

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

Undergraduate program of study

COURSE TITLE:

Introduction in tennis

COURSE CODE:

041

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

name	ATHANAILIDIS IOANNIS	
position	Assistant Professor	
sector	Training	
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co-instructors	Mantis K., Mavidis A.	

SEMESTER:

1st 2nd 3rd 4th
5th 6th 7th 8th

COURSE TYPE:

obligatory
DIRECTION
SPECIALIZATION
prerequisite for specialization
elective (*open*)

2

HOURS (*per week*):

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION (*only for 3rd & 4th year courses*)

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LANGUAGE OF TEACHING:

greek english

AIM OF THE COURSE (*content and acquired skills*)

The purpose and aim of the course “introduction in tennis” is to gain knowledge, skills and abilities on the tennis

COURSE CONTENTS (*outline – titles of lectures*)

1. Rules, single, double game
2. Historical overview of tennis
3. Development mobility ability (coordination)
4. Familiarity with tennis racket and ball
5. Forehand Fundamentals
6. Backhand Fundamentals
7. Volley Fundamentals
8. Service Fundamentals
9. Fundamentals simple game (Basic tactic single)
10. Fundamentals double game (Basic tactic double)
11. Fundamentals feeding with/ without racket
12. Basic principles of organizing tournaments (rotation on small court)
13. Evaluation and measurement of expected targets from the first lesson

TEACHING METHOD (*lectures – labs – practice etc*)

Practice on the tennis courts display, analysis and implementation.
View video of the basic technique of key strokes (basic strokes forehand, backhand, volley, service). Theoretical analysis and creating kinetic memory through exercises familiarity and contact with the racket and tennis ball

ASSESSMENT METHOD(-S)

The basic principles of the technique and assessment of performance at this stage is measurable from the first lesson and are determined by the steps of

- a) control (control ball)
- b) keep the ball on the game
- c) Ability game measurable impact on the wall inside the stadium.
- d) Demonstrate the basic technique hits.

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

- A) Know the basic rules of the game single and double
- B) Perform the basic skills of key hits forehand, backhand, volley, service.
- C) Will have the ability to make demonstration of key strokes and power athletes in

individual and team level.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
They will know the rules of simple and double game	Demonstrate basic strokes and lectures	Monitoring of basic knowledge rules	10
They will perform satisfactorily the basic technical skills: forehand backhand, volley, service	Practice and tutorials	Intermediaries controls motor skills	20
They will know the basic principles of teaching tennis	Implementation of fundamental principles in game	Monitoring and evaluation of teaching practice Review written plan of teaching instruction	10
They will design individual technical training program for beginners	Lectures, study, team work	Interim and final exam	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- THE ROLE OF THE TENNIS COACH AND WHEELCHAIR TENNIS
- COACHES MANUAL, ITF
- COACHES REVIEW
- MOBILITY ABILITY