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Tennis Serve Lesson for Beginners

This instruction has been designed to give you a head start on making the best tennis serve. Understanding and following the basics of the tennis serve is the secret to YOUR success! Let us help you now. It includes relevant headings, images, and written cues to help you.

All you have to do is to click the "Start Course" button to begin.

INTRODUCTION

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Step 1 of 9

Why tennis is the best sport

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Why tennis?

Sport is good for a variety of reasons. They all offer great workouts, competition, and entertainment. Here are the top 10 reasons why you should choose tennis.



What do you know about tennis?

10 reasons to play tennis

- 1 **Tennis is safe.** It's great to have fun without the risk of injury!
- 2 **Relieves stress** by hitting a ball as hard as you can
- 3 **It's a great workout.** Builds muscle and stamina. What's not to love?
- 4 **It's affordable.** Once you have the proper racket and footwear, you can find a free court almost anywhere
- 5 **You can play all year round.** For sure, summer is the peak tennis season, but there is no off-season
- 6 **You can play everywhere.** You can find a court almost everywhere you go.
- 7 **It's good for the body and mind.** Tennis stimulates your mind in ways that other sports do not.
- 8 **You don't need to round up a team to play.** Most public tennis courts have a backboard. Go smack the ball against the wall for a while and you will be better off for your next match.
- 9 **It's social.** Tennis is fun and competition. It is also a social sport, allowing you to find friends and opponents.
- 10 **You can play forever.** It is great for all ages (3-103).

CONTINUE

Behaviorism. Basic characteristics and concepts. The instructional principles.



The definition of behaviorism is

Behaviorism is a theory of learning that believes that learning occurs through teachers' rewards and punishments that lead to changes in behavior (Duchesne et al., 2014; Blaise, 2011; Pritchard, 2013).

Duchesne et al. (2014, p. 160)

state that behaviorism is a theory that “views learning as a ‘cause and effect’ mechanism, in which external factors lead to a response, and over time, this response becomes a

Blaise (2011, p. 112)

states that the core feature of behaviorism is that “learning is conditioned by external events or factors.”

Pritchard (2013, p. 7)

states that behaviorism “is a theory of learning focusing on observable behaviors and discounting any mental activity. Learning is defined simply as the acquisition of new behavior.”



A behavioral-based e-learning curriculum begins with the basic assumption of behaviorism that knowledge is objective,

which means that there is only one correct answer or specific approach to be followed, respectively.

Instructional Principles implied or suggested by theory

Behaviorists believe learning must be Observable

Behaviorists believe that learning happens only when we can observe it. Behaviorists want to see changes in behavior. This is the whole purpose of the behaviorist theory!

Behaviorists truly believe that you have learned how to serve in tennis when you show them a new skill. So, in order to prove that learning has taken place, behaviorists want to see it.

Behaviorists believe in the 'Cause and Effect' or 'Stimulus and Response' Rule,

Behaviorists believe that we can be 'trained' to change our behaviors.

If we give a 'stimulus', we expect a definite response.

By learning a new behavior, such as a tennis serve, and shaping it to perfection you will gain the following benefits:

- The perfect social activity,
- Boosted brain power (helps regulate serotonin, a brain chemical linked to the sleep cycle, appetite, emotional state)
- Improved Agility, Flexibility, and Balance
- Stress Relief

- You will be more rested with a good serve

Rewards and Punishments produce Desirable Outcomes

A behaviorist can encourage behaviors by:

- A good serve sets up the rest of your game
- Becoming a tennis club member and participate in team play at various levels
- Tennis Trophies & Awards

Behaviorists believe you're born a blank slate, or 'Tabula Rasa'

Behaviorists think people can learn anything. All they need is the right rewards and punishments.

People learn through their own experiences. The experiences people have (the rewards and punishments they receive during their lives) will shape their behavior.

Operant Conditioning

Operant conditioning is a type of behaviorism that is concerned with voluntary response to stimuli (Skinner, 1938).

- Gray and McBlain (2012, p. 36) state that operant conditioning theory believes “learning occurs when behavior is either rewarded or punished.”
- Klein and Mowrer (2014, p. 34) state that “in operant conditioning, an animal or human actively interacts with its environment to obtain the reward. [...] In anticipation of the consequences of the behavior, an animal or person voluntarily performs a specific behavior if that behavior has previously produced reinforcement.”
- Nagel (2013, p. 80) notes that operant conditioning involves “the use of positive and negative consequences to strengthen or weaken voluntary behaviors.”

