

## COURSE OUTLINE COACHING AND TEACHING TENNIS

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C015	<b>SEMESTER</b>	3 <sup>rd</sup> or 4 <sup>th</sup>
<b>COURSE TITLE</b>	COACHING AND TEACHING TENNIS		
<b>TEACHING ACTIVITIES</b> <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	3
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA SKILL DEVELOPMENT		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	No		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/179/">https://eclass.duth.gr/courses/179/</a>		

### 1. GENERAL

### 2. LEARNING OUTCOMES

#### Learning Outcomes

*Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.*

Upon successful completion of the course, students will be able to:

- *Design and implement lesson plans for both individual and group settings.*
- *Develop TENNIS training programs at beginner, intermediate, and advanced levels.*
- *Organize tournaments for children and adults.*
- *Possess theoretical knowledge of rules and safety measures across different trainee levels.*

#### General Skills

*Name the desirable general skills upon successful completion of the module*

*Search, analysis and synthesis of data and information,*

*ICT Use*

*Adaptation to new situations*

*Decision making*

*Autonomous work*

*Teamwork*

*Working in an international environment*

*Working in an interdisciplinary environment*

*Production of new research ideas*

*Project design and management*

*Equity and Inclusion*

*Respect for the natural environment*

*Sustainability*

*Demonstration of social, professional and moral responsibility and sensitivity to gender issues*

*Critical thinking*

*Promoting free, creative and inductive reasoning*

- *Search, analysis and synthesis of data and information, using the necessary technologies*
- *Generation of new research ideas*
- *Teamwork*

- *Independent work*

### 3. COURSE CONTENT

1. *Theory: Introduction to TENNIS (history, court, scoring, basic rules, tournaments, etc.). Definition of course objectives. Introduction to TENNIS. Gaining theoretical knowledge, technical skills (basic strokes – Forehand, Backhand, Volley, Serve, Smash), and ability to train beginners. Practical: Ball familiarization (bounce, flight), visual ball tracking, developing quick reactions to ball movement, racket-ball handling and control.*
2. *Theory: Methods used in teaching TENNIS (partial, mixed, total), Feeding. Practical: Developing self-feeding and ball-feeding skills, footwork, exercises to improve neuromuscular coordination.*
3. *Theory: Forehand Fundamentals. Practical: Phases of the Forehand stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice.*
4. *Theory: Backhand Fundamentals. Practical: Phases of the Backhand stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
5. *Theory: Service fundamentals. Practical: Phases of the Service stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
6. *Theory: Volley fundamentals. Practical: Phases of the Volley stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
7. *Theory: Smash fundamentals. Practical: Phases of the Smash stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
8. *Theory: Principles of effective TENNIS coaching and teaching. Practical: Practice of taught strokes.*
9. *Theory: Basic tactical principles (doubles game) for beginners. Practical: Practice of taught strokes.*
10. *Theory: Organizing individual and group lessons. Athlete rotation system in training and matches. Practical: Practice of taught strokes.*
11. *Theory: Rules of doubles according to ITF RULES. Practical: Singles/doubles play.*
12. *Theory: Organizing tournaments at an introductory level (club/regional level). Practical: Internal student tournament.*
13. *Theory: Review of taught theory and clarification of issues requiring further explanation. Exam syllabus for theoretical part. Practical: Practice of taught strokes and exam syllabus for practical part.*

#### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	<ul style="list-style-type: none"> <li>• Face-to-face</li> <li>• Distance learning</li> </ul>	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching and Communication with Students. <ul style="list-style-type: none"> <li>• e-Class,</li> <li>• webmail.</li> </ul>	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i>  <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	26
	Training	22
	Creation project	13
	Bibliographic research & analysis	14
	Total	75
<b>STUDENT EVALUATION</b> <i>Description of the evaluation process</i>  <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i>  <i>Please indicate all relevant information about the course assessment and how students are informed</i>	<ul style="list-style-type: none"> <li>• Written examination with multiple-choice test 50%</li> <li>• Practical examination 50%</li> </ul>	

#### 5. SUGGESTED BIBLIOGRAPHY

<b>6.</b> THE ROLE OF THE TENNIS AND WHEELCHAIR TENNIS COACH, ATHANAILIDIS IOANNIS, LIMNIOUDIS IOANNIS, KIRIAKIDI EDS, ISBN 978-960-8183-46-9
<b>7.</b> SERVE AND RETURN, INDUSTRIAL ANALYSIS AND TACTICS IN THE GAME, MOURTZIOS CHRISTOS, KIRIAKIDI EDS, ISBN-13: 9789606023170.

### ANNEX OF THE COURSE OUTLINE

#### Alternative ways of examining a course in emergency situations

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<b>Supervisors:</b>	no
<b>Evaluation methods:</b>	Written examination and practical examination
<b>Implementation Instructions:</b>	Written examination with multiple-choice test. Practical examination

