

SPORT ELECTIVE COURSES

Course:	TENNIS
Code-MAM:	SPORT 00 7
Course level:	Undergraduate
Course category:	Elective
Credits (ECTS):	Three (3)
Days/Hours/Week:	Monday and Thursday/9: 00 -10:30am
Teaching area:	SPORT CENTER
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A. COURSE PURPOSE:

- Learning the basic skills of Tennis.
- Learning technique of Tennis.
- Enhancement of physical status
- Lifelong Exercise

OBJECTIVES

- Improvement of Tennis techniques.
- Ability of students to be able to properly play the game themselves upon completion of the courses.
- Tennis Regulations.

Lesson Topics

WEEKS	ISSUES
1	Introduction to tennis lesson. Brief historical reference and rules of the sport.
	Technical - how to grip the racket. Ready position. Familiarization exercises with the ball and racket.
2	Technical analysis and methodical teaching of forehand drive.
	Technical analysis and methodical teaching of backhand drive.
3	Ready position of the player. Using the ability of footwork in the tennis court.
	Technical analysis and methodical teaching of basic ground strokes and forehand-backhand drive.
4	Technical analysis and methodical teaching of flat serves.
	Technical analysis and methodical teaching of smash.
5	Practice Training of forehand drive, backhand drive, serves and smash.
	Technical analysis and methodical teaching of forehand and backhand volley.
6	Technical analysis and methodical teaching of forehand and backhand top spin.
	Technical analysis and methodical teaching of forehand and backhand slice.
7	Technical analysis and methodical teaching of forehand and backhand lop.
	Practice training of forehand-backhand volley- top spin and slices.
8	Exercises-drills backhand, forehand-volley, smash and serve.
	Practice of footwork.
9	Practice of lop and smash.
	Practice of serve.
10	Methodical Instruction returning the serves (return) for exercise. Serves and ground strokes.
	Single game. Competition in a single game. Tactical-Strategy game.
11	DVD presentation and analysis of single and double game.
	Practice of single game.
12	Practice of double game.
	Practice of single and double game.
13	Championship of Single-game .
	Championship of Double-game .
	Summary of above program.

C. COURSE PROCEDURE

- Theoretical teaching in the Sports Centre Hall B208 using audiovisual means.
- Practical teaching at the tennis court

Course requirements:

1. Tennis equipment and clothing – suitable tennis clothes and shoes.
Optional towel and water (racket if available).
2. Fitness Certificate confirming ability to participate in lesson.
3. The presence of the student at the lesson is compulsory.

D. EVALUATION

- 60% Practice
 1. Evaluation technical basic shots.
 2. Total participation in the lesson.
- 40% written examination.

E. BIBLIOGRAPHY:

Course notes