

UNIVERSITY OF GEORGIA

Mary Frances Early College of Education | Department of Kinesiology

Fall 2020 | PEDB 1350 Beginning Tennis

Tuesday/Thursday & 11:10-12:25

Meeting Place: UGA Intramural Tennis Courts (160 Lake Herrick Dr. Athens, GA 30602)

Instructor: Victoria Everhart

Office: Ramsey 326

Office Hours: By appointment

Email: vle82313@uga.edu

Preferred Method of Communication: UGA email

Required textbook: Online and linked via eLC

When sending mail to my UGA email, please include the course name (**Beg./Int Tennis** or **PEDB 1350/1360**) and **CRN (11838)**.

- Students will be contacted via UGA email and should expect to hear from the instructor at least once a week.
- Emails from students will receive an answer within 48 hours; however, questions related to assignments should be sent at least 12 hours before the deadline to receive an answer
- Course information will be found in eLC and updates will be posted in the eLC announcements
- Virtual ‘office hours’ can be set up by appointment and held through a Zoom meeting

Social distancing measures will be taken by using outdoor space only. Additionally, to meet social distancing requirements, only half of the class (subsection of 17-18 students) will meet in-person on each scheduled class day. Your sub-section and the days you will meet in class will be posted on eLC. Students not meeting in-person will participate through assignments posted on eLC. There will be no in-person classes after Thanksgiving. There is no final exam for this activity class.

Course Description: Instruction, practice of skills and strategy in tennis, and acquisition of fitness knowledge.

Beginning Tennis is designed to teach tennis to diversity learners from a variety of tennis backgrounds, ranging from no previous tennis experience to playing on a high school tennis team. Physical activity is a large part of this course, and students will be expected to participate in moderate (to vigorous activity) as part of the course requirements.

Course Objectives:

Upon successful completion of this course:

- Students will demonstrate a basic knowledge of the rules, fundamental skills of tennis
- Students will gain an appreciation for tennis as a way to exercise and improve overall health in life
- Students will understand the importance of physical activity as it relates to a healthy lifestyle
- Students will also demonstrate their basic knowledge of fitness and course related topics
- Students will design a personal exercise program based on the assessment of their fitness, individual needs and interests

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to Level 5. If you feel you are already at Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.

LEVEL 1 Student has no or minimal past experiences with physical activity

LEVEL 2 Student cognitively understands what it takes to perform a physical activity properly, and begins to show signs of physically performing the activity correctly

LEVEL 3 Student begins to make connections with practice at the classroom level and attempts to transfer his/her skills outside the classroom, while adhering to the rules and traditions of the activity

LEVEL 4 Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes

LEVEL 5 Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of his/her life

Required Attire and Equipment:

1. Appropriate tennis attire is recommended, and necessary while at the tennis courts. Appropriate tennis attire includes tennis shoes, comfortable but not baggy clothing, clean socks etc.
2. Students are required to bring a tennis racquet and one can of tennis balls (in-class) and one can of tennis balls (remote)
3. Students who fail to meet the attire requirements will be marked as not participating for that given class day, which results in points lost (see Participation Policy below)
4. It is strongly suggested that students bring water bottles to class due to the potential of heat and dehydration during class.

Course Policies:

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: www.uga.edu/honesty. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.
2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity-equity-and-inclusion>
3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at http://reg.uga.edu/ferpa_privacy_act FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards, prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.
4. **Mental Health and Wellness Resources:** Many causes can interfere with academic performance. UGA provides **mental health services** to support the academic success of students. **Counseling & Psychiatric Services**, a part of the University Health Center, offers confidential counseling and psychiatric services to help you manage personal challenges that may threaten your well-being.
 - *If you or someone you know needs assistance, you are encouraged to contact Student Care and Outreach in the Division of Student Affairs at 706-542-7774 or visit <https://sco.uga.edu>. They will help you navigate any difficult circumstances you may be facing by connecting you with the appropriate resources or services.*
 - *UGA has several resources for a student seeking mental health services (<https://www.uhs.uga.edu/bewelluga/bewelluga>) or crisis support (<https://www.uhs.uga.edu/info/emergencies>).*
 - *If you need help managing stress anxiety, relationships, etc., please visit BeWellUGA (<https://www.uhs.uga.edu/bewelluga/bewelluga>) for a list of FREE workshops, classes, mentoring, and health coaching led by licensed clinicians and health educators in the University Health Center.*
 - *Additional resources can be accessed through the UGA Mobile App*
5. **The instructor may initiate a students withdraw if the student has not attended any classes by the withdraw deadline.**
6. **Full participation in physical activity is required (see Participation Policy below).**
7. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
8. **Poor sportsmanship/inappropriate behavior, including the use of inappropriate language will not be tolerated.** If this occurs, the student will be asked to leave, will be counted as absent, and will need to meet with the instructor. If the student refuses to leave, it is at the instructor's discretion to reduce the student's grade.
9. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>

10. Coronavirus information for students:

Face Coverings:

Effective July 15, 2020, the University of Georgia—along with all University System of Georgia (USG) institutions—requires all faculty, staff, students and visitors to wear an appropriate face covering while inside campus facilities/buildings where six feet social distancing may not always be possible. Face covering use is in addition to and is not a substitute for social distancing. Anyone not using a face covering when required will be asked to wear one or must leave the area. Reasonable accommodations may be made for those who are unable to wear a face covering for documented health reasons. Students seeking an accommodation related to face coverings should contact Disability Services at <https://drc.uga.edu/>.

