

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

Acquisition of teaching skills and improvement of individual performance

**COURSE CODE:**

N443

**CREDITS (E.C.T.S.)**

8

**TEACHING PERSON:**

NAME	Mantis Konstantinos	
POSITION	Professor	
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OTHER INSTRUCTORS	Mavvidis A., Athanailidis I.	

<b>SECTOR OF THE COURSE</b>	Sports Training Theory and Application
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**YEAR OF TEACHING:**    1ST [ ]        2ND [ ]        3RD [ ]        4TH [ X ]

**SEMESTER:**            FALL [ X ]            SPRING [ ]

**COURSE TYPE:**        OBLIGATORY [ X ]        ELECTIVE [ ]

**COURSE DURATION:**

PER WEEK	4
PER SEMESTER	48

**DIRECTION**

**SPECIALIZATION**

Sports Training Theory and Application	Tennis
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**LANGUAGE OF TEACHING:**        GREEK [ X ]        ENGLISH [ ]

## **AIM OF THE COURSE**

- Training with throwing ball machine (or feeding with a basket): individual and team drills.
- Requiring the feeding skill, demonstration
- Applying tests and evaluation in tennis
- Improving performance technique and enhancing correction methods
- Basic status theory of teaching methodology in tennis
- Applying different strokes units – appropriate tactics choosing
- Tactical differences playing singles versus doubles matches
- Which factors affect performance in tennis
- Score sheet filling
- Scientific research for the issues of tennis coaching at world journal references

## **COURSE CONTENTS**

1. Organising a lesson – preparing a coaching schedule (plan). Training in a specific area from the teacher with the scheme of a coach's schedule (eg training for improving volley technique).
2. Coaching schedule for basic strokes, apply this to 1-2 students, intervention with questions from the rest of the classroom group.
3. Teaching Schedule of basic strokes for adults beginners (theory).
4. Evaluation of improvement for individual technique.
5. Improving Forehand & Backhand slice technique. Feedback through showing the stroke from tennis players from a videotape and practice for better performance
6. Improving FH & BH spin. Feedback through showing the stroke from tennis players from a videotape and practice for better performance.
7. Improving the technique of FH & BH smash. Feedback, through showing the stroke from tennis players from a videotape and practice for better performance
8. First written test consisted of five questions which must be analysed on the particular theory issues of that period.
9. Factors of sports performance in tennis. Present these factors from research papers of international scientific literature.
10. Talent in Tennis
11. Basic principles on doubles tactics. Show a videotape. Students participation through watching, finding and scoring the principles on doubles tactics. The teacher gives the appropriate principles and have a conversation with the students
12. Improving volley technique for advanced players. Training volley at various ball heights, with different speed and length.
13. Principles on methodological teaching in tennis (theory). Strokes application of those principles on real tennis life
14. Principles on methodological teaching in tennis (practice). Present application of those principles on a tennis court (participacion from all the students).
15. Practice on slice and spin strokes technique. Appropriate use of strokes judging from the characteristics of the aprochin ball and the player's individual differences.
16. Slice serve for advanced players. Produce the serve with no differantion on the tossing of the ball.

17. Demonstration as an important figure for the coach-teacher. Improve the skill to demonstrate all basic strokes at low swing speed, with repletion, break, etc.
18. Feeding as an important figure for the coach-teacher. Placing students at various spots on the court, it is demanding for the trainee feeder to produce successfully feeding.
19. Second written test, consisted of five questions which must be analysed on the particular theory issues taught of that period.
20. Improving technique for spin & twist serves. Is demanding to raise the height of the bouncing ball up to a certain level, apply appropriate tests.
21. Practice playing doubles - umpiring. Doubles match and umpiring from all students. Teacher is interfering in the procedure to advice
22. Coach planning in tennis (long-term, yearly). Present the theoretical issues of planning principles according the characteristics of the sport.
23. Correcting mistakes at strokes technique, as a skill of the coach-teacher. Playing with poor technique from the teacher and suggested correction from students.
24. Club – Union Federation, Hellenic Tennis Federation, International Tennis Tournaments
25. Tests and Evaluation in tennis. Apply scientific tests of tennis technique and check for structure validity and reliability of the test.
26. Application of tests for training in tennis

### **TEACHING METHOD**

Theory of tennis teaching using oral presentations and practical training

### **ASSESSMENT METHOD(-S)**

1. Written examination (50%)
2. Practical assessment (50%)
3. Progress bonus: Anyone who achieves an 8 or above for at least 2 times, then he/she retains that grade both in theoretical and practical assessment
4. Coursework bonus: Anyone who obtains an “excellent” he/she gets a bonus mark ranging between 0.5 and 1

### **LEARNING OUTCOMES**

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

1. Requiring the feeding skill, demonstration
  2. Applying tests and evaluation in tennis
  3. Basic status theory of teaching methodology in tennis
  4. Applying different strokes units – appropriate tactics choosing
  5. Tactical differences playing singles versus doubles matches
- Which factors affect performance in tennis
6. Score sheet filling

7. Scientific research for the issues of tennis coaching at world journal references

### LEARNING OUTCOMES – CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Acquire the ability to feed, demonstration	Practice, demonstration by player or teacher	Test of feed on target, demonstration of strokes by students	20
Tests application and measurements in tennis	Tests application from students for strokes' evaluation	Written advance examinations, answer's practical test application	40
Knowledge about methodological aspects of teaching in tennis	Lectures – practical examples	Written advance examinations	40
Apply of sections with strokes, select tactical	Understanding series of strokes and last stroke to fulfil score	Evaluation under free game with correct choices	40
Differences between individual and team competition	Analyse differences, practice	Written advance examinations	40
Complete referees sheet	Lecture, complete on practice	Separate completion of sheets and compare them at the end of game	20
Research ability upon training according to the worldwide	Oral presentation in 15 minutes and	Level of understanding &	40

literature	discussion	demonstration	
		<b>TOTAL</b>	<b>240</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

Dalosis D. & Karagiani O. (2000). "Tennis training", translated from Ferrauti A., Majer P., Weber « Tennis Training mit System ». Thessaloniki: SALTO

Grivas N. & Mantis K. (1996). "Tactics in Tennis. From theory to practice". Thessaloniki, KAROLOS.

Dalakos B. & Koronas K. (2000). "Physical Training in Tennis". Thessaloniki, CHRISTODULIDIS

Travlos A. & Douvis S. (2000). "Sport psychology applied to tennis". Athens, LAVIRINTHOS