

101-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	網球專項L1	Serial No. / ID	2573 / CDC1011
Dept.	共同教學中心	School System / Class	大學日間部8年2班
Lecturer	賴永僚	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(一)12 / K309	Language	Chinese

Introduction
<p>一、 To let students understand the concept of tennis and will be able to motivate them to learn.</p> <p>二、 Provide a fun learning environment for students to have a good re c r e a t e i o n a l hobby.</p> <p>三、 Provide students opportunity to train themselves and enhance their sports abilities whilst in the process of tennis learning.</p>

Outline
<p>一、 Intro of tennis.</p> <p>(一) Origion of tennis and it ' s current trend in Taiwan and the world.</p> <p>(二) Intro of tennis equipments ' evolution.</p> <p>(三) Intro of multi-materials tennis court.</p> <p>二、 Intro of gripping methods and fundamental techniques.</p> <p>(一) Techniques for specific gripping style.</p> <p>(二) 6 basic techniques for tennis are 1.forehand 2.backhand 3.Serving 4.forehand volley 5.backhand volley 6. smashing.</p> <p>三、 Practice method for basic techniques.</p> <p>(一) Provide a fun way teaching for students to get fermiliar with all tennis basic techniques.</p> <p>(二) Group and individual teachings.</p> <p>四、 Intro of rules and competition</p> <p>(一) To let students understand basic manners for tennis and how to play a game.</p> <p>(二) There will be single and double games set up for students, they will be able to get sense of joy and fulfillment when playing in the game. Hence, students will choose tennis as their life time re c r e a t e i o n a l sport.</p>

Prerequisite
<p>一、 To students who are interested in learning tennis.</p> <p>二、 Healthy body.</p>