

INSTRUCTOR PRE-COURSE WORKBOOK A (General Knowledge)

NAME:	Due Date:
EMAIL ADDRESS:	
PHONE #: CELL#:	

IMPORTANT: This workbook **MUST** be completed before the course begins. Candidates will not be eligible for the course until this workbook is completed and handed-in to the Course Facilitator before the required deadline. Please type in the boxes under each question.

RESULT:

COMPLETE

INCOMPLETE

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/ provincial/territorial sport federations, and the Coaching Association of Canada.

Programs of this organization are funded in part by Heritage Canada



Printed in Canada

Partners in Coach Education



PRE-COURSE WORKBOOK A - GENERAL KNOWLEDGE

To answer the questions in this workbook, please refer to the Instructor Course Resources on the TPA website.

Click: [Resources/Certification Materials/Instructor Course Resources](#). You must be a member of the TPA to access the materials.

Chapter 1: Health Considerations

1. Provide 4 recommendations to your students when they practice on their own as it relates to their specific warm-up “when they are practicing or playing for fun”.

2. Create an “Emergency Action Plan” for a set of beginner children’s lessons you are teaching on your own (no assistant instructors) at a Community Park. These are 4 courts at the side of a soccer field with no other buildings around. What are the key pieces of information you need in order to ensure you know exactly what to do if an emergency happens?

3. What does P.I.E.R. principle stand for?

Acronym	Word	Explanation
P	Pressure	
I	Ice	
E	Elevation	
R	Restrict	

4. What are the three recommendations for dealing with warm summer weather?

5. How long before playing should a meal be consumed?

6. During the pre-season information meeting with parents, one parent asks you the following: “I do not know tennis very well. Are there any potential risks for my child? What actions do you take to make practices as safe as possible for the athletes?”.

Risks of my sport	My actions to make practices as safe as possible

7. While you are working with a group of players, one of your other players comes to you in a panic and tells you that two kids have just collided and hit heads very hard. One of the two appears to have lost consciousness and seems disoriented.

Write what you would do step by step, if you were faced with this situation.

Chapter 2: Psychological Development

8. Name 3 differences in teaching adults vs children.

9. What are four keys for developing Self Esteem?

10. Why is it important for the Instructor to be proactive when establishing discipline?

Chapter 3: The 3 Learning Laws

11. What are the 3 'Learning Laws'?

12. List the 3 'Learning Modes'.

Visual, Auditory (verbal), Kinesthetic

Chapter 4: Equipment

13. Provide 5 facts as it relates to the tennis racquet.

14. What kind of string tension would you recommend for a beginner?

15. Provide 2 recommendations would you make to someone who is looking to purchase a pair of tennis shoes.

Chapter 5: Instructing Wheelchair Tennis Players

16. The rules of wheelchair tennis are the same as able bodied tennis except for a few exceptions. Name one of the exceptions.

17. Describe how a wheelchair player's recovery on groundstrokes differs from an able-bodied players?

18. What is the name for the wheels of a tennis chair being 'tilted'?

19. How many bounces of the ball does an able-bodied player get when playing with a wheelchair player?

20. What are the four divisions in wheelchair tennis? What is a 'Quad' player?

21. What do wheelchair players use straps for?

22. How does one receive additional training in instructing wheelchair tennis players in Canada?

23. Why can working with wheelchair players be intimidating for some Instructors? Why could it be intimidating for the wheelchair player? What three recommendations should an Instructor keep in mind when working with wheelchair players?

24. What would be the facility requirements to make it 'accessible'?

25. Can wheelchair tennis players train and compete in able-bodied programs and events?

Disability 'Must Knows'

26. What is a key recommendation for coaches to achieve the best communication with a wheelchair player?

27. Complete the following statements:

Listen to the athletes: They are ...	
Remember: Coaching...	
Open your eyes to...	
See the person...	
Understand the disability through...	
Don't be afraid to...	

28. List three safety considerations when working with players with a physical disability:

Self Rating Guide

29. What provides the best measure of playing ability?

30. List 2 advantages of using the rating system for instructional programs and leagues.

31. The self rating is based on what 4 skills?

TPA Membership Resources

(Login to the TPA site to answer these questions)

32. List five benefits of TPA membership.

33. Name one of the coaches interviewed by the TPA.

34. Where on the TPA site are the video resources for the ½ Court Tennis? How many clips are present?

35. Under Progressive Tennis Video Resources: (f) Progressive Tennis in Action, view Tennis Canada video Clip 1. How many points are shown? The player who starts the point employs what basic strategy?

36. Search the site in order to find and view the video clip entitled “Movement High Performance Tip 1” by Louis Cayer. Describe the topic and main teaching point.

37. From the Wilson promotions page, find the model name of one type of tennis racquet featured. List the suggested retail price and the TPA price.

38. From the Head promotions page, find the model name of one type of tennis racquet featured. List the suggested retail price and the TPA price.

39. From the Sponsors link page, what is the discounted rate of a 1-year TENNIS MAGAZINE subscription for TPA members?

40. List one book and one video for sale in the “e-Store”.

41. The TPA provides Liability Insurance as part of membership. When does the insurance begin and end? For how much are you covered up to? Why it is important to have this type of insurance?

42. Tennisplayer.net is a great resource tool for coaches/instructors. The TPA has a partnership with Tennisplayer.net whereby Level 2 coach members get direct access, through the TPA website, to the Tennisplayer.net website. Visit www.tennisplayer.net. Into how many areas is the site divided? Name one and provide the description.

43. List a current job posting, including the job title, company name, and two other important details.

RULES OF THE COURT

Notes to complete this section:

- If completing this workbook electronically, for each multiple choice question, change the colour of your answer and bold it.

E.g. How many attempts does a player get to serve per point?

A. One **B. Two**

1. In doubles, a receiver or his partner is allowed to stand anywhere he wants on his side of the court.
A. True B. False
2. May the server in a singles game take his stand behind the portion of the baseline between the sidelines of the singles court and the doubles court?
A. Yes B. No
3. What should be the height of the net at the centre?
A. .914m (3 feet) B. 1.07m (3 feet 6 inches)
4. Are two hits occurring in the course of a single continuous swing allowed?
A. Yes B. No
5. A player standing outside the court catches the ball and claims the point because the ball was certainly going out. Decision?
A. He/she wins the point B. He/she loses the point
6. During a rally, in a doubles match, the ball hits the “net post” and falls into the opponent’s court. Is the stroke good?
A. Yes B. No
7. After throwing a ball up preparatory to serving, the Server decides not to strike at it and catches it with their racquet instead. Is it a fault?
A. Yes B. No
8. While playing a point a player touches the net with his foot. Is this allowed?
A. Yes B. No

9. May a player request that a ball or balls lying in his opponent's court be removed?
A. Yes B. No
10. The player hits a return and it hits the lights above the court. The player claims that the ball was going into the court.
A. He/she wins the point
B. A let is played
C. He/she loses the point
11. The player whose turn it was to serve first in the tie-break shall receive in the first game of the following set.
A. True B. False
12. On a point ending shot, ball lands close to the line on your side of the court and you are unsure of the call, you should
A. Play a let
B. Call the ball out, your point
C. Call the ball good, your opponents point
13. During your second service motion an errant ball comes on your court and you call a let. You should:
A. Hit a 2nd serve B. Hit a 1st serve
14. What is the maximum number of points played in a game with No-Ad scoring being used?
A. 5 points
B. 6 points
C. 7 points
D. 8 points
E. 9 points

15. When using No-Ad scoring, the server can choose which side to serve at deuce.
A. True B. False
16. When serving, can any part of the foot touch the baseline after striking the ball?
A. Yes B. No
17. What are the options if you win the toss?
A. Serve/Receive
B. Side
C. Let opponent choose
D. All of the above
E. A and B
18. How wide is the singles court?
A. 27 feet B. 36 feet C. 30 feet
19. During the middle of a point, you break your strings. What do you do?
A. Stop play and claim a let
B. Continue to play the point
C. You lose the point
20. During a doubles match, Player A has served the first game. In the third game, Player B (Player A's Partner) should have served; instead player A serves the first point. You realize this after the point is completed. What do you do?
A. Change servers immediately. Player B serves the second point until the completion of the game.
B. Wait until the end of the game. Player A serves the game out and Player B start serve on the 5th game.

21. In a doubles match, after the completion of each set, what order can you change?
- A. Order of service
 - B. Side of the court in receiving
 - C. Both A and B
22. In a singles match, with no officials, your opponent calls your shot out on his side of the court. You believe the ball is good. What are your options?
- A. Correct your opponent and tell him that you are calling the ball good.
 - B. Ask him if he is sure of the call, and if he is, point stands
23. During a doubles match, the receiving team, Player A starts on the deuce court and his partner, Player B starts on the Ad court. During the set you realize that Player A is on the Ad court and Player B on the deuce court. What do you do?
- A. Change sides of the players immediately.
 - B. Wait until the end of the game to change sides.
 - C. Start the game over from 0–0, with both players on the correct side of the court.
24. Why are players “seeded” in a tournament?

To fill in uneven numbers of players

25. Why are “byes” used in a tournament?