

TENNIS

Mastering the Basics with the Personalized
Sports Instruction System



MIKE METZLER

Tennis Mastering The Basics With The Personalized Sports Instruction System

Richard Bailey



Tennis Mastering The Basics With The Personalized Sports Instruction System:

Tennis Michael Metzler, 2001 Acclaimed author of Instructional Models for Physical Education Mike Metzler uses the Personalized Sports Instruction System in Tennis Mastering the Basics to allow students and athletes to progress individually through learning modules moving toward match play The Personalized Sports Instruction System is based on Fred Keller's Personalized Systems of Instruction which has a long history of empirical support Tennis contains framework for organizing planning implementing and evaluating the fundamentals of the game Once a coach instructor parent has learned the PSI System s he can use any of the Metzler series books Tennis just like the other five workbooks in the series is designed as a learning guide for tennis players more than as a reference for instructors Each player has her own workbook that leads her through the course at a pace matching her own ability making her less dependent on her coach or instructor Begins at the basics of tennis with proper stretching tips equipment and stroke fundamentals Gives detailed instructions for the forehand and backhand drive approach shots volleys and serving Includes optional chapters with instructions on forehand and backhand lobs and overhead smashes The workbook series runs the course not the instructor so s he can spend more time working with players who need extra attention For youth sport coaches middle to high school and parents who want to work one on one with their youngsters for all college level physical activity courses and for first time physical education instructors who need a plan

Exercise Physiology for Health, Fitness, and Performance Sharon Plowman, Denise Smith, 2007-06-01 This textbook integrates basic exercise physiology with research studies to stimulate learning allowing readers to apply principles in the widest variety of exercise and sport science careers It combines basic exercise physiology with special applications and contains flexible organisation of independent units *Performance-Based Assessment for Middle and High School Physical Education* Jacalyn Lea Lund, Mary Fortman Kirk, 2019-03-25 The third edition of this popular and authoritative text includes three new chapters and numerous revisions and updates all designed to help you effectively develop and use performance based assessments Comes with a web resource

Racquetball Michael W. Metzler, 2001 This racquetball text uses the Personalized Sport Instruction model of teaching PSI which is widely respected as an effective interactive student centered teaching model This text as part of a six book series features a common organization and framework for planning managing implementing and evaluating the fundamentals of learning racquetball Each module includes specific directions for setting up learning tasks and criteria for demonstrating mastery Because the text is a self contained course it eliminates the need for lengthy unit and daily lesson planning

Fitness Through Aerobics Jan Galen Bishop, 2002 Fitness Through Aerobics uses unique tools and strategies to put vital health and fitness information directly into the hands of students Using the most up to date fitness and wellness information on aerobic dance exercise the 5th edition reflects current trends in group fitness by adding information and photographs for resistance exercises using weights It also includes a discussion of other group fitness activities such as group cycling and stair stepping A list of Websites and

new worksheets such as BMI make it even easier for instructors and students to access and apply information

Sports, Exercise, and Fitness Mary Beth Allen, 2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites

Teaching Games for Understanding Linda L. Griffin, Joy Butler, 2005 Presents a comprehensive guide for teachers and coaches that details the history theory research and practice of the Teaching Games for Understanding model and how to incorporate it in both elementary and secondary curriculum

Programming Recreational Services Jay

Shivers, 2011-08-24 Programming Recreational Services serves as a handbook for recreational practitioners at every level It clearly presents the methods and materials necessary for the planning organization and operation of recreational services This reader friendly text addresses each of the 12 recreational program categories in detail and includes illustrations to assist with learning It teaches students a methodology for evaluating recreational programs from the establishment of objectives to the final instrument used to determine whether or not the program performed in the way that it was intended

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Golf Michael W. Metzler, 2001 Acclaimed author of Instructional Models for Physical Education Mike Metzler uses the Personalized Sports Instruction System in Golf Mastering the Basics to allow students and athletes to progress individually through learning modules moving toward match play The Personalized Sports Instruction System is based on Fred Keller's Personalized Systems of Instruction which has a long history of empirical support Tennis contains framework for organizing planning implementing and evaluating the fundamentals of the game Once a coach instructor parent has learned the PSI System s he can use any of the Metzler series books Golf just like the other five workbooks in the series is designed as a learning guide for tennis players more than as a reference for instructors Each player has her own workbook that leads her through the course at a pace matching her own ability making her less

dependent on her coach or instructor Begins at the basics of golf with proper stretching equipment courses par keeping score and swing basics Includes detailed instructions on putting swinging chipping pitching tee shots and sand shots from around the green The workbook series runs the course not the instructor so s he can spend more time working with players who need extra attention For youth sport coaches middle to high school and parents who want to work one on one with their youngsters for all college level physical activity courses and for first time physical education instructors who need a plan

Volleyball Jon R. Poole, Michael W. Metzler, 2001 This guide to volleyball uses the Personalized Sport Instruction model of teaching PSI which is widely respected as an effective interactive student centered teaching model This workbook as part of a six book series features a common organization and framework for planning managing implementing and evaluating the fundamentals of learning badminton Each module includes specific directions for setting up learning tasks and criteria for demonstrating mastery For anyone interested in the sport of volleyball **Books In Print 2004-2005** Ed Bowker

Staff, Staff Bowker, Ed, 2004 **New York Magazine**, 1977-01-31 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine**, 1973-11-12 New York magazine was born in

1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Make Summer Count** Charlotte

Thomas, 2006-11-22 A derivative from Peterson s Summer Opportunities Book of In depth descriptions plus front matter plus indexes **Sport Diver**, 1999-05 *The New York Times Magazine*, 1984 **Summer Programs for Kids and**

Teenagers Peterson's Guides Staff, 2006-11-13 Updated information is presented on more than 3 000 summer camps arts programs sports clinics academic courses travel tours and wilderness adventures A Fast Facts Quick Reference Chart helps parents compare programs at a glance *Journal of Health, Physical Education, Recreation*, 1958 World Tennis, 1981

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