

Course Syllabus

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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Kinesiology/Point Loma Nazarene</p> <p>Beginning Tennis PED 1020</p> <p>1 Unit</p>
Spring 2021	

Meeting days: Monday/Wednesday	Professor Rich Hills
Meeting times: 11 – 11:55 am	Phone: 619-849-2206
Meeting location: Tennis Courts	Email: rhills@pointloma.edu
Final Exam: As Posted	Office location: Kinesiology #3

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

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

Standard Grade Scale Based on Percentages

A	B	C	D
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

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

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 or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop 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) (<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) (<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/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDCClient/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
Tue Aug 18, 2020	 PED1020-1 FA20 - Beginning Tennis https://canvas.pointloma.edu/calendar?event_id=76978&include_contexts=course_55119	9:30am to 10:15am
	 PED1020-3 FA20 - Beginning Tennis https://canvas.pointloma.edu/calendar?event_id=76979&include_contexts=course_55119	11pm to 11:45pm
Tue Sep 29, 2020	 Week 7: Video of the Week Copy	to do: 11:59pm
	 Week 1 Overview	to do: 11:59pm
	 COVID-19 Preparedness https://canvas.pointloma.edu/courses/55119/assignments/621316	due by 11:59pm
Mon Mar 1, 2021	 Week 1: Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/617012	due by 11:59pm
	 Week 1: Video of the Week	to do: 11:59pm
	 Week 1: Video of the Week Copy	to do: 11:59pm
	 Week: 1 Zoom class meeting	to do: 11:59pm
Wed Mar 3, 2021	 Week 1 Discussion: Where are you from and what is your tennis experience if any? https://canvas.pointloma.edu/courses/55119/assignments/612543	due by 11:59pm
Fri Mar 5, 2021	 Week 1 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612552	due by 11:59pm
Sun Mar 7, 2021	 Week 1: Discussion: Where are you from and what is your tennis experience if any? https://canvas.pointloma.edu/courses/55119/assignments/617013	due by 11:59pm
	 Week 2 Overview	to do: 11:59pm
Mon Mar 8, 2021	 Week 2: Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/617017	due by 11:59pm
	 Week 2: Video of the Week	to do: 11:59pm

Date	Details	Due
Sun Mar 14, 2021	 Week 2 Discussion: Spins and Hitting https://canvas.pointloma.edu/courses/55119/assignments/612542	due by 11:59pm
	 Week 2 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612553	due by 11:59pm
Mon Mar 15, 2021	 Week 2: Discussion: Spins and Hitting https://canvas.pointloma.edu/courses/55119/assignments/617018	due by 11:59pm
	 Week 3 Overview	to do: 11:59pm
Sun Mar 21, 2021	 Week 3: Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/617019	due by 11:59pm
	 Week 3: Video of the Week	to do: 11:59pm
Sun Mar 21, 2021	 Week 3 Discussion: Grips https://canvas.pointloma.edu/courses/55119/assignments/612541	due by 11:59pm
	 Week 3 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612554	due by 11:59pm
Mon Mar 22, 2021	 Week 3: Discussion: Grips https://canvas.pointloma.edu/courses/55119/assignments/617052	due by 11:59pm
	 Week 4 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631703	due by 11:59pm
Wed Mar 24, 2021	 Week 4 Overview	to do: 11:59pm
	 Week 4: Video of the Week	to do: 11:59pm
Wed Mar 24, 2021	 Week 4 Discussion: Forehand Part 1 https://canvas.pointloma.edu/courses/55119/assignments/612540	due by 11:59pm
	 Week 4 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612555	due by 11:59pm
Mon Mar 29, 2021	 Week 5 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631704	due by 11:59pm
	 Week 5 Overview	to do: 11:59pm
Wed Mar 31, 2021	 Week 5: Video of the Week	to do: 11:59pm
	 Week 5 Discussion: Forehand Part 2 https://canvas.pointloma.edu/courses/55119/assignments/612539	due by 11:59pm
Fri Apr 2, 2021	 Week 5 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612556	due by 11:59pm

