



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education in Nis**

## GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Tennis
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Third
Number of ECTS allocated	5
Name of lecturer/lecturers	Saša Milenković, Ph.D, full professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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
Teaching colloquia (theory)	20	Theory examination	20
Teaching colloquia (practical)	20		
Other	20		
		<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents