COURSE DESCRIPTION CARD - SYLLABUS

Course name
Tennis [C_CS>Ten30_Z2]

Course

Field of study
Circular System Technologies

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
null

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
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:

Completing the course is achieved through active and regular participation in classes.
Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day.
Classes must be made up on a day other than the scheduled classes.

Programme content

- holding a tray, various handles
- moving around the court
- forehand and backhand hits
- types of service
- volley and half-volley returns
- learning to smach
- basic rules of tennis
- single game (single)
- doubles (doubles, mixed)
- group tennis tournament
- tennis competition systems)

Course topics

getting used to the racket (holding the racket, different grips), tennis ball and moving around the court
- learning to bounce from forend

- learning how to hit a backhand
- perfecting forhand 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

- verbal description
- show
- practical exercises

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