I. **Course Description:** This course is a wellness and activities class designed for students to grasp a better understanding of the activity and practice a healthy lifestyle. Group exercise theories will be taught during this course to develop basic skills and gain physical and cognitive benefits. Lectures will be included in this class to help evaluate learned concepts, and promote positive behaviors toward living an active lifestyle. There is a $10.00 lab fee for this course.

II. **Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):**
- **Program Learning Outcomes:** This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.
- **Student Learning Outcomes:** To gain knowledge in order to participate in tennis efficiently and safely and to maintain a healthy and positive attitude toward active living.

III. **Course Assignments, Activities, Instructional Strategies, use of Technology:**
1. Students must be dressed appropriate for activity. If you cannot participate due to inappropriate attire, you will lose participation points.
2. Inappropriate attire includes but is not limited to: jeans, muscle tees, boots, flip flops, etc.
3. All students must wear a shirt. Participating topless or in a sports bra alone is not allowed.
4. Taunting and profanity will not be tolerated under any circumstances.
5. This is an activities class meaning students need to be prepared to be active for the majority if not all of the class time.
6. Cell phone use will result in a loss of participation points.

IV. **Evaluation and Assessments (Grading):**
- Attendance/Participation (10 pts/wk)
- 150 Quizzes (2) 50
- Doubles Tournament 50
- Final Exam 50
- **Total 300**
Opportunities for extra credit will be available during the semester.

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 22\textsuperscript{nd} – 24\textsuperscript{th}</td>
<td>Syllabus and rules</td>
</tr>
<tr>
<td>Jan 29\textsuperscript{th} – 31\textsuperscript{st}</td>
<td>Forehand</td>
</tr>
<tr>
<td>Feb 5\textsuperscript{th} – 7\textsuperscript{th}</td>
<td>Backhand</td>
</tr>
<tr>
<td>Feb 12\textsuperscript{th} – 14\textsuperscript{th}</td>
<td>Groundstrokes</td>
</tr>
<tr>
<td>Feb 19\textsuperscript{th} – 21\textsuperscript{st}</td>
<td>Drills</td>
</tr>
<tr>
<td>Feb 26\textsuperscript{th} – 28\textsuperscript{th}</td>
<td>Volleys</td>
</tr>
<tr>
<td>Mar 5\textsuperscript{th} – 7\textsuperscript{th}</td>
<td>Serves</td>
</tr>
<tr>
<td>Mar 12\textsuperscript{th} – 14\textsuperscript{th}</td>
<td>Serves and returns</td>
</tr>
<tr>
<td>Mar 19\textsuperscript{th} – 21\textsuperscript{st}</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Mar 26\textsuperscript{th} – 28\textsuperscript{th}</td>
<td>Rallies</td>
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<tr>
<td>Apr 2\textsuperscript{nd} – 4\textsuperscript{th}</td>
<td>Rallies</td>
</tr>
<tr>
<td>Apr 9\textsuperscript{th} – 11\textsuperscript{th}</td>
<td>Tournament</td>
</tr>
<tr>
<td>Apr 16\textsuperscript{th} – 18\textsuperscript{th}</td>
<td>Tournament / Easter</td>
</tr>
<tr>
<td>Apr 23\textsuperscript{nd} – 25\textsuperscript{th}</td>
<td>Tournament</td>
</tr>
<tr>
<td>Apr 30\textsuperscript{th} – May 2\textsuperscript{nd}</td>
<td>Tournament</td>
</tr>
<tr>
<td>May 7\textsuperscript{th}</td>
<td>Exam Review</td>
</tr>
<tr>
<td>May 9\textsuperscript{th}</td>
<td>Final Exam</td>
</tr>
</tbody>
</table>

VI. Readings (Required and recommended—including texts, websites, articles, etc.):

“Tennis Fundamentals” author: Carol Matsuzaki 2004. This book is not required but recommended.

VII. Course Evaluations: Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!”

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.
VIII. Student Ethics and Other Policy Information: Found at http://www.sfasu.edu/policies/

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Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

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Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/

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Student Academic Dishonesty: Policy 4.1
Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to, reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university. Student Appeals A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at http://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.