

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

RECR 155–001
Introduction to Tennis (1)

Spring 2017
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GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 155 (001) – Introduction to Tennis (1)
1 Credit, Spring 2017
MW 12:00-1:15pm / Tennis Courts on West Campus (above Baseball Field) – Fairfax Campus

Faculty

Professor: Dr. Fred Schack

Office Hours: TR 1:30-2:30 & by appointment

Office Location: RAC 2108

Phone: 703.993.8522

Email: fschack@gmu.edu

Prerequisites/Corequisites:

None

University Catalog Course Description

Teaches tennis terms, rules, scoring, techniques for the forehand and backhand ground strokes, volley, overhead, and serve, as well as basic strategy for singles and doubles.

Course Overview

N/A

Requirements

1. Students must bring their own tennis racquet.
2. Tennis shoes recommended (running shoes should not be used during play).
3. Purchase a **NEW can** of tennis balls (\$2-\$3 at local retailer).
4. Play in round robin tournament at the end of the semester.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

At the conclusion of the course students will be able to:

1. Explain and demonstrate appropriate tennis strokes.
2. Explain the scoring system basic rules.
3. Play singles and doubles.
4. Demonstrate proper tennis etiquette.

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards.

N/A

Required Texts

Online Material – the following will be used in place of a text:

SELECTING A RACKET – (<http://www.tennisexpress.com/info/choosing-a-tennis-racquet.cfm>)

SELECTING A BALL – (http://www.epinions.com/content_1692901508?sb=1)

BASIC PLAY (See @ end of syllabus)

TERMINOLOGY (See @ end of syllabus.)

SCORING (See @ end of syllabus) – as appropriate.

Class Information

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Most communication will be through GMU e-mail.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments and Examinations

1. **Final:** Written – on tennis terms, rules, and scoring (Multiple-choice questions). Will occur on last day of class.
2. **Practical** – play in round robin tournament. Instructor to observe and evaluate forehand, backhand, and serve during tournament.

Other Requirements

Participation – this includes arriving on time, absences, and daily play. Attendance will count after the first week of class. You receive 10 points each day for being on time and court play.

Each class period is given 10 points. For each 5” of late time, the class period score will reduced by 1 point. If you know you will have difficulty getting to class on time, make sure to CONTACT INSTRUCTOR as soon as possible.

Course Performance Evaluation Weighting

Written Final – 14%

Practical – 60%

Participation – 25%

Contract – 1%

Grading Policies

A = 90 – 100

B+ = 88 – 89.9

B = 84 – 87.9

B- = 80 – 83.9

C+ = 78 – 79.9

C- = 70 – 73.9

D = 60 – 69.9

F = 0 – 59.9

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Course Schedule

DAY	Topic	READINGS / ASSIGNMENT DUE
1 3/21	1st Mtg at NEW Tennis Court ; Introduction to tennis, terms and strokes; intro to FH; drills v. fence	See directions to tennis courts in syllabus, Class Information, #3
2 3/23	Continue FH; drills v. fence and across net to baseline –	Contract Due (1%) – At end of syllabus
3 3/28	Intro BH; drills v. fence	
4 3/30	Continue BH; drills v. fence and across net to baseline –	
5 4/4	Intro Volley; drills at	
6 4/6	Intro Serve; drills v. net	
7 4/11	Continue serve; drills v. net; across net	
8 4/13	Intro Scoring; drills in pairs across net using FH & BH	
9 4/18	Intro Singles & Doubles Play	
10 4/20	Doubles Tournament and evaluation of FH, BH, & S –	
11 4/25	Continue doubles play w/ games; evaluation of FH, BH, & S	
12 4/27	Continue doubles play w/ games; evaluation of FH, BH, & S	
13 5/2	Continue doubles play w/ games; evaluation of FH, BH, & S	
14 5/4	Final Exam inside RAC Cage Gym Bleachers	

Assignment

1. **Mar 21** – Contract (1%)

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and

are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

SCORING

INTRODUCTION: A tennis match is made up of points, games, sets, and match. Four points to win a **game** (but winner must be ahead by 2 points), six games to win a **set** w/ a winning margin of two games. A **match** is the winner of two out of three sets. (Professionals in men's tennis play 3 out of 5 sets in some tournaments.)

