

# Course Syllabus

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## 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, 2023</b></p>	

## Instructor Contact Information

<b>Meeting days: Monday/Wednesday</b>	<b>Instructor Name: Ann Davis, M.Ed.</b>
<b>Meeting times: 8:30 a.m. - 9:25 a.m.</b>	<b>Phone: 619-889-7738</b>
<b>Meeting location: Tennis Courts</b>	<b>Email: anndavis@pointloma.edu</b>
<b>Final Exam: As Posted</b>	<b>Office location:</b>

## 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:
  - A. Forehand
  - B. Backhand
  - C. Serve
  - D. 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
5. You will submit 20 sec. self-videos to assist in personal feedback from the instructor
6. You will respond to 4 videos with your takeaways and questions

## 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.)

## COURSE SCHEDULE AND ASSIGNMENTS

- Watch a Video of the Week
- Take a 20-30 sec video of your progress each week and post to canvas
- Post questions and comments in discussion board
- Practice 1-2 hrs on court per week
- State the knowledge, rules, etiquette and mechanics

### ASSESSMENT AND GRADING

<b>Participation (5 pts. x 30)</b>	<b>150 pts.</b>
Self-Videos (15 pts. x 7)	105 pts.
Tests: mid-term	65 pts.
Video Report	20 pts.
<b>Total</b>	<b>340 pts.</b>

### 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



## 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 synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences e



20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

## Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## 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>)

## 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>) information.

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

## 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
	 <a href="#">Beginning Tennis Exam</a> <a href="https://canvas.pointloma.edu/courses/68895/assignments/949401">https://canvas.pointloma.edu/courses/68895/assignments/949401</a> 	
	 <a href="#">COVID-19 Preparedness</a> <a href="https://canvas.pointloma.edu/courses/68895/assignments/949420">https://canvas.pointloma.edu/courses/68895/assignments/949420</a>	

Date	Details	Due
		
	 <a href="#">Mid term Beginning Tennis Exam</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949421">https://canvas.pointloma.edu/courses/68895/assignments/949421</a> )	
		
	 <a href="#">Mid-Course Survey</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949402">https://canvas.pointloma.edu/courses/68895/assignments/949402</a> )	
		
	 <a href="#">Week 1 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949422">https://canvas.pointloma.edu/courses/68895/assignments/949422</a> )	
		
	 <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/68895/assignments/949419">https://canvas.pointloma.edu/courses/68895/assignments/949419</a> )	
		
	 <a href="#">Week 10 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949423">https://canvas.pointloma.edu/courses/68895/assignments/949423</a> )	
		
	 <a href="#">Week 10 Discussion: Serve Part 2</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949409">https://canvas.pointloma.edu/courses/68895/assignments/949409</a> )	
		
	 <a href="#">Week 10 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949424">https://canvas.pointloma.edu/courses/68895/assignments/949424</a> )	
		
	 <a href="#">Week 11 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949425">https://canvas.pointloma.edu/courses/68895/assignments/949425</a> )	
		
	 <a href="#">Week 11 Discussion: Net Play</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949410">https://canvas.pointloma.edu/courses/68895/assignments/949410</a> )	
		



Date	Details	Due
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949426">Week 11 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949426">https://canvas.pointloma.edu/courses/68895/assignments/949426</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949427">Week 12 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949427">https://canvas.pointloma.edu/courses/68895/assignments/949427</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949408">Week 12 Discussion: Net Play</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949408">https://canvas.pointloma.edu/courses/68895/assignments/949408</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949428">Week 12 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949428">https://canvas.pointloma.edu/courses/68895/assignments/949428</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949429">Week 13 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949429">https://canvas.pointloma.edu/courses/68895/assignments/949429</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949407">Week 13 Discussion: Full Play</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949407">https://canvas.pointloma.edu/courses/68895/assignments/949407</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949430">Week 13 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949430">https://canvas.pointloma.edu/courses/68895/assignments/949430</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949431">Week 14 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949431">https://canvas.pointloma.edu/courses/68895/assignments/949431</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949406">Week 14 Discussion: Doubles</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949406">https://canvas.pointloma.edu/courses/68895/assignments/949406</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949432">Week 14 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949432">https://canvas.pointloma.edu/courses/68895/assignments/949432</a> ) 	



