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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Basic Professional studies, Sport – distance learning** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Tennis | | |
| Level of study | | | | Bachelor professional  Master’s  Doctoral | | |
| Type of course | | | | Obligatory  Elective | | |
| Semester | | | | Autumn Spring | | |
| Year of study | | | | Second | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Saša Milenković, Ph.D, full professor | | |
| Teaching mode | | | | Lectures Group tutorials  Individual tutorials  Laboratory work  Project work  Seminar  Distance learning  Blended learning  Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *The acquisition and adoption of theoretical and practical knowledge of tennis, with special emphasis on the elements of technique and training. By completing the program contents, students acquire basic theoretical and practical knowledge that will be applied in practice.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Methodology of teaching tennis and teaching styles applied to tennis. Definition, importance and objectives. The technique of tennis, forehand, backhand, sevis, volley and its variants, the spike and its variants, the second bumps for advanced players. Physical training, mental training, biomechanics of tennis. Nutrition for tennis players in competitions. Preventing injuries in competitive tennis. Physical preparation-seniors, physical preparation-basic, physical preparation during the racing season. Aerobic and anaerobic endurance-performance and development. Technique basic punches, kicks special techniques, biomechanical analysis of basic techniques and special punches. Tactic singles matches, tactics against left-handed players, tactics serve and volley player, defensive player tactics, tactics on the fast and the slow surface, tactics games in pairs (doubles).** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| Serbian (complete course)  English (complete course)  Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)  Serbian with English mentoring Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory + practicals** | **10** | | **Practical examination** | | | **10** |
| **Consulting** | **10** | | **Theory examination** | | | **20** |
| **Teaching colloquia (theory)** | **20** | |  | | |  |
| **Seminar paper** | **20** | |  | | |  |
| **Activity during lectures** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |