



Course Code SPSC-114	Course Title Tennis	ECTS Credits 3
Department Sports Science	Semester Spring, Fall, Summer	Prerequisites None
Type of Course Elective	Field Physical education & Sports recreation	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 1 st -4 th	Lecturer Dr Tsouloupas Costas
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course is a study of the basic skills and knowledge of tennis in an attempt to prepare the student to develop better personal skills levels through regular practice and be able to learn how to teach these basic tennis skills to the elementary and secondary education children as well as to the general population. Basic presentation of the game of tennis, its background, development, rules, strategies for competition, and terminology will be discussed. Fundamental principles of techniques of tennis such as forehand, backhand, service, and smashing will be delivered and the technique of teaching these skills will be demonstrated.

Learning Outcomes:

By the end of this course students should be able to:

1. Demonstrate an understanding of the historical background of the game of tennis.
2. Demonstrate/develop an appreciation, understanding, competency level, and teaching cues for various skills associated with the game of tennis through practice in and outside of class.
3. Demonstrate an acceptable understanding of the rules, terminology and strategies involved in the game of tennis.
4. Develop an understanding of the concepts, teaching techniques and skill analysis involved in instruction of beginning tennis.
5. Demonstrate an understanding of sequential skills and drills to be used in tennis instruction.

Course Contents:

<ol style="list-style-type: none"> 1. History of tennis. 2. Terminology, equipment and safety 3. Warm-up and stretching exercises 4. Field and material knowledge. 5. Ball and Racquet exercises for hand-eye-body coordination. 6. Teaching and learning forehand, backhand. 7. Basic elements of stroking: forehands, backhands 8. Teaching and learning methods of service. 9. Teaching and learning methods of smash-lob, exercises. 10. Net Play - offensive, aggressive tennis 11. Teaching and learning methods of vole, exercises. 12. Rule, referee and general knowledge about tournaments, practising. 13. Tennis strategies 14. Organization of tournaments among students. 15. General condition and tennis power development knowledge.
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Teaching Methods:

Lectures , demonstration , Practicum

Assessment Methods:

Midterm Examination-theory, Final examination-practice, mini essay 1000words, attendance/participation
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Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Tom Sadzeck	Tennis Skills: The Player's Guide	Firefly Books	2001	1552094944

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Schmottlach, N.& McManama, Jerre.	Physical Education Handbook, 9 th Ed.	Allyn & Bacon.	1997	0205263437
Charlie Jones, Kim Doren	Game, Set, Match: A Tennis Book For The Mind	Andrews McMeel Publishing	2002	0740722190
Tina Hoskins	The Tennis Drill Book: 100 Drills for Techniques, Conditioning, and Match Tactics	Human Kinetics	2003	0736049126