DawgCheck:

Please perform a quick symptom check each weekday on DawgCheck—on the UGA app or website—whether you feel sick or not. It will help health providers monitor the health situation on campus: <https://dawgcheck.uga.edu/>

What do I do if I have symptoms?

Students showing symptoms should self-isolate and schedule an appointment with the University Health Center by calling 706-542-1162 (Monday-Friday, 8 a.m.-5 p.m.). Please DO NOT walk-in. For emergencies and after-hours care, see <https://www.uhs.uga.edu/info/emergencies>.

What do I do if I am notified that I have been exposed?

Students who learn they have been directly exposed to COVID-19 but are not showing symptoms should self-quarantine for 14 days consistent with Department of Public Health (DPH) and Centers for Disease Control and Prevention (CDC) guidelines. Please correspond with your instructor via email, with a cc: to Student Care & Outreach at sco@uga.edu, to coordinate continuing your coursework while self-quarantined. If you develop symptoms, you should contact the University Health Center to make an appointment to be tested. You should continue to monitor your symptoms daily on DawgCheck.

How do I get a test?

Students who are demonstrating symptoms of COVID-19 should call the University Health Center. UHC is offering testing by appointment for students; appointments may be booked by calling 706-542-1162. UGA will also be recruiting asymptomatic students to participate in surveillance tests. Students living in residence halls, Greek housing and off-campus apartment complexes are encouraged to participate.

What do I do if I test positive?

Any student with a positive COVID-19 test is required to report the test in DawgCheck and should self-isolate immediately. Students should not attend classes in-person until the isolation period is completed. Once you report the positive test through DawgCheck, UGA Student Care and Outreach will follow up with you.

11. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.**Course Requirements**

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course outline, clearance for safe exercise participation, and course content will be available through eLC. To access eLC, you will need your UGA MyID, as well as a current password.
2. Students are required to complete the “Clearance for Exercise Participation” and “Waiver for Exercise Participation” quizzes before they can access the Course content on eLC. **Please note: ONLY** Students with prior medical conditions are required to complete the physician’s clearance form (see instructor for more information).
3. Students must complete and score **at least 90% on the “Syllabus Quiz”** before they can access the remainder of the Course content. Students are also required to complete the conceptual component quizzes and must score 80% or better on these assignments to receive credit. **Quizzes only become available once the corresponding module content has been visited.** The due dates are posted in eLC, corresponding to each quiz, or you can check the schedule below.
4. The course consists of an activity component, a conceptual component, and assignments (specifically: physical participation, readings, quizzes, and assignments). All updates or changes to the schedule will be posted on eLC. **It is your responsibility to keep up with changes to assignments.**

5. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points.** It is your responsibility to keep up with the due dates.

Support/Accommodations

Students should reach out if/when they need additional support/accommodation to engage in the revised format (e.g., technology access, learning accommodations, illness, etc.).

Grading

This course is graded as an “S” (Satisfactory) or “U” (Unsatisfactory). A percentage system will be used to determine final grades. In this pass/fail course, **an overall of 85/100 is needed to pass (“S”) the course.**

Various components determine a student’s final grade: (1) Activity component, (2) Conceptual component, (3) Application Assignments, and (4) course requirement. Components are connected and failing parts of one of the components could result in an “U,” or Unsatisfactory grade.

Within each eLC module, an overview is provided, indicating the associate grade item.

Tasks starting with “Physical Activity” are part of the (1) participation minutes grade.

Tasks starting with “Conceptual Component” are part of the (2) conceptual component grade

Tasks starting with “Application Assignments” are part of the (3) application assignments grade

Tasks starting with “Course Requirement” are part of the (4) course requirement grade

(1) Activity Component – 45 points *(See also Participation Policy)*

The activity component for this course is a combination of the following: in-class instruction, online course-specific assignments and remote cardiovascular activities. *They are listed and explained in eLC.*

Per module 50-150 participation minutes can be earned.

A Module runs from Monday 12:00 am through Friday 11:59 pm.

Any minutes completed/submitted during the weekend (Saturday-Sunday) count towards the next Module.

Participation Points (in-class) – minimum of 1300 out of 1500 total minutes needed to pass.

