that they will have a conflict. An example might be a job or grad school interview. Students must attend another tennis section prior to missing their section in order to not have the class count as an absence. If this is not possible please contact the lecturer for other alternative ways to make up class.
4. The use of phones during class is discouraged and only acts to distract students from the activity. If there is a specific need please talk to the lecturer prior to class.
5. Each student must abide by the university’s honor code (see <https://teaching.berkeley.edu/berkeley-honor-code>):

“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”

Violation of the Honor Code shall result in a grade of an “F” for the course.

6. Have a great time in our class. Not only will you learn about and improve your tennis skills but it is also a great chance to get some exercise and make new friends. It might even be the highlight of your semester.

V. Official Policies of the University of California at Berkeley

All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

Statement of Accommodation. The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students’ Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students’ Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at dsp@berkeley.edu.

Accommodation of Religious Creed. The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student’s religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

Academic Integrity. “You are a member of an academic community at one of the world’s leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

Scheduling Conflicts. Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

VI. Safety and Emergency Preparedness. The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>).

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixle emergency alerts <https://warnme.berkeley.edu>
- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>

Tentative Course Schedule

Each class will include approximately 1/3 of the class time working on consistency drills

January

- 23 Course Introduction, no physical activity
- 30 Introduction of consistency drills and doubles points

February

- 6 Consistency drills, down the line games, doubles net emphasis. Introduction of doubles tiebreakers
- 13 Doubles and singles net approach shots with proper movement
- 20 Serving consistently both first and second serves for singles
- 27 Serving consistently both first and second serves for doubles

March

- 5 Focus on creating more topspin and slice groundstroke shots
- 12 Overhead and net drills for both doubles and singles play
- 19 Drills to emphasize doubles movement
- 26 Continue Doubles Drills

April

- 2 Doubles strategy including poaching and serve and volley
- 9 Singles strategy options for different opponents
- 16 Continue to develop skill set
- 23 Continue to develop skill set
- 30 Final class evaluations and tennis games, last required class

May

- 7 Reading, Review, and Recitation (RRR) Week; no class required