Exception to the set rule – if each player wins 6 games, then the **Tie Breaker Rule** comes into play to determine the winner.

GAME / CALLED SCORE – 4 Points to win. Each point has a “called” equivalent to make it easy to understand the score and that's b/c when someone says “2-to-3” it may not be understood, but 30-40 is understood. The **server** always calls his score first.

- 0 – Love**
- 1 – 15**
- 2 – 30**
- 3 – 40**
- 4 – Game**

Tie Score – **deuce** (2-2 or 3-3; usually called *deuce*, but sometimes called 30-30 or 40-40 or 30-all or 40-all)

a. Once this happens, you now call scores by the following:

Server leads – advantage in (AD-**IN**); if server gets the next point = game; server wins by 2

Receiver leads – advantage out (AD-**OUT**); if receiver gets the next point = game; rec'r wins by 2

Tie – deuce; go through process as indicated above.

SET

The first person to win 6 games wins the set, but there must be a difference of two games at the time the person wins the sixth game – 6-0, 6-1, 6-2, 6-3, 6-4, 7-5, or 7-6. The last score, 7-6, follows a tie-breaker that occurs when the set score is 6-6.

TIE-BREAKER

This occurs only when the set score is 6-6. There are 3 tie-breakers, 7-, 9-, and 12-point tie-breakers. The 12-point tie-breaker is the most common. **The tie-breaker winner must win by two points**, so the tie breaker continues until that happens.

The first person to serve is the one who would serve the first serve of the next game following the 6-6 set score. The tie-breaker provides for equal service such that service rotates after each point in the following order and court:

1st Point – serve from Deuce or Rt. Hand service court by the player who would start the next game

2nd Point – served from Ad service or Lt. Hand court by the second server

3rd Point – served from the deuce ct. by the second server also

4th Point – first server from the ad court

5th Point – first server from the deuce court

6th Point – second server from the ad court

CHANGE ENDS (Sides)

7th Point – second server from the deuce court

8th Point – first server from the ad court

9th Point – first server from the deuce court

Etc., continue to change ends after another 6 points have been played.

When the game ends, the set ends 7-6.

MATCH - Two out of three sets determines the match.

BASIC PLAY

Tennis is a game of position, “first moves,” and racquet movement:

Position

Receiving service

- assume the “ready position” behind and in the middle of the baseline
- stay farther back for strong servers
- be able to come “up” on a ball than to go back
- in doubles, partner stands w/in racquet’s distance from the net
- partner moves to center of court after service
- beginners should play “up-and-back” in doubles w/ the “up” person taking everything possible while the “back” person takes everything missed by the “up” player

Server

- stands w/in one foot of the center mark whether serving from the rt. or lt. service ct.
- after serve, takes a position behind baseline at the center mark

Receiver and Server

- attack the net, that is move to the net as soon as possible
- net control controls the game

