

**George Mason University**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

**RECR 156 001 Tennis Intermediate**

**1 Credit Fall 2021**

**Tuesday and Thursday, 12:00-1:15 pm, Fairfax West Campus Courts**  
**October 12 – November 18**

**Faculty**

Name: Steve Gallagher

Office Hours: On-Court 10 Minutes Before, During and 10 Minutes After Class

Office Location: West Campus Courts

Email Address: sgallag@gmu.edu

**Prerequisites/Corequisites**

RECR 155 or Permission of Instructor

**University Course Catalog Description**

Prepares experienced tennis player in advanced skills: point play, control of pace, direction, and depth of forehand and backhand, groundstrokes, and topspin and underspin. Instructs tactical use of volley, styles of play, and strategies for singles and doubles. Introduces principles to refereeing. Applies skills-training to competitive and recreational play.

**Course Overview**

1. **Pre-Existing Conditions** – Students with injuries/pre-existing conditions that may affect performance must inform the instructor.
2. Students must bring their own tennis racquet.
3. Wear non-marking tennis shoes.
4. Most of the communication will be through GMU e-mail and Blackboard.

**Course Delivery Method**

This course is an activity-based class.

**Learner Outcomes or Objectives**

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

1. Execute shots from backcourt, mid-court and net with reasonably sound technique.
2. Control and vary direction, net clearance, depth, spin and pace of shots (with moderate success).
3. Demonstrate understanding of basic positioning for singles and doubles.
4. Execute basic patterns of play from backcourt, mid-court and net.

5. Maintain consistency in response to progressively more difficult shots (as defined by direction, depth, net clearance, spin, and pace).
6. Execute basic game plan.
7. Maintain focus and intensity in practice and match play.

**Professional Standards:** Not Applicable

**Required Texts: None**

The following reading can be found online

International Tennis Federation (ITF) Rules of Tennis (Excerpt)

United States Tennis Association (USTA) – Tennis Terms to Know

**Course Performance Evaluation**

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

- **Assignments and/or Examinations**

1. **Quizzes:** Complete and pass series of quizzes to assess knowledge of stroke mechanics, patterns of play and tactics and strategy.
2. **Practical** – play in round robin tournament. Instructor to observe and evaluate stroke proficiency and execution, footwork and court coverage, court presence and ability to construct points and execute a game plan.
3. **Participation** – this includes arriving on time, absences, and daily play. Attendance will count after the first week of class. You receive 5 points each day for being on time and court play. Each 5 minutes the student is late will reduce the score by 1 point. Total 70 points. (Absences are only excused by a doctor’s note. The doctor’s note must be presented immediately upon return to class. Text, emails, phone calls do not excuse an absence.)

- **Grading**

70 points - Attendance and punctuality

60 points - Quizzes

40 points - Practical (Demonstration of strokes and ability to construct and play points)

Total 170

**Grading Scale (%)**

A	90 – 100	C+	78 – 79.9
B+	88 – 89.9	C-	70 – 73.9
B	84 – 87.9	D	60 – 69.9
B-	80 – 83.9	F	0 – 59.9

**Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

## **Course Schedule**

### **Classes 1 and 2**

Skill development and refinement

### **Classes 3 and 4**

Dynamic court coverage and footwork  
Percentage play and risk management

### **Classes 5 and 6**

Serve and serve return patterns (first-strike patterns)  
Match play and point situations

### **Classes 7 and 8**

Defensive point patterns (how to extend the rally and stay in the point)  
Match play and point situations

### **Classes 7 and 8**

Offensive point patterns (how to close out and finish the point)  
Match play and point situations

### **Classes 9 and 10**

Dynamic court coverage and footwork  
Match play and point situations

### **Classes 11 and 12**

Percentage play and risk management  
Match play and point situations

### **Classes 13 and 14**

Playing styles and role playing  
Match play and point situations

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

## **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## **GMU Policies and Resources for Students**

*Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

