

# Course Syllabus

[Jump to Today](#)
 **Edit**

## Course Information

 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Kinesiology/Point Loma Nazarene</b> <b>Beginning Tennis KIN 1020</b> <b>1 Unit</b></p>
<p><b>Fall 2022</b></p>	

## Instructor Contact Information

<p><b>Meeting days: Tuesday-Thursday</b></p>	<p><b>Instructor Name: Rich Hills</b></p>
<p><b>Meeting times:</b> <b>Section 2: 9:30 a.m. - 10:20 a.m.</b> <b>Section 3: 11 a.m. - 11:55 a.m.</b></p>	<p><b>Phone: (619) 849-2206</b></p>
<p><b>Meeting location: Tennis Courts</b></p>	<p><b>Email: rhills@pointloma.edu</b></p>

## PLNU Mission

### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## COURSE DESCRIPTION

Fundamental techniques, rules, court play, and etiquette. The student will demonstrate the forehand and backhand groundstrokes, the serve and doubles strategies and positions.

## COURSE LEARNING OUTCOMES

1. You will demonstrate the following skills:
  - o Forehand
  - o Backhand
  - o Serve
  - o Volley
2. You will participate in a variety of videos for skill development for the forehand, backhand and serve.
3. You will state the rules, scoring and etiquette of tennis.
4. You will state the best positions and rotations for singles and doubles

## COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

### ASSESSMENT AND GRADING

<b>Participation (5 pts. x 30)</b>	<b>150 pts.</b>
Self-Videos (5 pts. x 7)	35 pts.
Tests: mid-term	65 pts.
Skill Report	20 pts.
Total	270 pts.

### Standard Grade Scale Based on Percentages

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
A 90-100	B 80-89	C 70-79	D 60-69

## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the

program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

## **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/point-loma-education/academic-policies) (<http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/point-loma-education/academic-policies>) in the (undergrad/graduate as appropriate) academic catalog.

## SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development). (<https://www.pointloma.edu/offices/spiritual-development>)

## USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## FINAL EXAM POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. No requests for early examinations or alternative days will be approved.

## ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details	Due
Mon Aug 30, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796880">COVID-19 Preparedness</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796880">https://canvas.pointloma.edu/courses/62523/assignments/796880</a>	due by 11:59pm

Date	Details	Due
	 <a href="#">Week 1: Video of the Week</a>	to do: 11:59pm
Wed Sep 1, 2021	 <a href="#">Week 1 Discussion: Where are you from and what is your tennis experience if any?</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796879">https://canvas.pointloma.edu/courses/62523/assignments/796879</a> )	due by 11:59pm
Mon Sep 6, 2021	 <a href="#">Week 2: Video of the Week</a>	to do: 11:59pm
Sun Sep 12, 2021	 <a href="#">Week 2 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796891">https://canvas.pointloma.edu/courses/62523/assignments/796891</a> )	due by 11:59pm
	 <a href="#">Week 2 Discussion: Spins and Hitting</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796878">https://canvas.pointloma.edu/courses/62523/assignments/796878</a> )	due by 11:59pm
Mon Sep 13, 2021	 <a href="#">Week 3: Video of the Week</a>	to do: 11:59pm
Sun Sep 19, 2021	 <a href="#">Week 3 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796893">https://canvas.pointloma.edu/courses/62523/assignments/796893</a> )	due by 11:59pm
	 <a href="#">Week 3 Discussion: Grips</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796877">https://canvas.pointloma.edu/courses/62523/assignments/796877</a> )	due by 11:59pm
	 <a href="#">Week 1: Discussion: Where are you from and what is your tennis experience if any?</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796863">https://canvas.pointloma.edu/courses/62523/assignments/796863</a> )	due by 11:59pm
Wed Sep 22, 2021	 <a href="#">Week 2: Discussion: Spins and Hitting</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796864">https://canvas.pointloma.edu/courses/62523/assignments/796864</a> )	due by 11:59pm
	 <a href="#">Week 3 Discussion: Grips</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796865">https://canvas.pointloma.edu/courses/62523/assignments/796865</a> )	due by 11:59pm
	 <a href="#">Week 4 Discussion: Forehand Part 1</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796876">https://canvas.pointloma.edu/courses/62523/assignments/796876</a> )	due by 11:59pm

