

**SPORT SCIENCE & MANAGEMENT
SS5102 TENNIS**

Academic Year	2024-25	Semester	1
Course Coordinator			
Course Code	SS5102		
Course Title	Tennis		
Pre-requisites	-		
No of AUs	3		
Contact Hours	39		

Course Aims

This course aims to impart the knowledge and competencies essential to understanding and appreciating tennis. You will be introduced to the basic skills necessary to play tennis.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. play and enjoy a social game of tennis.
2. explain the rules and etiquette of the game and use them to play games.
3. describe how different types of competitions are organised and for what specific purposes.
4. provide comments on the game played at competitive or recreational levels and its significance in the sport industry.

Course Content

The following topics will be covered:

1. Introduction to tennis – historical development, rules, etiquette and current trends
2. Establishing the initial level of competency and discovering timing, rhythm, footwork and ideal contact points for various grips
3. Basic forehand and backhand groundstrokes and volleys using the continental grip
4. Forehand and backhand topspin groundstrokes with the eastern grips
5. Semi-western grips with the double-handed backhand grip
6. Volley and serve and overheads
7. Basic singles play and strategies
8. Specialty shots like half volleys and drops and variety to the serves
9. Doubles play and doubles strategies
10. Individual and team competitions

NTU Competencies & Graduate Attributes

NTU Competencies

Character	√
Competence	√
Cognitive agility	√

NTU Graduate Attributes

Graduate Attributes	Level (i.e., basic, intermediate, advanced)
1. Adaptability	Advanced
2. Communication	Intermediate
3. Decision Making	Basic
4. Learning Agility	Basic
5. Self Management	Intermediate

Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Weighting	Team/ Individual	Assessment Rubrics
1. Practical Assessment	1-2	60%	Individual	Appendix 1 (Skills)
2. Theory Assessment (Quiz)	2-4	30%	Individual	(Quiz)
3. Participation	1,2,4	10%	Individual	Appendix 2
Total		100%		

Formative Feedback

You will be provided with regular feedback on your learning throughout the course by the instructors. You will also receive feedback from your peers on various sharing platforms. You will receive verbal feedback on the overall test performance for the class tests.

Learning and Teaching Approach

Approach	How does this approach support you in achieving the learning outcomes?
Presentation	The instructor will present and explain the rules and concepts of the game to you.
Situational games	You will participate in situational games that are designed to highlight a concept associated with the game. After each situational game, the instructor will lead a Q&A session with you to elicit the concept.
Developmental focus tasks	You will participate in developmental focus tasks to practice the techniques and skills needed to enact the concept elicited in the situational games.

Reading and References

NIE Research and Publications

Nil

Other Readings and References

Recommended Texts:

1. Bollettieri. (2016). *Nick Bollettieri's tennis handbook* (2nd ed.). Human Kinetics.
2. www.tennisone.com

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory – punctually, submit all scheduled assignments and take tests by due dates. You are not allowed to swap laboratory groups without express permission from the course coordinator. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions they have missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick, supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

(3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

(4) Attire and safety

You are strongly encouraged to wear proper sports shoes (preferably court shoes instead of running shoes that support your ankle and multi-direction change). No sandals or general going-out shoes are allowed. Wear comfortable sports apparel for lessons. Please remove jewellery such as necklaces, earrings, rings, etc. and trim your nails. Bring a set of dry clothes to change into after the class. Bring along a water bottle for hydration purposes.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognise your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion, and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [NTU Student Academic Integrity Policy and Procedures link](#) in the Student Portal for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Special note: Generative AI tools will be allowed to the extent stipulated for each assignment in the assignment instructions, and any such use must be duly referenced or disclosed.

Course Instructors

Instructor	Office Location	Phone	Email
TBA			

Planned Weekly Schedule

Week	Topic	ILO	Readings/ Activities
1	Introduction to tennis – historical development, rules, etiquette and current trends	2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
2	Establishing the initial level of competency and discovering timing, rhythm, footwork and ideal contact points for various grips	1	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
3	Basic forehand and backhand groundstrokes and volleys using the continental grip	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
4	Forehand and backhand topspin groundstrokes with the eastern grips	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
5	Semi-western grips with the double-handed backhand grip	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
6	Volley and serve and overhead	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
7	Basic singles play and strategies	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
Recess Week			

8	Speciality shots like half volleys and drops and variety to the serves	1,2	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
9	Doubles play and doubles strategies	1,2,3	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
10	Individual and team competitions (1)	1,2,3,4	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
11	Individual and team competitions (2)	1,2,3,4	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
12	Individual and team competitions (3)	1,2,3,4	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions
13	Individual and team competitions (4)	1,2,3,4	<ul style="list-style-type: none"> • Readings as per recommended text • Practical sessions

Appendix 1: Assessment Criteria for Performance (60%)

You will be assessed individually on the performance of the game-related behaviours during gameplay. The weighting for this gameplay assessment is 60%. Scored obtained will be converted to 60% of the total mark.

	A+, A, A-	B+, B	B-, C+, C	D+, D	F
Individual playing ability (max 60)	Clearly demonstrates all techniques to a high standard and able to apply them effectively during game situations.	Demonstrates most techniques to a good standard and often able to apply them effectively during game situations.	Able to demonstrate most techniques well but struggles to apply them effectively during game situations.	Unable to demonstrate most techniques well and often ineffective during game play.	Very poor technique and ineffective play during game situations.
Communication and teamwork (max 20)	Consistently communicates clearly with group members during play and makes a strong contribution to pair play and success.	Most communication during play is clear and makes a regular effort and contribution to pair play and success.	Communication with group members during games is not always clear or consistent, and contribution to pair play is intermittent.	Rarely communicates with group members during play and makes selective contributions to pair play.	Fails to communicate with group members during play and makes little contribution to pair play.
Playing knowledge (max 20)	Demonstrates clear knowledge of game rules and situations as they occur and plays consistently to the rules.	Demonstrates good knowledge of game rules in most situations as they occur and typically plays to the rules.	Demonstrates some knowledge of game rules in some situations and mostly plays to the rules.	Selected knowledge of game rules, situations, and play is not always to the rules.	Unclear knowledge of game rules and situations as they occur and often makes mistakes with the game rules.

Appendix 2: Participation (10%)

You will be assessed based on your individual level of participation. The weighting for this individual level of participation is 10%.

	10-8	7-6	5-4	3-2	1-0
Pre-class readings and/or participation in activities during class	Completes all the required readings and/or actively participates in all activities during class	Completes most of the required readings and/or actively participates in most of the activities during class	Completes some of the required readings and/or actively participates in some of the activities during class	Does not complete the required readings and/or actively participate in activities during class	Pre-class readings and/or participation in activities during class