



Subject: Methodology of Tennis

I. General information

Organization unit	Faculty of Physical Education Chair: Department of Sport Games Supervisor: Iwona Maliszewska Ph.D.
Course name	Methodology of Tennis
Subject code	28/2/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	I
Semester	II
ECTS points	1
Teacher/e-mail	Iwona Maliszewska Ph.D. iwona.maliszewska@awf.edu.pl
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	stationary
Prerequisites	-

II. Detailed Information

Course aims and objectives

A1	Understand technic and methodology of teaching tennis
A2	Prepare students to organize any activity with elements of tennis
A3	Approaches to skills and exercise development
A4	Class organizer and formations

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>K_W01 Familiarity and comprehension of the basics of functioning of human organism with the focus on the movement mechanics and the movement organs and the basic physiological and biochemical processes occurring in the organism of a sportsperson</p> <p>K_W18 Familiarity with the methodology of performing, securing and methodology in selected team and individual sport disciplines, as well as the rules of safe organization of these sports during PE classes and sport and recreational events.</p>	<p>Students know the methods and value of teaching basic strokes used in tennis. Students understand technics and methodology of teaching, understand how correct the mistakes and organize lesson safe. They also know the rule of tennis.</p>
Skills	
<p>K_U17 Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.</p> <p>K_U18 Ability to select the appropriate basic training methods and means for children, teenagers and adults as well as health training, apply selected tests related to special fitness. Ability to recognize sport talents.</p> <p>K_U19 Ability to correctly implement the methodology of games and play teaching as well as to select appropriate games and movement play depending on conditions, aim, age and abilities of a participant. Ability to organize games and play events.</p>	<p>Students can show in proper way strokes used in tennis. Students can prepare the course of tennis lesson and conduct it. They are able to organized the tennis tournament.</p>
Social Competences	
<p>K_K01 Development of own sport interests. Comprehension of the need for caring for physical fitness and health to promote health and correct practice of a teaching profession and a coach. Participating in sport life using its different forms with the aim of encouraging individuals and social groups to take up sports as a style of life.</p> <p>K_K02 Reaching assigned objectives and tasks, planning and implementing educational activities in different social environments individually as well as in a team.</p> <p>K_K05 Developing and advancing knowledge and skills in an individual way.</p>	<p>Students develop their interest in tennis. Students are eager to get knowledge about tennis. They are able to evaluate skills level.</p>

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Specific warm up for tennis
SC2	Understanding the game of tennis
SC3	Motor learning and performance
SC4	Methodology of groundstrokes: forehand
SC5	Tennis – specific movements patterns
SC6	Methodology of groundstrokes: backhand
SC7	Fundamentals of single tactics
SC8	Approaching and playing from the net
SC9	Playing against the net player
SC10	Methodology of serves
SC11	Double game
SC12	Doubles tactics
SC13	Teaching styles
SC14	Tennis Tournament, motor learning and performance
SC15	Exam

Assessment criterion

The ability to hit balls from baseline with Forehand, Backhand, Volleys (fundamentals of the tennis strokes) with partner
The ability to playing from the baseline (understanding and applying biomechanics)
The ability to putting the ball into play and playing it back. The serve and return
Approaching and playing from the net: volleys and smash

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	10
Total = 40 hours = 2 ECTS	

Bibliography:

Crespo M., Reid M.: Coaching Beginner and Intermediate Tennis Players, ITF 2009
Crespo M., Miley D.: Advanced Coaches Manual, ITF London 2002
Leigh B., Chek P.: The Tennis Biomechanics Manual: The Grand Slam of Tennis Conditioning, Perfect paperback 2015

Kovaks M., Roetert E.P., Todd S.: Complete Conditioning for Tennis, USTA 2016