Date	Details	Due
Fri Sep 24, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796895">Week 4 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796895">https://canvas.pointloma.edu/courses/62523/assignments/796895</a>	due by 11:59pm
Wed Sep 29, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796875">Week 5 Discussion: Forehand Part 2</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796875">https://canvas.pointloma.edu/courses/62523/assignments/796875</a>	due by 11:59pm
Fri Oct 1, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796897">Week 5 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796897">https://canvas.pointloma.edu/courses/62523/assignments/796897</a>	due by 11:59pm
Wed Oct 6, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796874">Week 6 Discussion: Two-handed Backhand</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796874">https://canvas.pointloma.edu/courses/62523/assignments/796874</a>	due by 11:59pm
Fri Oct 8, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796899">Week 6 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796899">https://canvas.pointloma.edu/courses/62523/assignments/796899</a>	due by 11:59pm
Wed Oct 13, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796873">Week 7 Discussion: Single-handed Backhand</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796873">https://canvas.pointloma.edu/courses/62523/assignments/796873</a>	due by 11:59pm
Fri Oct 15, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796901">Week 7 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796901">https://canvas.pointloma.edu/courses/62523/assignments/796901</a>	due by 11:59pm
Wed Oct 27, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796872">Week 8 Discussion: Tennis Scoring, Court Lines and Etiquette</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796872">https://canvas.pointloma.edu/courses/62523/assignments/796872</a>	due by 11:59pm
Fri Oct 29, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796903">Week 8 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796903">https://canvas.pointloma.edu/courses/62523/assignments/796903</a>	due by 11:59pm
Mon Nov 1, 2021	 <a href="#">Week 9 Overview</a>	to do: 11:59pm
Wed Nov 3, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796871">Week 9 Discussion: Serve Part 1</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796871">https://canvas.pointloma.edu/courses/62523/assignments/796871</a>	due by 11:59pm
Fri Nov 5, 2021	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796905">Week 9 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796905">https://canvas.pointloma.edu/courses/62523/assignments/796905</a>	due by 11:59pm
Mon Nov 8, 2021	 <a href="#">Week 10 Overview</a>	to do: 11:59pm

Date	Details	Due
Wed Nov 10, 2021	 <a href="#">Week 10 Discussion: Serve Part 2</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796869">https://canvas.pointloma.edu/courses/62523/assignments/796869</a>	due by 11:59pm
Fri Nov 12, 2021	 <a href="#">Week 10 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796882">https://canvas.pointloma.edu/courses/62523/assignments/796882</a>	due by 11:59pm
Mon Nov 15, 2021	 <a href="#">Week 11 Overview</a>	to do: 11:59pm
Wed Nov 17, 2021	 <a href="#">Week 11 Discussion: Net Play</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796870">https://canvas.pointloma.edu/courses/62523/assignments/796870</a>	due by 11:59pm
Fri Nov 19, 2021	 <a href="#">Week 11 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796884">https://canvas.pointloma.edu/courses/62523/assignments/796884</a>	due by 11:59pm
Mon Nov 22, 2021	 <a href="#">Week 12 Overview</a>	to do: 11:59pm
Wed Nov 24, 2021	 <a href="#">Week 12 Discussion: Net Play</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796868">https://canvas.pointloma.edu/courses/62523/assignments/796868</a>	due by 11:59pm
Fri Nov 26, 2021	 <a href="#">Week 12 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796886">https://canvas.pointloma.edu/courses/62523/assignments/796886</a>	due by 11:59pm
Mon Nov 29, 2021	 <a href="#">Week 13 Overview</a>	to do: 11:59pm
Wed Dec 1, 2021	 <a href="#">Week 13 Discussion: Full Play</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796867">https://canvas.pointloma.edu/courses/62523/assignments/796867</a>	due by 11:59pm
Fri Dec 3, 2021	 <a href="#">Week 13 Assignment</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796887">https://canvas.pointloma.edu/courses/62523/assignments/796887</a>	due by 11:59pm
Mon Dec 6, 2021	 <a href="#">Week 14 Overview</a>	to do: 11:59pm
Wed Dec 8, 2021	 <a href="#">Week 14 Discussion: Doubles</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796866">https://canvas.pointloma.edu/courses/62523/assignments/796866</a>	due by 11:59pm
Mon Dec 13, 2021	 <a href="#">Week 15 Overview</a>	to do: 11:59pm
Sun Jan 23, 2022	 <a href="#">Week 2 Overview</a>	to do: 11:59pm

