

COURSE OUTLINE ACQUISITION OF BASIC AND SPECIAL SKILLS – BASIC STROKES

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C606	SEMESTER	5 ^o
COURSE TITLE	ACQUISITION OF BASIC AND SPECIAL SKILLS – BASIC STROKES		
TEACHING ACTIVITIES <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>		TEACHING HOURS PER WEEK	ECTS CREDITS
		3	6
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SKILL DEVELOPMENT		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/KOM02468/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>After successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • They know how to organize a tennis lesson at an individual and group level • They know the technique of skills (in the basic strokes - Forehand, Backhand, Volley, Service and Smash) 	
General Skills <i>Name the desirable general skills upon successful completion of the module</i>	
<i>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</i>	<i>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</i>
<ul style="list-style-type: none"> • Autonomous work • Teamwork • Working in an interdisciplinary environment • Demonstrating of social, professional and moral responsibility and sensitivity to gender issues • Searching, analyzing and synthesizing data and information, using the necessary 	

technologies

- Adaptation to new situations
- Decisions making

3. COURSE CONTENT

1. Introduction to the course of the main tennis specialty, setting the objectives of the course (acquisition of technical training of basic strokes), evaluation of their technical training, and setting individual and collective goals.
2. The role of the tennis coach (teacher, coach, sparing partner). Practice: Practicing basic strokes.
3. Ball control (gaining control of the ball with various exercises.
4. Practice: Practicing basic strokes.
5. Grips (Basic strokes' grips).
6. Practice: Practicing basic strokes.
7. Class organization (how we organize our group for the best and most effective teaching.
8. Practice: Practicing basic strokes.
9. Teaching progressions- how we introduce/teach/train the basic hits to beginners
10. Practice: Practicing basic Strokes.
11. Error diagnosis and corrective exercises to improve the technique.
12. Practice: Practicing basic Strokes.
13. Strategy and tactics of the game (single-double) at an early stage. Practice: Practicing basic special strokes.
14. Tennis tournaments: beginners and advanced athletes in regional, National and international levels. Official and unofficial national and international tournaments. Practice: Practicing basic strokes.
15. Tennis equipment for the organization of the course, and training (rackets, balls, net, etc.) Practice: Practicing basic strokes.
16. Analysis of the technique using video (Video Analysis) Practice: Practicing basic strokes.
17. Tennis at different ages: basic characteristics of each age (juniors, veterans, beginners, middle level, competitive level). Practice: Practicing basic strokes.
18. Educational project report: achievement of objectives set from the beginning of the semester, clarifications about the context of the exams, repetition of special cases that need clarifications Practice: Practicing basic strokes.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to Face and practical applications Distance learning
USE OF INFORMATION &	Use of ICT in Teaching and in Communication with

COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	students	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc. The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	39
	Practical exercises - practice	75
	Study and individual works	15
	Analysis and commentary of digital material	21
	Course total	150
STUDENT EVALUATION <i>Description of the evaluation process 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 Please indicate all relevant information about the course assessment and how students are informed</i>	<ul style="list-style-type: none"> • Final written examination (40%) • Practical examination in basic strokes in tennis (50%) • Written assignments (10%) 	

5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> 1. THE ROLE OF THE TENNIS COACH AND WHEELCHAIR TENNIS ATHANAILIDIS IOANNIS, LIMNIOUDIS IOANNIS KYRIAKIDIS PUBLICATIONS, ISBN 960-8183-46-4. 2. SERVICE AND RETURN, BIOMECHANIC ANALYSIS AND TACTIC IN GAME, CHRISTOS MOURTZIOS, KYRIAKIDIS PUBLICATIONS, ISBN-13: 9789606023170 3. TENNIS FUNDAMENTALS, CAROL MATSUZAKI –NIKOLAOS GRIVAS ΕΚΔΟΣΕΙΣ ΠΑΡΙΣΙΑΝΟΥ Α.Ε., ISBN 9789605833862

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	ATHANAILIDIS IOANNIS
Contact details:	iathanai@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written or oral examination with distance learning methods
Implementation Instructions: (3)	The exam in the course will be held in subgroups of users in the e-class, depending on the number of participants in the course, on the day of the exam in accordance with the exam schedule announced by the

	<p>Secretariat.</p> <p>The exam will be held via Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have read the distance learning terms.</p> <p>Students must log in to the exam room through their institutional account, otherwise they will not be able to participate. They will also participate in the exam with a camera that they will have open during the exam. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student will have to answer multiple choice questions, free text development, and critical commentary. Each of the questions is scored from 0.5 to 2.0 points depending on the question category.</p>
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