Study program: Recreation

Type and level of studies: Basic professional studies

Course title: Tennis

Lecturer or lecturers (for lectures**):** Stojiljković R. Stanimir **Lecturer / Associate (**for practice**):** Mrdaković D. Vladimir

Course status: Elective

ECTS: 4
Condition: /

Course objectives: The basic objective of the course is to explain the basic elements of all aspects of tennis, to enable the student to acquire knowledge from tennis in order to understand the principles of development in this complex sport discipline.

Course outcome: The expected outcome is that the student understand and knows how to analyze the problem, make and apply a solution in tennis theory and practice. A student should know how to demonstrate rational technique of kicks in tennis. The desired outcome of the course is to enable the student to independently create in the field of tennis. In this way, the student achieves the whole of knowledge in the field of physical education and sports.

Contents description:

Theoretical instruction: The concept, object and purpose of tennis. Theoretical basics of tennis (history of tennis - the evolution of tennis, tennis rules). Technique of tennis: forehand (level, spin, slice), backhand (level, slice), service, volley. Tactics in tennis. Physical preparation of tennis players. Application of tennis in recreation.

Practical classes: Learning the technique of basic shots in tennis: forehand, backhand, service, volley. Methodology of learning basic tennis shots.

References:

Brown, G. (2011). Tennis, steps to success. Belgrade: Data status.

McKinro, P., Bodo, P. (2009). Tennis for untrained. Beograd: Mikro knjiga.

| No. of active cl | Other classes: | | | |
|------------------|----------------------|--------------------------|----------------------|--|
| Lectures: | Practical classes: 2 | Other forms of teaching: | Study research work: | |

Teaching method

Theoretical lectures; practical lectures

| Knowledge assessment (maximum score 100) | | | | | |
|--|--------|-----------------------|--------|--|--|
| Exam prerequisites | points | Final examination | points | | |
| Class Activities | 10 | Written examination | 10 | | |
| Practical instruction | | Practical examination | | | |
| Preliminary exam / Colloquium | 30 | Oral examination | 50 | | |
| Seminar papers | | | | | |