Date	Details	Due
Mon Apr 5, 2021	 Week 6 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631705	due by 11:59pm
	 Week 6 Overview	to do: 11:59pm
Wed Apr 7, 2021	 Week 6 Discussion: Two-handed Backhand https://canvas.pointloma.edu/courses/55119/assignments/612538	due by 11:59pm
	 Week 6 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612557	due by 11:59pm
Mon Apr 12, 2021	 Week 7 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631706	due by 11:59pm
	 Week 7 Overview	to do: 11:59pm
Wed Apr 14, 2021	 Week 7: Video of the Week	to do: 11:59pm
	 Week 7 Discussion: Single-handed Backhand https://canvas.pointloma.edu/courses/55119/assignments/612537	due by 11:59pm
Fri Apr 16, 2021	 Week 7 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612558	due by 11:59pm
	 Week 8 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631707	due by 11:59pm
Mon Apr 19, 2021	 Week 8 Overview	to do: 11:59pm
	 Week 8: Video of the Week	to do: 11:59pm
Wed Apr 21, 2021	 Week 8 Discussion: Tennis Scoring, Court Lines and Etiquette https://canvas.pointloma.edu/courses/55119/assignments/612536	due by 11:59pm
	 Week 8 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612560	due by 11:59pm
Mon Apr 26, 2021	 Week 9 Overview	to do: 11:59pm
	 Week 9 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631708	due by 11:59pm
	 Week 9: Video of the Week	to do: 11:59pm

Date	Details	Due
Wed Apr 28, 2021	 Week 9 Discussion: Serve Part 1 https://canvas.pointloma.edu/courses/55119/assignments/612534	due by 11:59pm
Fri Apr 30, 2021	 Beginning Tennis Exam https://canvas.pointloma.edu/courses/55119/assignments/612527	due by 11:59pm
	 Week 9 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612561	due by 11:59pm
Mon May 3, 2021	 Week 10 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631698	due by 11:59pm
	 Week 10 Overview	to do: 11:59pm
	 Week 10: Video of the Week	to do: 11:59pm
Wed May 5, 2021	 Week 10 Discussion: Serve Part 2 https://canvas.pointloma.edu/courses/55119/assignments/612531	due by 11:59pm
Fri May 7, 2021	 Week 10 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612545	due by 11:59pm
Mon May 10, 2021	 Week 11 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631699	due by 11:59pm
	 Week 11 Overview	to do: 11:59pm
	 Week 11: Video of the Week	to do: 11:59pm
Wed May 12, 2021	 Week 11 Discussion: Net Play https://canvas.pointloma.edu/courses/55119/assignments/612532	due by 11:59pm
Fri May 14, 2021	 Week 11 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612547	due by 11:59pm
Mon May 17, 2021	 Week 12 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631700	due by 11:59pm
	 Week 12 Overview	to do: 11:59pm
	 Week 12: Video of the Week	to do: 11:59pm
Wed May 19, 2021	 Week 12 Discussion: Net Play https://canvas.pointloma.edu/courses/55119/assignments/612530	due by 11:59pm
Fri May 21, 2021	 Week 12 Assignment https://canvas.pointloma.edu/courses/55119/assignments/612548	due by 11:59pm
Mon May 24, 2021	 Week 13 Video of the Week https://canvas.pointloma.edu/courses/55119/assignments/631701	due by 11:59pm

Date	Details	Due
	 Week 13 Overview	to do: 11:59pm
	 Week 13: Video of the Week	to do: 11:59pm
Wed May 26, 2021	 Week 13 Discussion: Full Play (https://canvas.pointloma.edu/courses/55119/assignments/612529)	due by 11:59pm
Fri May 28, 2021	 Week 13 Assignment (https://canvas.pointloma.edu/courses/55119/assignments/612549)	due by 11:59pm
	 Week 14 Video of the Week (https://canvas.pointloma.edu/courses/55119/assignments/631702)	due by 11:59pm
Mon May 31, 2021	 Week 14 Overview	to do: 11:59pm
	 Week 14: Video of the Week	to do: 11:59pm
Wed Jun 2, 2021	 Week 14 Discussion: Doubles (https://canvas.pointloma.edu/courses/55119/assignments/612528)	due by 11:59pm
Fri Jun 4, 2021	 Week 14 Assignment (https://canvas.pointloma.edu/courses/55119/assignments/612550)	due by 11:59pm
Mon Jun 7, 2021	 Week 15 Overview	to do: 11:59pm
Fri Jun 11, 2021	 Wrap Up Week Wellness Survey (https://canvas.pointloma.edu/courses/55119/assignments/641167)	due by 11:59pm