Chaining

—

Steps to be followed. Step-by-step instruction

Repetition

—

Online practice learners at the end can reach the desired outcome by following the steps exactly as presented in the module

Importance of feedback

—

Feedback reinforces positive behavior, motivates, encourages, and supports changes

CONTINUE

Assumptions about learners



Tennis is considered to be one of those sports that are relatively easy to learn but takes a long time to master. Most of the professionals have been playing for years just to get to a certain level.

Tennis player role

Tennis players are active, do what the coach tells them and form the serving technique as instructed. Tennis will teach you to use your brain and a wide range of skills and strokes to win. There will always be better players than you, but the fun part of tennis is when you work hard you improve your game, and raise your skill level.





healthier



On court and off, you're guaranteed to make friends through tennis.



they're just plain happier



more socially interactive



Tennis players are:

more confident



less stressed



CONTINUE

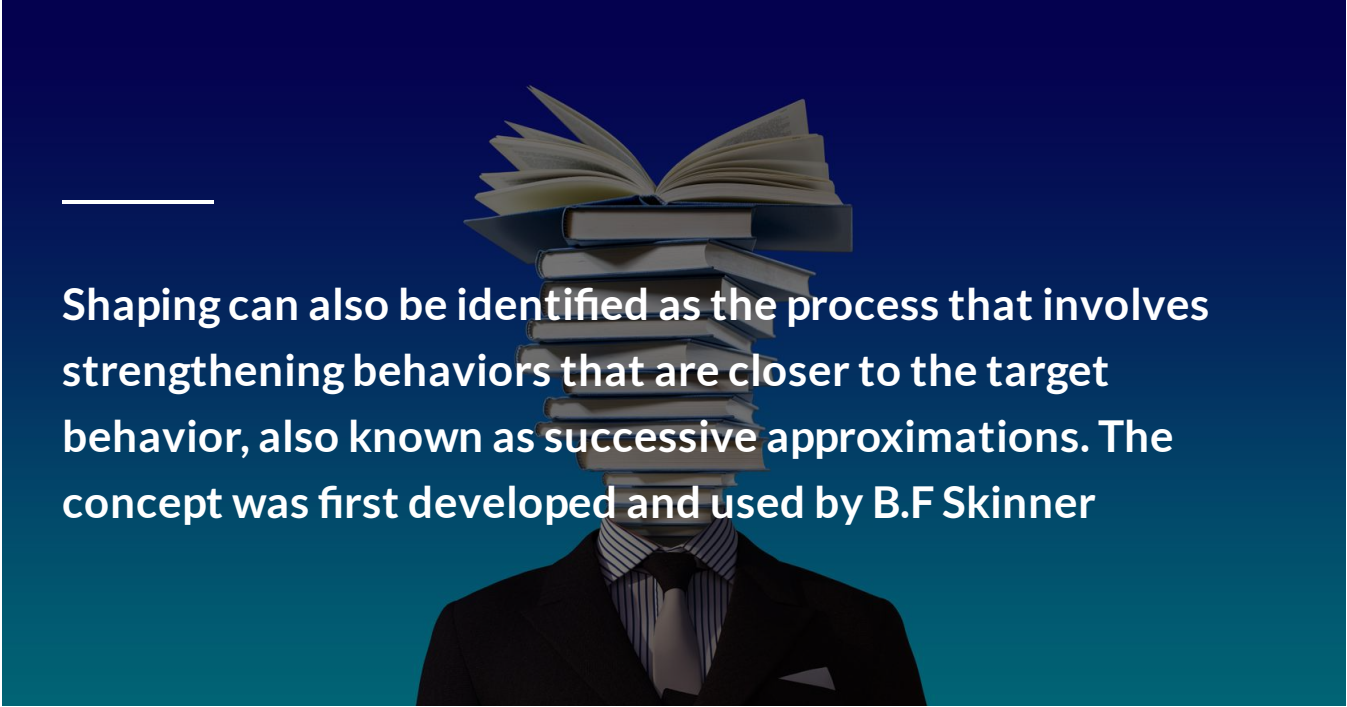
Why I used this theory?



