

1. **Subject:** Tennis
2. **Type of course:** classes (practical training)
3. **Form of assessment:** credit with a grade
4. **Semester:** summer
5. **Suggested number of hours:** 20
6. **Syllabus** – bachelor studies, physical education

Course description: History of tennis. Racket selection. Hand-eye coordination warm-up routine. Teaching technical skills: grips, ready stance, footwork, groundstrokes (forehand, one-handed and two-handed backhand), serve, return, volley, overhead, lob. Elements of tactics in singles and doubles. Rules of tennis. Compass knock-out tournament.

Compulsory reading:

- Rules of Tennis – International Tennis Federation: www.itftennis.com
- Brown J. 1995. *Tennis*. Human Kinetics, Champaign.
- Roetert E.P., Groppel J.L. 2001. *World-Class Tennis Technique*. Human Kinetics, Champaign.

7. **Learning outcomes:**

Knowledge: the student will be familiar with tennis terminology and techniques as well as basic tactics and methodology of teaching.

Skills: the student will be able to demonstrate and teach the basic technical elements of tennis, apply appropriate forms and methods of teaching regarding the requirements and abilities of the students, organize competitions and act as a tennis umpire.

Social skills: the student will obey the safety regulations and make sure that everybody will be safe during classes.

8. **Qualifications:** After the end of the course the student will be qualified to conduct tennis classes at primary schools, junior high schools and high schools.
9. **Unit responsible for the subject:**
Section of Sports and Recreational Games in Institute of Sport
10. **Lecturer(s):** M.Sc. Jerzy Wójcikiewicz
11. **Learning conditions:** group practices at the Tennis Hall – max. 18 students.
12. **Suggested number of ECTS points:** 3
13. **Online learning:** 8 hours