



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Tennis [C\_CS>Ten30]

### Course

Field of study

Safety Engineering

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Lecturers

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### Prerequisites

general physical fitness having a sports outfit having your own tennis racket

### Course objective

The tennis curriculum is based on learning the technique of the game from scratch as well as improving one's playing skills and motor skills . During classes students are divided into subgroups depending on their skills and fitness level. Classes always begin with a general warm-up, followed by preparatory and methodical exercises . In the final part of the class, the learned elements of technique are applied in simplified and actual play. At the end of the semester, a small tennis tournament is held in class within the practice group. For those interested in individual development, we propose to expand the range of exercises by participating in the training of the sports section of the Academic Club AZS PP and participating in tournaments organized as part of academic competitions.

## Course-related learning outcomes

### Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.

Knowledge of the principles of conducting exercise classes.

### Skills:

The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.

Ability to independently conduct a warm-up based on the assumptions of the class program.

The ability to adapt difficulties to individual needs during classes.

The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

### Competencies:

The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.

The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit for the course is given by active and regular participation in classes. Absences without the obligation to make up and excuse are possible in leaving a maximum of 2 classes with 30 hours in a semester.

Students are required to make up the remaining unexcused absences and short-term sick leave in consultation with their instructor. It is possible to make up two classes per week. Physical education classes may be attended a maximum of one per day. Classes must be made up on a different day from the program classes.

## Programme content

- getting used to the racket (holding the racket, different grips), tennis ball and moving around the court
- learning to bounce from forehand
- learning how to hit a backhand
- perfecting forehand and backhand bounces
- learning to serve
- improving serve
- learning to volley and half volley
- learning to hit a slam
- learning the basic rules of tennis
- single game (singles)
- double game (doubles, mixed)
- group tennis tournament (tennis tournament systems)

## Teaching methods

- demonstration and show of playing technique
- discussion and discussion of individual strokes
- simple elements of the game after the demonstration students perform on their own in their entirety
- we divide complex elements into parts and stages, then combine them into a whole
- we use games and games in teaching tennis

## Bibliography

Romer Adam: Tennis a sport for everyone. 2005 Knowledge and Life.

Drewett Jim: Tennis. 2006. Jacek Olesiejuk.

Scholl Peter. How to play tennis. 2007 Muse

## Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00