

Course Title	TENNIS I				
Course Code	SSTEN435-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Stella Demetriou				
ECTS	12	Lectures / week	3	Workshops / week	3
Course Purpose	The course aims for the student to know the technique and methodology of teaching special tennis strokes, to identify errors, and to properly structure a training unit according to the trainee's level.				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Recognize the appropriate methodology for preparing and teaching the fundamentals of tennis. 2. They apply techniques for learning and improving readiness posture, footwork, and racket grips. 3. Understand the theoretical approaches to teaching trainees and their pedagogical significance. 4. They perform technical and practical ground strike demonstrations such as forehand topspin and backhand topspin. 5. They complete ground strike learning training sessions aimed at improving forehand topspin and backhand topspin. 6. They form training units based on a theoretical understanding of the learning stages. 7. Demonstrate the correct slice service execution technique and the ability to teach it. 8. Perform training techniques to improve slice service. 9. They design annual training plans that adapt to different levels of exercisers. 10. They perform technical and practical demonstrations of volley and half volley hits. 11. They complete training sessions for learning volley and half volleyball. 				

	<p>12. They identify and correct the basic mistakes of beginners using technology such as videos.</p> <p>13. They perform technical and practical demonstrations of drop shots and smash hits.</p> <p>14. They complete training sessions for learning drop shot and smash hits.</p> <p>15. Understand the basic tactics and strategies applied in the game of tennis.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Methodology - exercises - practical demonstration of readiness posture, footwork, racket grips. 2. Training session for learning readiness posture, footwork, racket grips. 3. Theory of pedagogical and educational approach of practitioners. 4. Methodology - exercises - practical demonstration of ground strikes - forehand topspin and backhand topspin. 5. Ground strike learning training session – forehand topspin and backhand topspin. 6. Training unit structure theory and its stages. 7. Methodology - exercises - practical demonstration of slice service. 8. Training session for learning the slice service. 9. Theory of the structure of an annual training plan for different levels of trainees. 10. Methodology - exercises - practical demonstration of volley and half volley hits. 11. Training session for learning volley and half volleyball. 12. Theory of identifying and correcting basic mistakes in beginners using technology (video). 13. Methodology - exercises - practical demonstration of drop shot - smash hits. 14. Drop shot-smash hitting training session. 		

	15. Theory of basic tactics and game strategy.
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<ol style="list-style-type: none"> 1. Γρίβας, Ν. (2015). Αντισφαίριση. Τεχνική-τακτική-ασκησιολόγιο-κανονισμοί. Εκδόσεις Κάλλιπος. Αθήνα. Διαθέσιμο και σε ηλεκτρονική μορφή στο: http://hdl.handle.net/11419/3771 2. Δουβής, Σ. (2006). Το τένις. Εκδότης Artwork. 3. Scholl, P. (2007). Σωστό τένις. Εκδότης Σάλτου Ελισάβετ
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding tennis. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding tennis is requested. This should include at least a description of training objectives,

	<p>teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in tennis.</p> <ul style="list-style-type: none"> Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about tennis, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in tennis required to practice the specific sport. Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the lesson on tennis. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in tennis. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of tennis and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of tennis to practical scenarios.
Language	Greek / English