

**YORK UNIVERSITY**  
**FACULTY OF HEALTH**  
**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**  
**PKIN 0435.00 - TENNIS I**  
**WINTER TERM - 2024**

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**INSTRUCTOR:** Michael Mitchell (416) 710-5549 cell  
Email - [mmitchel@yorku.ca](mailto:mmitchel@yorku.ca)

**TIME/DATE:** Sections: Winter Term – Jan 9, 2024 – April, 2024  
Section M Tuesday & Thursday 10:00 am-11:00 am. No Class reading week  
Section N Tuesday & Thursday 11:00 am- 12:00 pm. Of Feb 19-24.

**PREREQUISITE / CO-REQUISITE:** NONE (KHS majors first accepted into course)

**FACILITY:** Tennis Canada Bubble Courts (4), (Behind Aviva building on south side)

**York University SQUASH courts/classrooms on selected dates when no indoor courts are available at Tennis Canada.** This class always meets in person.  
Possible use of West Fieldhouse other locations on York campus.

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**COURSE DESCRIPTION:** An introduction to Tennis. Emphasis is placed on developing effective practice for learning the basic strokes, drills, tactics, movement and methodology implemented related to core competences in KHS program. Students will learn rules of play, quiz, singles/ doubles play, activities, review of materials for exam purposes. Focus will be groundstrokes, serves, returns, progressions that engage play providing an emphasis on developing accuracy and consistency. Theory with practical methods to teaching beg/intermediates using Tennis Canada approved methods. Students will be required to participate in class presentations, observe aspects from tennis world and ensued discussions with final evaluation through ongoing practical participation.

**EVALUATION:** Practical 50% - Skill performance and demonstration of strokes. Evaluation will be on going throughout course by instructor evaluation of exercise. Minimum demonstration of skills required. Tactical skills observed through drills, game based situations, in class discussions & Tennis observation.

Theory 30% - Rules Quiz – 10 %  
Theory Exam – 20 %

Attendance / Participation 20% - based on physical & active attendance

Grading - A B C F or **Pass/Fail**  
To exercise Pass/Fail option students sign applicable P/F form. This will be submitted to undergraduate office term completion. Understand policy for P/F option. If you opt for the P/F option a letter grade will not be provided.

**COURSE CONTENT AND LEARNING OBJECTIVES:** The student will learn and execute the following:

- Basic stroke development and awareness.
- Singles and Doubles tactics/strategies, drills recommend for skill acquisition.
- Rules and regulations of the game, tournament, round robin organization.
- Introduce practical methods in developing new skills and understand be able explain the complexities in learning new motor skills.
- Develop abilities to teach progressive skills and engage students in movement.
- Enhance appreciation and derive benefits from health activity.
- Course content using Actions Methodology.
- Demonstrate & perform basic movement within a variety of class settings and different applications.
- Develop mutually beneficial interactions for learning within a small group.
- Generalize practical physical activity experiences to enhance further opportunities in Sport and for life.
- Integrate physical activity daily, implementing The Slight Edge.
- Promote sport/ activities as opportunity for long health benefits in future.

**TEXTBOOK:** Handout package available for purchase.

**EQUIPMENT:** Racquets available, balls provided. Bring water bottle, recommend wearing York clothing or proper attire. (Ensure proper use of any personal equipment (Racquets) provided daily to the class.) If wishing use own racquets please bring to section.

**DRESS:** Tennis shoes, proper footwear, court shoes recommended (National tennis facility) & playing clothes, no boots, sandals, jeans, ensure the safety of students is not inhibited through improper wear respecting the individual needs. Recommended proper hydration/ nutrition leading up to class.

**ATTENDANCE:** As per PKIN requirements, **80%** term attendance required. Student-instructor agreement on make-up for classes missed due to illness or injury. This must be agreed upon before and with instructor permission.

**ATTENDANCE POLICY:** This 24 hour practicum, 8 weeks x 2 weekly (1 hours), students are allowed 3 absences. However there will be deductions on the attendance/ practical evaluations portion of grade breakdown for missed sections. It is the discretion of course instructor to permit for missed classes to be attended in other sections or the following term to satisfy the mandatory 80 % PKIN requirement.

**Lateness Penalty.** Students within reason are expected to be present for the majority of the class and actively participating, understanding with some degree that other issues may affect timing with the transit schedules or weather related circumstances. Students may make up in other racket sport sections offered by course instructor with prior permission.

\*\*Students expected to be familiarized with information from the Senate Committee pertaining to Academic standards and policy, Curriculum and Pedagogy webpage. \*\*