First Moves

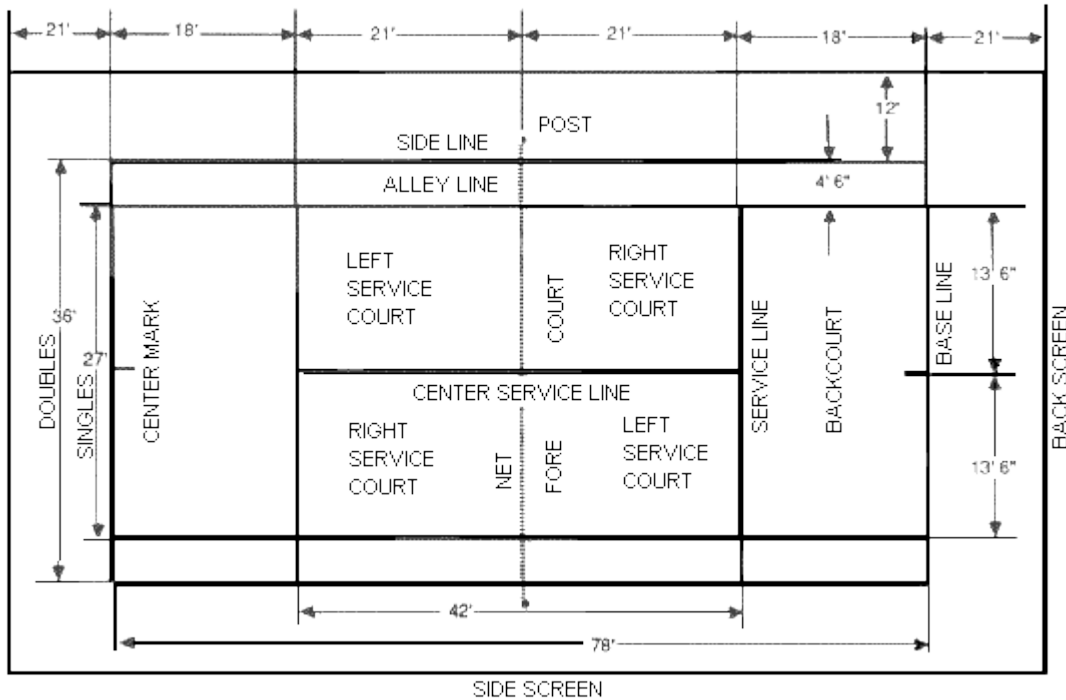
Receiver

- anticipate possible service landing
- in doubles, "up" partner moves quickly to center w/ server's contact of ball
- "up" player DO NOT turn around and look at where the ball went

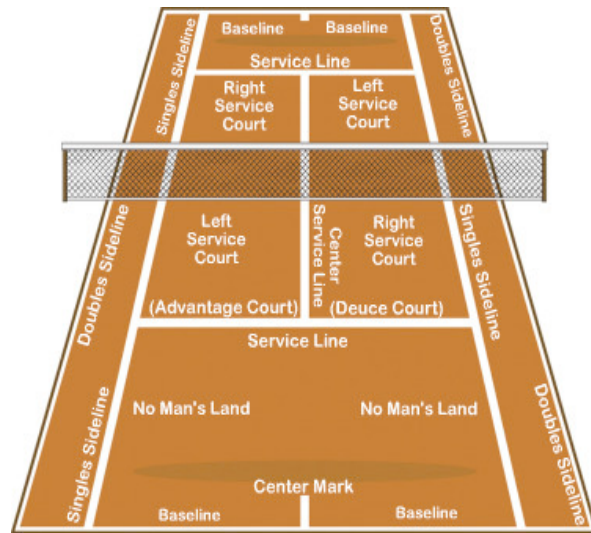
Racquet Movement

- keep the racquet up when in the ready position
- the racquet head should be above the level of the wrist
- stroking patterns, except for the serve should have the racquet back as if pointing at the fence behind you
- the forward swing should be level with ground contacting the ball about waist high and several feet off the front foot

General Tennis Court Layout (Not to Scale)



Second Court without Dimensions



TENNIS TERMINOLOGY

(Taken from A COMPENDIUM OF TENNIS TERMINOLOGY

http://search.netscape.com/ns/boomframe.jsp?query=TENNIS+TERMINOLOGY&page=1&offset=1&result_url=redir%3Fsrc%3Dwebsearch%26requestId%3D867460f52f09e93d%26clickedItemRank%3D3%26userQuery%3DTENNIS%2BTERMINOLOGY%26clickedItemURN%3Dhttps%253A%252F%252Fworldhistoryforusall.sdsu.edu%252Ffaculty%252Fhking%252Ftennis%252Fterminol.ten%26invocationType%3D%26fromPage%3DNSCPRResultsT%26amp%3BampTest%3D1&remove_url=https%3A%2F%2Fworldhistoryforusall.sdsu.edu%2Ffaculty%2Fhking%2Ftennis%2Ftnol.ten

ACE - A serve which the opponent failed to touch with his/her racket.

AD - Short for "advantage" - the person who scores the next point after deuce is said to have the advantage or "ad".

AD COURT - the service court into which a server must serve at ad-in or ad-out. Hence the right-hand court on the opposite side of the net (from the server's view). [See also DEUCE COURT]

ADVANTAGE IN (or AD-IN) - when the server scores the next point after deuce he/she is said to have "advantage in"

ADVANTAGE OUT (or AD-OUT) - when the receiver scores the next point after deuce, the game score is said to be "advantage-out"

ALL - An equal score. Both players have the same number of points (e.g. 30-all), or games (e.g., 5-all). The special score of 40-all is called "deuce".

