



Basic Course Information

Semester:	Spring 2021	Instructor Name:	John M. Palacio
Course Title & #:	ES 126	Email:	mike.palacio@imperial.edu
CRN #:	21740	Webpage (optional):	n/a
Classroom:	HYBRID: DE/Tennis Courts	Office #:	n/a
Class Dates:	2/16/21-6/11/21	Office Hours:	n/a
Class Lecture:	Online DE	Office Phone #:	760-352-8320
Class Labs:	TBA	Emergency Contact:	Ms. Frances Arce-Gomez
Units:	1.0	Class Format:	Lecture/Laboratory

Course Description

Tennis offers training in the basic fundamentals of the game including history, rules, and etiquette. Social etiquette of the game is stressed along with the worthy use of leisure time. Tournament competition in singles and doubles is emphasized. (Formerly PE 126) (UC credit limited. See a counselor.) (CSU/UC)

Course Prerequisite(s) and/or Corequisite(s)

No prerequisite and/or corequisite

Student Learning Outcomes

1. Exhibit improved fundamental tennis strokes and foot work. (ILO1, ILO2, ILO3, ILO4)
2. Demonstrate knowledge of tennis fundamentals and court etiquette. (ILO1, ILO2, ILO4)

Course Objectives

1. Develop competency in basic essential fundamentals of tennis.
2. Recognize the basic strategy in singles and doubles competition.
3. Demonstrate a thorough knowledge of the rules, history, courtesy, etiquette, and terminology of tennis.
4. Recognize the causes of his shot mistakes.
5. Discuss and show competency on footwork, grips, backswing, and follow through.
6. Summarize a wholesome appreciation of competitive and leisure time activity.
7. Develop cardiovascular awareness.

Textbooks & Other Resources or Links

Brown, Jim 2013. *Tennis: Steps to Success* 4th. Human Kinectics ISBN: 9780495111559.



Course Requirements and Instructional Methods

ES 126 has both distance delivery instruction and skill demonstration activities. The course requires that students review and practice techniques, develop competency, and demonstrate basic knowledge of practices utilized during games or competitions.

Course Grading Based on Course Objectives

Class is made up of 300 points.

Participation 100 points

Mid-term 100 points

Final 100 points

Course Policies

You are expected to attend class each time class is in session. Excess absences will impact your final grade. Academic dishonesty will not be tolerated.

Other Course Information

At the end of each week there will be a short YouTube and two questions to help reinforce what you have learned throughout the assigned week.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic
Week 1 February 16-19	Syllabus & Introduction Class Orientation, COVID restriction, CANVAS, YouTube → Go Play
Week 2 February 22-26	Techniques Ups, downs/advanced up/downs → Find a racquet, etc
Week 3 March 3 -5	Forehand grip → Up/downs, flips, flops, Beginner serves
Week 4 March 8 -12	Wall, partner, club practice, backhand
Week 5 March 15-19	Slow motion, ball control, slow motion volleys
Week 6 March 22-26	Intro – Scoring and basic rules, 15-30-40-Game. How to start a game, court stances.
Week 7 March 29 – April 2	More scoring and rules, ads, odd game, service switches, sets, etc
Week 8 April 5 - 9	Spring Recess (Campus Closed)

Date or Week	Activity, Assignment, and/or Topic
Week 9 April 12-16	Racquet lingo and court etiquette
Week 10 April 19-23	Midterm – Review (Zoom)
Week 11 April 26 – 30	Midterm
Week 12 May 3 – 7	How to play at match
Week 13 May 10 – 14	Continuance of ‘how to play a match’
Week 14 May 17-21	How to play a COVID match
Week 15 May 24 – 28	How to practice safely, San Diego Tennis Association, Southern California Tennis Association, US Tennis Association
Week 16 June 31 – June 4	Review for Final Exam
Week 17 June 7 – 11	Final Exam

*****Subject to change without prior notice*****