

Syllabus for
HPE 029—Intermediate/Advanced Tennis and Fitness
1 Credit Hour
Fall 2017

I. COURSE DESCRIPTION

Designed for the student to improve upon his or her basic tennis knowledge and skill. Advanced techniques and tactics are introduced in order to aid the student with the development of a higher level game.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703. Passed Swim Proficiency test.

II. COURSE GOALS

The purpose of this course is designed to enable the student do the following:

- A. Develop an understanding and appreciation of the game of tennis.
- B. Appreciate the social, economic, and entertainment aspects of sports in American life.
- C. Appreciate how tennis fits into the aerobics program and the benefits of tennis.
- D. Develop an understanding of how the game of tennis can contribute to the development of the whole person.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- A. Demonstrate advanced level skills and playing strategy in accordance with the skill evaluation listed herein.
- B. Exhibit speed, agility, coordination, and endurance to the degree required in the skill evaluation and advanced-class-level competition.
- C. Differentiate between suitable and unsuitable equipment.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbook
Gordon, B. (2012). *Game, set, match: The comprehensive guide of tactics and strategies for winning tennis* (2nd ed.). Peosta, IA: Eddie Bowers.
ISBN-13: 978-1-578790-74-6
- 2. Other
ORU Aerobic Activity Log booklet or Fitbit® Charge HR

B. Optional Materials

- 1. Textbooks
None
- 2. Other
None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
4. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.
5. Students are to be in compliance with University, school, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
 - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

B. Department Policies and Procedures

1. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences

Based on Days Each Week Class Meets During Semester			Letter Grade Reduced From Final Grade
1/Week	2/Week	3/Week	
1-2	1-4	1-6	0
3	5	7	1
4	6	8	2
5	7	9	3
6	8	10	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.
2. Field Test Policy
 - a. Must be taken every semester in each enrolled activities class.
 - b. Must be administered by the student's activities class instructor during the scheduled class time.
 - c. Automatic failure for cheating on Field Test or assisting another to cheat.
3. This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE activity requirements for graduation.

C. Course Policies and Procedures

1. Evaluations
 - a. Grading percentages:
 - (1) Health and Fitness (Choose one of the two options below)
 - (a) **Aerobic Points Option = 50%**

Aerobic Points	5%
(Aerobic points will be handed in every other week using only the ORU Aerobic Activity Log.)	
Body Mass Index (BMI)	5%
Field Test	<u>40%</u>
(or)	
Steps	10%
BMI	5%
Heart Rate/Active Minutes	15%
Field Test Participation	5%
Field Test	<u>15%</u>
 - (2) Activity/Participation

Undergrad exam #1	25%
(Tear-out textbook exam pages and submit by week #4). <u>Submissions must be original textbook pages; no copies accepted.</u>)	
Undergrad exam #2	25%
(Tear-out textbook exam pages and submit by week #13). <u>Submissions must be original textbook pages; no copies accepted.</u>)	

Total 100%

- b. Grading scale:
 - A = 90%
 - B = 80%
 - C = 70%
 - D = 60%
 - F = 59% and below
- 2. D2L
 - a. Students should go to D2L to check their information during the course of the semester.
 - b. Students final grade percentage will be visible in their online site.
- 3. Whole Person Assessment Requirements:
 - None
- 4. Health and Fitness Standard Charts
 - a. Aerobic points (average weekly amount for 13 weeks):

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

b. Fitbit® STEPS and HEART RATE points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	POINTS EARNED	HEART RATE (Cardio & Peak)	POINTS EARNED
≥ 10,000	10	≥ 100	10
9,000 - 9,999	9	90 - 99	9
8,000 - 8,999	8	80 - 89	8
7,000 - 7,999	7	70 - 79	7
6,000 - 6,999	6	60 - 69	6
5,000 - 5,999	5	50 - 59	5
4,000 - 4,999	4	40 - 49	4
3,000 - 3,999	3	30 - 39	3
2,000 - 2,999	2	20 - 29	2
1,000 - 1,999	1	1 - 19	1
< 1,000	0	FAT BURN	
		≥ 50	5
		40 - 49	4
		30 - 39	3
		20 - 29	2
		10 - 19	1
		< 10	0

c. Field Test Standards

2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	15	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	14	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	13	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	12	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	11	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	10	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	9	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	8	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	7	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	6	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	5	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	4	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	3	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	2	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	1	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	0	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
		24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
		23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
		22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
		21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
		20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
		19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor		18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
		17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
		16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
		15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
		14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
		13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
		12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
		11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor		10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
		9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
		8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
		7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
		6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
		5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
		4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
		3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
		2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
		1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
		0	>22:30	>24:30	>23:30	>25:30	>24:30	>26:30	>25:30	>27:30	>26:30	>28:30

2-MILE WALKING FIELD TEST STANDARDS

Level of CR Fitness	Points	Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
				Male	Female	Male	Female	Male	Female	Male	Female
Superior	15 40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	14 39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	13 38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	12 37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	11 36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	10 35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	9 34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	8 33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	7 32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	6 31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	5 30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	4 29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	3 28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	2 27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	1 26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	0 25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
	1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

VI. COURSE CALENDAR

Week	Topic
1	Introduction and class procedures
2	Forehand ground stroke review and introduction of modern open-stance forehand
3	2-Mile Field Test
4	Backhand ground stroke review and introduction of modern open-stance, one-handed, and two-handed backhands
5	Volley review and introduction of the half volley and the serve and volley Undergrad exam #1 due (from textbook, tear-out original sheets only)
6	The flat serve
7	The slice serve
8	The topspin/kick serve
9	Scoring and rules Undergraduate exam #2 due (from textbook, tear-out original sheets only)
10	The tiebreak
11	Basic doubles formation and strategy
12	Signaling in doubles
13	The Australian and I-formations
14	Round robin tournament
15	Round robin tournament

Student is required to have checked, recorded, and uploaded all required D2L information. Late work is not accepted.

Student can access their D2L site and view their final grade.

Course Inventory for ORU's Student Learning Outcomes
HPE 029—Intermediate/Advanced Tennis and Fitness
Fall 2017

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

	OUTCOMES & Proficiencies/Capacities	Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
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1	Outcome #1—Spiritually Alive Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit			X	
1C	Evangelistic capability		X		
1D	Ethical behavior		X		

2	Outcome #2—Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking			X	
2B	Information literacy			X	
2C	Global & historical perspectives				X
2D	Aesthetic appreciation		X		
2E	Intellectual creativity			X	

3	Outcome #3—Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			

4	Outcome #4—Socially Adept Proficiencies/Capacities				
4A	Communication skills			X	
4B	Interpersonal skills		X		
4C	Appreciation of cultural & linguistic differences			X	
4D	Responsible citizenship				X
4E	Leadership capacity			X	