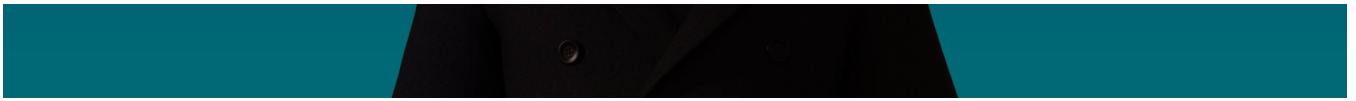
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Why this theory?

I chose to use the Behaviorism theory because I am teaching tennis players new behavior by shaping the tennis serve motion. The basic concept of behaviorism is the observation of human behavior. It is also called a learning theory because it focuses on guiding learners to reach pre-established learning outcomes. Behaviorism is described as a force of habit, meaning that after we learn a certain behavior we repeat it without even thinking about it. Focused, purposeful repetitions will build awareness and habit of the correct tennis serve mechanics. All you have to do is to put in enough repetitions to really make it a habit and build a skill.



Shaping can also be identified as the process that involves strengthening behaviors that are closer to the target behavior, also known as successive approximations. The concept was first developed and used by B.F Skinner



Reason 1

Best for teaching

Task- based learning involving low order thinking skills:

- remembering
- understanding
- applying

Reason 2

Role of the instructor

Presents learners with structured materials (stimulus) and prompts for the right response

Reason 3

Role of the learner

A blank slate, a passive participant to stimulus- response

Reason 4

How does learning occur?

When learners can transfer stimulus-response to the general and new situation

CONTINUE

Step 5 of 9

Tennis Serve instruction step-by-step, video resource.



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Tennis Serve Instruction

Step 1

Gripping the Racket



A correct grip is very important for any tennis serve.

The racquet grip at the area marked 1 is a continental grip and is usually intended for a higher level serve. The section labeled 2 is an eastern grip that is used for light serves or beginners.

Step 2

Beginner Serve



Serving for beginners is all about consistency. And all you need is a racket that you are comfortable with.

Step 3

Hitting the Serve



First serve should be simple. Toss ball moderately high and in front of you. Your strike should be light and hit the target. Make this process comfortable and consistent.

Step 4

Positioning your Feet



When you are lining up to hit a serve, think about stance. Your feet should form a line to the right post of the net if you are right-handed, or to the left if you are left-handed.

Step 5

Beginning the Serve Motion



Start by keeping your hands together and raising your shoulders. Your arms should form a rough semicircle as you move your racket arm back and your ball arm forward.

Step 6

The Toss



At this point, your arms come up to shoulder level. The racket arm should bend and bring the racket behind your back, ready to swing. In doing so, you will toss with the other hand. The toss should be high enough so that you can unbend as you swing. It should also be right in front of you. Make sure that your toss is comfortable and repeatable.

Step 7

Swing, Contact and Follow Through



Correct swing is the result of proper setup. The arm should rise and extend so that the racket meets the ball at the height of the throw. Your wrist should be extended forward to achieve the maximum possible racket speed on contact with the ball. You should perform the exercise so that the racket is lowered to the opposite side of your body.

Summary

A proper serve can shape a point, not just start it.



Please leave a comment and upload the video to observe the progression

POST COMMENT

CONTINUE

Other theories view on behaviorism theory

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The social cognitive theorist will disagree to look for changes in behavior after gaining a new experience; they will view learning as a mental change that can but should not, affect human behavior. They argued that we learn many things that will not lead to measurable changes in behavior.

In education, **constructivist approaches** highlight the active interaction of learners with conceptual content through strategies such as speaking (not just listening), writing (not just reading), interaction, problem-solving, and other “proactive” approaches. Constructivism in psychology theorizes and explores how people create systems to meaningfully understand their world and experience.

Piaget’s theory of cognitive and knowledge development suggests that people cannot automatically understand and use the information received, because they need to “construct” their own knowledge based

on previous personal experience so that they can create mental images. Therefore, the teacher should motivate children to create their own knowledge based on their personal experiences (Rummel, 2008).

Cognitive psychology is based on the fact that people are able to process and analyze various information in their minds.

Behaviorism in general has had a great influence on us in the fields of education and psychology. We can never simply deny that some of our beliefs and approaches to life are rooted in this body of knowledge. In a conclusion, no theory can ever fully explain how we behave and learn in the context of a changing environment. Other theories were purposefully developed because their proponents did find meaning. Now we need to get out of the box, take into account and synthesize the influence of these numerous theories.