ALLEY - The area between the singles and doubles side lines

BACK-COURT - the area between the service line and baseline

BASE-LINE - the end line on the tennis court

BASELINE GAME - a player who stays back near the baseline and seldom approaches the net is said to play a baseline game

BREAK - a break is said to occur when a player loses a game in which he/she has been serving. It is a "break" in the sense that one is generally expected to win one's service game at higher standards of play.

BREAK POINT (or sometimes "BREAKER") - a point which, if the server should lose it, would cause him/her to lose that game (and hence his/her service game). Scores of 30-40 and "ad-out" are both instances where the next point played is a break point. If the server has TWO chances to lose his/her serve -- therefore at a score of 15-40 -- this is called a double break point. Extending the idea, you should see that a triple break point occurs at a score of love-40.

BUTT - the bottom of the handle end of the racket

CENTER LINE - the line perpendicular to the net and the service line which divides the service court into two

CENTER COURT - mid-court, therefore the general area where the center service line and the service line intersect

CENTER-MARK - a short line which bisects the baseline. Used to indicate to the server the correct part of the baseline behind which he/she must stand to serve.

CENTER SERVICE LINE - the line perpendicular to the net, extending from the net to the service line thus bisecting the service area into two halves. (Same as center line.)

CHOKER UP - **(i)** to grip the racket at the upper portion of the handle and not at its base, **(ii)** to get nervous and lose rhythm in one's game, so letting the opponent get back into the match

CHOP - a stroke which puts heavy backspin on the ball.

CLOSED FACE - the racquet is said to have a closed face when the string surface striking the ball looks downward, towards the ground. (See also "OPEN FACE".)

CONTINENTAL GRIP - grip in which the hand is moved to the left of the Eastern forehand. In this grip, the knuckle of the index finger will be on the right hand bevel. Can be used for all shots.

CROSS-COURT - a shot in which the ball is hit diagonally across the court

DEAD BALL - a ball that is no longer in play (because the point has finished)

DEUCE - the score that indicates a tied game after each player has scored three or more points (therefore equivalent to 40-40).

DEUCE COURT - the court to which a server must score at the score of deuce, therefore the left-hand service court as the server sees it

DOUBLE BREAK POINT - a point which, if it or the next point is lost by the server, he/she will lose the game. See also under "Break Point".

DOUBLE FAULT - (or **DOUBLE**) - the failure to have either of the service attempts on a given point be in play.

DOUBLES - a game played with two players on each side

DOWN THE LINE - a shot which parallels the nearest sideline of the player making the shot

DROP SHOT - a gentle shot which just drops over the net and is meant to be out of the reach of the opponent.

ETIQUETTE - manners and courtesies on the tennis court

FACE - the hitting surface of the racket, namely the strings

FAULT - failure to make a legal serve

FLAT SERVE - a serve which is hit hard, but with little spin

FOOT FAULT - when a server steps on or over the baseline before she/he makes contact with the ball

FORECOURT - the area between the net and the service line

FRAME - the racket without any strings

GAME - is composed of a minimum of four points but must be won by at least two points.

GAME POINT - a single point which may determine the winner of a game.

GRIP - the leather binding wrapped around the handle

GROUND STROKE - a stroke played from the back of the court after the ball has bounced

HALF-VOLLEY - shot when the ball is hit immediately after it bounces off the ground

HANDLE - the lower portion of the racket which is held in the hand

HANDLE SIZE - the circumference of the racket handle (usually 4 3/8ths or 4 1/2 inches for women, 4 1/2 or 4 5/8ths inches for men)

HEAD - the curved portion of the racket which borders the strings

KILL - to smash a ball out of your opponent's reach so that he/she has no chance to return it.

LET - an interference or hindrance which calls for a point to be played over; or a service which hits the net and lands in the proper service court.

LOB - to hit the ball high into the air over your opponent's head to the baseline of the court. Usually used when opponent is at the net.

LOVE - a zero score. A love game is one in which one of the players has scored no points -- hence a score of 40-0 or 0-40 occurred. A love set is a set in which one of the players did not win a game.

