

Course Title	TENNIS II				
Course Code	SSTEN436-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Stella Demetriou				
ECTS	12	Lectures / week	3	Workshops / week	3
Course Purpose	<p>The aim is to acquire knowledge about the didactic and correct technical execution of all special strokes and to identify errors and apply these techniques in race conditions. Know and apply the different types of feed. In addition, to be able to properly structure a training cycle.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Apply the appropriate methodology and exercises to improve top-slice forehand and backhand strikes. 2. Understand the fundamental principles of body mechanics when practicing tennis. 3. They perform Kick Serve through proper exercises and practice. 4. They participate in games that simulate training sessions with a trainee in service boxes. 5. They perform volley-drop shot blows after corresponding exercises and practice. 6. Understand the parameters of fitness that affect their performance in tennis. 7. They present practically all the blows they have learned. 8. They participate in games that simulate training sessions with a trainee throughout the field. 9. They apply basic tactics on the field during games. 10. They practice training drills to improve their skills. 11. They organize and conduct tennis tournaments. 12. They present theoretical lessons to their fellow students. 13. They create an annual training plan at all levels. 				

Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Methodology - exercises - practice of top - slice forehand and backhand. 2. Fundamental principles of body mechanics in tennis. 3. Methodology - exercises - practice Kick Servis. 4. Game - simulation of training with a trainee in service boxes. 5. Methodology - exercises - practice of volley strikes - drop shot. 6. Fitness parameters in Tennis. 7. Practical demonstration of all the blows they have been taught. 8. Game - simulated training with a trainee throughout the field. 9. Game - demonstration of all basic tactics on the field. 10. Training drills. 11. Organization of tournaments. 12. Teaching theory by students. 13. Annual training plan at all levels. 		
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, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes concerning tennis. • 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