Date	Details	Due
	<p> <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/68895/assignments/949403">https://canvas.pointloma.edu/courses/68895/assignments/949403</a>)</p> <p></p>	
	<p> <a href="#">Week 1: Video of the Week</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949433">https://canvas.pointloma.edu/courses/68895/assignments/949433</a>)</p> <p></p>	
	<p> <a href="#">Week 2 Assignment</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949434">https://canvas.pointloma.edu/courses/68895/assignments/949434</a>)</p> <p></p>	
	<p> <a href="#">Week 2 Discussion: Spins and Hitting</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949418">https://canvas.pointloma.edu/courses/68895/assignments/949418</a>)</p> <p></p>	
	<p> <a href="#">Week 2: Discussion: Spins and Hitting</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949404">https://canvas.pointloma.edu/courses/68895/assignments/949404</a>)</p> <p></p>	
	<p> <a href="#">Week 2: Video of the Week</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949435">https://canvas.pointloma.edu/courses/68895/assignments/949435</a>)</p> <p></p>	
	<p> <a href="#">Week 3 Assignment</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949436">https://canvas.pointloma.edu/courses/68895/assignments/949436</a>)</p> <p></p>	
	<p> <a href="#">Week 3 Discussion: Grips</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949417">https://canvas.pointloma.edu/courses/68895/assignments/949417</a>)</p> <p></p>	
	<p> <a href="#">Week 3 Discussion: Grips</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949405">https://canvas.pointloma.edu/courses/68895/assignments/949405</a>)</p> <p></p>	



Date	Details	Due
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949437">Week 3: Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949437">https://canvas.pointloma.edu/courses/68895/assignments/949437</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949438">Week 4 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949438">https://canvas.pointloma.edu/courses/68895/assignments/949438</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949416">Week 4 Discussion: Forehand Part 1</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949416">https://canvas.pointloma.edu/courses/68895/assignments/949416</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949439">Week 4 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949439">https://canvas.pointloma.edu/courses/68895/assignments/949439</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949440">Week 5 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949440">https://canvas.pointloma.edu/courses/68895/assignments/949440</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949415">Week 5 Discussion: Forehand Part 2</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949415">https://canvas.pointloma.edu/courses/68895/assignments/949415</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949441">Week 5 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949441">https://canvas.pointloma.edu/courses/68895/assignments/949441</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949442">Week 6 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949442">https://canvas.pointloma.edu/courses/68895/assignments/949442</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949414">Week 6 Discussion: Two-handed Backhand</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949414">https://canvas.pointloma.edu/courses/68895/assignments/949414</a> ) 	
	 <a href="https://canvas.pointloma.edu/courses/68895/assignments/949443">Week 6 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949443">https://canvas.pointloma.edu/courses/68895/assignments/949443</a> )	

Date	Details	Due
		
	 <a href="#">Week 7 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949444">https://canvas.pointloma.edu/courses/68895/assignments/949444</a> )	
		
	 <a href="#">Week 7 Discussion: Single-handed Backhand</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949413">https://canvas.pointloma.edu/courses/68895/assignments/949413</a> )	
		
	 <a href="#">Week 7 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949445">https://canvas.pointloma.edu/courses/68895/assignments/949445</a> )	
		
	 <a href="#">Week 8 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949446">https://canvas.pointloma.edu/courses/68895/assignments/949446</a> )	
		
	 <a href="#">Week 8 Discussion: Tennis Scoring, Court Lines and Etiquette</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949412">https://canvas.pointloma.edu/courses/68895/assignments/949412</a> )	
		
	 <a href="#">Week 8 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949447">https://canvas.pointloma.edu/courses/68895/assignments/949447</a> )	
		
	 <a href="#">Week 9 Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949448">https://canvas.pointloma.edu/courses/68895/assignments/949448</a> )	
		
	 <a href="#">Week 9 Discussion: Serve Part 1</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949411">https://canvas.pointloma.edu/courses/68895/assignments/949411</a> )	
		
	 <a href="#">Week 9 Video of the Week</a> ( <a href="https://canvas.pointloma.edu/courses/68895/assignments/949449">https://canvas.pointloma.edu/courses/68895/assignments/949449</a> )	
		



Date	Details	Due
	<p> <a href="#">Wrap Up Week   Wellness Survey</a> (<a href="https://canvas.pointloma.edu/courses/68895/assignments/949450">https://canvas.pointloma.edu/courses/68895/assignments/949450</a>)</p> 	