MATCH - a contest of the best 2 out of 3 sets, or 3 out of 5 sets. Matches of the latter length are used only in men's singles or men's doubles -- and then usually only in the most important tournaments.

MATCH POINT - a single point which will directly determine the winner of a match if one player wins it.

MIXED DOUBLES - a game played with a man and woman opposing a man and woman.

NET - the tape and cord which is strung across the middle of the court.

NET GAME - the tactic used by a player who usually plays at the net and volleys the ball, seldom playing from the baseline.

NET MAN - the partner in doubles who stays close to the net while his team-mate serves.

NO-AD SCORING – scoring in which the first person or team winning the point after deuce, wins the game. Ad-In and Ad-out are not used.

NO-MANS LAND - the area of the court at and slightly behind the service line

OPEN FACE - the racquet is said to have an open face when the string surface hitting the ball looks upward towards the sky. (See also "CLOSED FACE".)

POACH - refers to the action of the net player in doubles who seeks to pick off the cross court return of his/her partner's serve by moving quickly towards the middle of the net as the serve is made. Poaching is thus a fairly aggressive play, but it risks the returner hitting down the line for a "winner".

POINT - the smallest unit of scoring in the game of tennis

POST - the uprights at the ends of the net which support it

RACKET BALANCE - the weight relationships of the head and throat and handle.

RACKET WEIGHT - the number of ounces that your racket weighs. Usually around 14 oz.

RALLY - the continued play of hitting the ball back and forth over the net.

RECEIVER - the person who is not serving

ROUND ROBIN - a type of tournament in which every player plays every other player

SERVE - the stroke that places the ball in play into the service court

SERVER - the person who puts the ball into play

SERVICE - the result of the act of serving

SERVICE BREAK - the situation when the server loses the game

SERVICE LINE - the line which runs parallel to the net and forms the back of the service courts

SERVICE COURT - the area bounded by the side service line, service line, and the net.

SET - a unit of scoring. To win a set, a player must win at least 6 games, and must lead by at least 2 games. (This is true for a "regular" set. For a set finished by a tie-breaker, the rule is slightly different.)

SET POINT - a single point that can determine the winner of a set.

SIDE SERVICE LINE - the part of the side line from the service line to the net.

SIDE LINE - the line running the length of the court forming two of its outside boundaries

SINGLES - a game played with only one person on a side.

SLICE - a shot which uses underspin, and therefore helps to keep it low and "floating". Such a shot will also tend to have a low bounce after landing.

SMASH - a hard, overhead, downward hit on the ball

STRINGS - the strings of nylon or gut which form the face of the racket

STROKE - hitting the ball

SWEET SPOT - the centre face of the racket, where you are supposed to hit the ball

TENNIS BALL - the rubber nylon felt covered ball

TENSION - the "tightness" of the stringing in a racket. 60-65 pounds is most common though some players like very tight strings (tension in the 80's), some loose (in the 50's).

THROAT - the portion of the racket between the head and the handle

TIE-BREAKER - a method of scoring which is used to determine who wins a set that reaches 6-6. The usual type of tie-breaker is the 12-point tie-breaker. (The reason it's called 12-point has never been very clear to me!) In this, the player who first wins 7 points (or more) by a margin of two points wins the set.

TIP - the opposite end of the racket from the butt, hence the top end

TOPSPIN - the spin imparted to the ball by coming over the top of it in a low to high motion; thus, a spin that has the top of the ball going away from the hitter. A ball hit with topspin will loop higher over the net than normal, and when it bounces will jump high

TOSS - the spinning of the racket to determine the team that has the various choices of service and end at the start of the match

UP AND DOWN - terms that are often used to determine the outcome of the toss. One player spins the racket and looks whether the lettering on the butt of the racket is up or down. (It's thus like a coin toss.) Since there's a W on the end of Wilson rackets, this translates into calling W or M: another common racket, the Prince, has a P on the end so the choice is P or d.

VOLLEY - to hit the ball before it bounces (or the shot so played). Volley DOES NOT mean the same as rally.

CONTRACT (1%)

DUE – Mar 22

**I HAVE READ AND UNDERSTAND THE SYLLABUS
CONTENTS AND GRADING**

Print Name

Signature

Date