

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Practice in teaching and training in tennis

COURSE CODE:

N444

CREDITS (E.C.T.S.)

6

TEACHING PERSON:

NAME	Mantis Konstantinos		
POSITION	Professor		
OFFICE	B2-6		
TEL. / E-MAIL	39749	kmantis@phyed.duth.gr	
OTHER INSTRUCTORS	Mavvidis A.		

SECTOR OF THE COURSE	Sports Training Theory and Application
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YEAR OF TEACHING: 1ST [] 2ND [] 3RD [] 4TH [X]

SEMESTER: FALL [] SPRING [X]

COURSE TYPE: OBLIGATORY [X] ELECTIVE []

COURSE DURATION:

PER WEEK	2
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DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

Sports Training Theory and Application	Tennis
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LANGUAGE OF TEACHING: GREEK [X] ENGLISH []

AIM OF THE COURSE (*acquired skills & learning outcome*)

- Acquisition of teaching and coaching in tennis technical skills

COURSE CONTENTS (*outline – titles of lectures*)

- Diagnosis and confrontation of mistakes in technique of tennis (ground) strokes
- Education to the studentship in basic rules of tennis game
- Topics of tennis training
- Observation of one training program in tennis Club

TEACHING METHOD (*lectures – labs – practice etc*)

- Teaching with other student, teaching alone, observation of teaching,
- Observation of training in tennis Club, with completion of protocol

ASSESSMENT METHOD(-S)

- Evaluation of teaching skills
- Interview of the training protocol

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Diagnosis and confrontation of mistakes in technique of tennis (ground) strokes
2. Topics of tennis training
3. Observation of one training program in tennis Club

LEARNING OUTCOMES – CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Ground strokes teaching	Private training as well as group training	of the organizational and teaching ability	80
Diagnosis skills about to get around mistakes in technique	analysis and corrections per student	of the ability to detect fault and to efficiently intervene (to amend it)	60
Feeding control	Feeding	with special test	40
		TOTAL	180

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Mavvidis A. (2000). "Teaching and training for tennis", Athens: Telethrion
2. Dalosis D. & Karagiani O. (2000). "Tennis training", translated from Ferrauti A., Majer P. Weber K. (1996), « Tennis Training mit System », Thessaloniki: SALTO