



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Tennis

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Third

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