Strengths of Behaviorism

Behaviorism is based on observable behavior, making it easier to quantify and collect data and information when conducting research. Since research and experimentation are very powerful tools in providing explanations and clear evidence for a particular phenomenon, early behavioral theorists and proponents prided themselves on initiating research into observable behaviors rather than those that cannot be observed or measured.

- Plenty of helpful approaches are rooted in behaviorism: effective therapeutic techniques such as intensive behavioral intervention, behavior analysis, token saving, and discrete learning experiences. They change maladaptive or harmful behaviors in both children and adults. Much has been said about the value of reinforcements such as rewards, punishments, the Premack Principle, and others when it comes to facilitating learning. In conclusion, if these methods are properly used and thought out, it will help in learning things. Otherwise, it will be counterproductive.

Criticism of Behaviorism

Behaviorism turns out to be highly vulnerable to criticism because it:

- forced psychology to abandon what is most exciting and attractive in it – the inner world, that is, consciousness, sensory states, emotional experiences;
- treats behavior as a set of responses to certain stimuli, thereby relegating a person to the other level of an automaton, robot, puppet;
- relying on the argument that all behavior is built in the course of a lifetime history, neglects innate abilities and inclinations;
- does not pay attention to the study of the motives, intentions, and target attitudes of a person;
- unable to explain the brilliant creative achievements in science and art;
- relies on the experience of studying animals, not humans, therefore, the picture of human behavior presented by him is limited to those features that a person shares with animals;
- unethical, as he uses cruel methods in experiments, including pain;
- pays insufficient attention to individual psychological characteristics, trying to reduce them to an individual repertoire of behavior;
- ignores the categories of morality and ethics;

- inhuman and anti-democratic, since it aims at manipulating behavior, so that its results are good for a concentration camp, and not for a civilized society.

Behaviorism undertakes to explain our behavior and help shape it in the best direction. In some ways, it succeeds brilliantly, in others it is more or less plausible and successful, but he is unable to give an exhaustive explanation and impeccable practical tools. Only this can hardly serve as a reason for reproaches - after all, none of the psychologists, no matter what school they belong to, has so far achieved such success.

CONTINUE

Comparison of Behaviorism with other 2 theories



Behaviorism, Constructivism, and Cognitivism: Multiple Approaches To Learning

Behaviorism, constructivism, and cognitivism are common theories used in the classroom as ways to approach student learning. Behaviorism focuses on observable behavior, such as students answering questions correctly, or being able to follow instructions for completing an assignment.

The characteristics of a classroom in which behaviorism is used might be memorizing facts, writing vocabulary words, or a token reward system to inspire desired behavior and reduce unwanted behavior. Constructivism, as indicated by the root of the word "construct," focuses on constructing new ideas or expanding on what is already known. Students in the classroom who use Constructivism as a teaching tool may appear more active and engaged.

Constructivism in the classroom usually means that students engage in activities such as experimenting or solving real-world problems to raise their level of knowledge, followed by reflection on how their understanding of the concept has changed (Brooks & Brooks, 2001). Cognitive teaching methods are usually combined with the levels found in Bloom's Taxonomy: knowledge, comprehension, application, analysis, synthesis, and evaluation (Bloom, 1956). The instructor must understand the prerequisite that holds the knowledge, and the student is encouraged to use appropriate strategies to make learning meaningful.

Check Your Understanding

Knowledge checks to determine if learners have understood Behaviorism, Cognitivism, and Constructivism theories.

Best for teaching. In problem-solving, this theory is involving higher-order thinking skills, such as understanding, applying, analyzing, evaluating, and creating.

☐

Cognitivism

☐

Behaviorism

☐

Constructivism

SUBMIT

Role of the instructor. This theory aids learners in exploring topics and coming to their own understanding by asking questions.

☐

Constructivism

☐

Behaviorism

☐

Cognitivism

SUBMIT

Role of the learner. According to this theory, the learner is a blank slate, a passive participant to stimulus-response.

☐

Behaviorism

☐

Cognitivism

☐

Constructivism

SUBMIT

How does learning occur? This theory states that learners use their knowledge in a real-world situation.

☐ Constructivism

☐ Cognitivism

☐ Behaviorism

SUBMIT

CONTINUE

What is the best way to assess presented activity



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Instructional resources and equipment needed:

- Access to Laptop, phone, tablet and reliable internet connection
- Designed e-learning: Articulate Rise instruction, educational video
- Tennis racket, tennis shoes, and tennis balls
- The learner will be asked to leave a comment and upload the video to observe the progression



References



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