



Course title: RECREATIONAL GAMES - TENNIS

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: spring

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr hab. Robert Podstawski, prof. UWM;
robert.podstawski@uwm.edu.pl

Type of classes: classes

Substantive content

CLASSES: Basic terminology in tennis, tennis rules. Health and Safety rules during tennis classes. Improving ways for better movement on the court without the ball. learning and improving playing forehand and backhand - top spin (two-handed, one-handed), in place and in motion. Forehand and backhand along the line and diagonal of the court. Teaching and Improvement of the lift serve, volley and smash. Tennis as a form of physical activity that improves our health. playing a tennis match

Lectures: not applies

Learning purpose: The student has basic technical and tactical skills in the field of tennis play.

On completion of the study programme the graduate will gain:

Knowledge: The student knows the rules of the game and the terminology used in tennis

Skills: The student can play tennis at the basic level

Social Competencies: The student knows how to work in a team, solve simple tasks.

Basic literature:

1. Jack Groppe, Nicholas Dinubile. tennis: For the Health of it! THE PHYSICIAN AND SPORTSMEDICINE, 2009, 37(2): 40-50.
2. LEE, SEUNG-BUM. THE INFLUENCE OF THE TECHNICAL AND PHYSICAL FITNESS FACTORS ON TENNIS PLAYER'S PERFORMANCES. International Journal of Advances in Science Engineering and Technology, 2017; 5(2): 45-48.
3. J Fernandez, A Mendez-Villanueva, and B M Pluim. Intensity of tennis match play. British Journal of Sports Medicine, 2006 May; 40(5): 387-391.
4. Rowland T.W. Tennisology. Inside the science of serves, nerves and on-court dominance. 2014, Human Kintetics Publisher, Champaign IL, USA, page count: 208.

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72