0 points	IF participation is 1299 minutes or less => cannot pass the course
45 points	IF participation is 1300-1499 minutes
+ 5 bonus points	IF perfect participation (1500 minutes)

(2) Conceptual Component – 35 points

You must score 90% or greater on the Syllabus Quiz to access the chapter reading links and quizzes

Syllabus Quiz is located in ‘Start Here’> Course Information in eLC

DUE 8/28

Chapter readings and quizzes linked in eLC

~ All quizzes are not be available until the chapters have been accessed

• Ch. 1: TENNIS ACTIVITY	DUE 10/9	
Activity Quiz		10 points*
▪ Ch. 2: RELEVANCE	DUE 9/4	
Relevance Quiz		5 points*
▪ Ch.3: HEALTHY LIFESTYLE	DUE 9/11	
Healthy Lifestyle Quiz		5 points*
▪ Ch.4: MENTAL HEALTH	DUE 9/18	
Fitness Quiz		5 points*
▪ Ch.5: FITNESS	DUE 9/25	
Goal-Setting Quiz		5 points*
▪ Ch.6: NUTRITION	DUE 10/2	
Nutrition		5 points*

***Student must score at least 80% on ONE quiz attempt to receive the points for that particular quiz:**

**0 for score <80%
5 pts for score 80% or higher.**

One EXTRA in-class attendance earned if ALL 5 quizzes done by 9/6

(3) Application Assignments – 15 points

Application Assignments make a practical connection between the activity, and conceptual components.

A student must complete and submit evidence of *THREE application assignments*.

Instructions to assignments are listed in Chapter 7 and linked in Module 9 in eLC

- Activity Application **DUE 10/27 (TR) 11/2 (MWF)** 5 points
- General Application **DUE 10/27 (TR) 11/2 (MWF)** 5 points
- General Application **DUE 10/27 (TR) 11/2 (MWF)** 5 points

(4) Course Requirement – 5 points

Students will complete an introduction form (linked in Module 1 in eLC)

Participation Policy

Consistent and on-task participation in-class are vital factors of your final grade. Students accumulate the minutes that they are present and actively engaged in class. Students are responsible for keeping track of their participation. If a student wants to know how many classes s/he has missed, ask the instructor in class.

If a student always attends, participates in class and is on-task during class, the student will earn all **1500 minutes for** participation and thus receives all 45 participation points + 5 bonus points

If a student consistently attends, participates in class and is on-task during class for **1300-1500 minutes** of the semester, the student will receive 45 participation points.

If a student misses more than 200 minutes and thus earns

1299 minutes or less, s/he cannot pass the course and will automatically receive a grade of **Unsatisfactory**.

Arriving to class on-time and staying in class until dismissal are also a part of your participation points.

Class Cancellations

Due to the unpredictability of the semester, in the case in which class must be cancelled, students will be notified at **least 1 hour in advance of** class time via e-mail.

Summary Student Checklist

In order to pass this course a student needs **85/100 points**.

Point breakdown

1. Participation minutes (combined physical activity options completed)
 - a. 45 points + 5 bonus points for perfect attendance (1500 minutes)
 - b. 45 points for 1300-1499 minutes
2. Conceptual content & assignments
 - a. 35 points (5 Quizzes *5 points each, Activity Quiz 10 points)
 - b. 15 points for Application Assignments
 - c. 5 points for course requirement

Tentative Outline/Due Dates (TR course)

Points	Modules	Topic	Day	Month	Date	Course Outline IN-CLASS	Due Dates
75	pre	Syllabus	Thursday	August	20	Zoom meeting	8/20-26 Drop/Add
	1	Forehand	Tuesday		25	Group 1	FRI 8/28 Syllabus Due
150			Thursday		27	Group 2	
	2	Backhand	Tuesday		1	Group 1	
150			Thursday		3	Group 2	FRI 9/4 RELEVANCE Due
	3	Volley	Tuesday		8	Group 1	
150			Thursday	September	10	Group 2	FRI 9/11 HEALTHY LIFESTYLE Due
	4	Serve	Tuesday		15	Group 1	
150			Thursday		17	Group 2	FRI 9/18 MENTAL HEALTH Due
	5	Overhead	Tuesday		22	Group 1	
150			Thursday		24	Group 2	FRI 9/25 FITNESS Due
	6	Lob	Tuesday		29	Group 1	
150			Thursday		1	Group 2	FRI 10/2 NUTRITION Due
	7	Rules & Game Play	Tuesday	October	6	Group 1	
150			Thursday		8	Group 2	FRI 10/9 ACTIVITY Due
	8	Game Play	Tuesday		13	Group 1	
150			Thursday		15	Group 2	
	9	Game Play	Tuesday		20	Group 1	
150			Thursday		22	Group 2	Course eval
75	10		Tuesday		27	All students online	TUE 10/27 APPLICATION Assignments Due

Instructor will still edit as needed

****The course syllabus is a general plan for the course, deviations announced by the instructor may be necessary**