Date	Details	Due
Sun Jan 30, 2022	 <a href="#">Week 3 Overview</a>	to do: 11:59pm
Sun Feb 6, 2022	 <a href="#">Week 4 Overview</a>	to do: 11:59pm
Sun Feb 13, 2022	 <a href="#">Week 5 Overview</a>	to do: 11:59pm
Sun Feb 20, 2022	 <a href="#">Week 6 Overview</a>	to do: 11:59pm
Sun Feb 27, 2022	 <a href="#">Week 7 Overview</a>	to do: 11:59pm
Sun Mar 6, 2022	 <a href="#">Week 8 Overview</a>	to do: 11:59pm
	 <a href="#">Week 1 Overview</a>	to do: 11:59pm
Sun Sep 4, 2022	 <a href="#">Week 1 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796881">https://canvas.pointloma.edu/courses/62523/assignments/796881</a> )	due by 11:59pm
	 <a href="#">Week 1: Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796890">https://canvas.pointloma.edu/courses/62523/assignments/796890</a> )	due by 11:59pm
Sun Sep 11, 2022	 <a href="#">Week 2: Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796892">https://canvas.pointloma.edu/courses/62523/assignments/796892</a> )	due by 11:59pm
Sun Sep 18, 2022	 <a href="#">Week 3: Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796894">https://canvas.pointloma.edu/courses/62523/assignments/796894</a> )	due by 11:59pm
Sun Sep 25, 2022	 <a href="#">Week 4 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796896">https://canvas.pointloma.edu/courses/62523/assignments/796896</a> )	due by 11:59pm
Sun Oct 2, 2022	 <a href="#">Week 5 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796898">https://canvas.pointloma.edu/courses/62523/assignments/796898</a> )	due by 11:59pm
Sun Oct 9, 2022	 <a href="#">Week 6 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796900">https://canvas.pointloma.edu/courses/62523/assignments/796900</a> )	due by 11:59pm
Sun Oct 16, 2022	 <a href="#">Week 7 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/62523/assignments/796902">https://canvas.pointloma.edu/courses/62523/assignments/796902</a> )	due by 11:59pm

Date	Details	Due
Sun Oct 23, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796862">Mid-Course Survey</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796862">https://canvas.pointloma.edu/courses/62523/assignments/796862</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796904">Week 8 Video of the Week</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796904">https://canvas.pointloma.edu/courses/62523/assignments/796904</a>	due by 11:59pm
Sun Oct 30, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796861">Beginning Tennis Exam</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796861">https://canvas.pointloma.edu/courses/62523/assignments/796861</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796906">Week 9 Video of the Week</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796906">https://canvas.pointloma.edu/courses/62523/assignments/796906</a>	due by 11:59pm
Sun Nov 6, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796883">Week 10 Video of the Week</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796883">https://canvas.pointloma.edu/courses/62523/assignments/796883</a>	due by 11:59pm
Sun Nov 13, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796885">Week 11 Video of the Week</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796885">https://canvas.pointloma.edu/courses/62523/assignments/796885</a>	due by 11:59pm
Sun Nov 20, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796889">Week 12 Video of the Week</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796889">https://canvas.pointloma.edu/courses/62523/assignments/796889</a>	due by 11:59pm
Sun Dec 4, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796888">Week 14 Attendance</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796888">https://canvas.pointloma.edu/courses/62523/assignments/796888</a>	due by 11:59pm
Fri Dec 23, 2022	 <a href="https://canvas.pointloma.edu/courses/62523/assignments/796907">Wrap Up Week   Wellness Survey</a> <a href="https://canvas.pointloma.edu/courses/62523/assignments/796907">https://canvas.pointloma.edu/courses/62523/assignments/796907</a>	due by 11:59pm