SYLLABUS

1. Course title:

Tenis I

2. Code:

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Completed semester, with min. 50% of the student's prepayment points

7. Class restrictions:

8. Duration / semester:

15 8

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical education and sport

12. Lecturer:

Vlatko Šeparović

13. Lecturer's e-mail:

vlatko.separovic@untz.ba

14. Web site:

15. Course aims:

The aim of the course is to provide the students with the necessary knowledge and skills to implement the plan and work program at all levels sports education in sport schools and selected groups of the starting level in tennis.
Emphasis is on adopting methodological procedures in the process of adopting basic elements of novice techniques and tactics, as well as applying adopted elements at higher levels.
Introducing students with the basics of competitive sports and emphasizing them gradual skills in mastering the tennis skills, through the example of the ITF program "Play and Stay" by the model Step by Step "Steps to Success".

16. Learning outcomes:

After lectures, seminars and exercises (part of exercises and seminars in sports clubs) students will:
- to know tennis as a sport (history of games, equipment, rules, importance of preparation, tennis injuries).
- to know tennis as a sport (equipment, rules, importance of preparation, tennis injuries).
- to know the systematization of kicking tennis,
- Overcome the first step "Forehend offense",
- the second step "Beckhend as a stronger party game",
- the third step "Serving to the point",
- Step Four "Single Player Performance",
- To know the basics of mental preparation and tactics in tennis,
- Tactics of beginner games.

17. Course content:

Introductory lecture / introduction to the content of the course. Theory and technique of tennis (basically from the history of the game, equipment, rules).
Classification of basic punch techniques. Kinesiological analysis of basic punctures and puncture production.
Learning to play a game through the ITF model Play and Stay while respecting the gradual adoption of basic element techniques.
Tennis as the first sport, tennis and natural kind of movement.
Learning and Training Three Basic Strikes for Beginners in Tennis: An Offense Forehend, Forehend as support to all other strokes, forehand tips, beckhend as a stronger side game, single-handed and double-decker, exercise, service to the point,
Service of short and full swing, types of service.
The novice game tactics. Competition for singles competitions (singles).
Tennis tournaments organizing tournaments, ranks and examples of skeleton tennis tournaments. Trial in tennis and those unfair rules of the game
(Rules of conduct and tennis).

18. Learning methods:

For the purpose of efficient teaching and achievement of the expected objectives of the subject and competences of the students on the subject the tennis choice of teaching methods will be tailored to the type of training and the individual and age characteristics of the participants possible programs.
In the implementation of the envisaged contents, the methods of verbal communication, demonstration (comparative and indirect) and practical exercise method, analytical method (adoption by part) and synthetic method (adoption Immediately in its entirety).

19. Assessment methods:

Checking students' knowledge begins with attendance and exercises (up to 10 points), as well as colloquia, Theoretical (max 15 points) and practical (up to 15 points), which means that a student from the beginning of the semester by fulfilling its obligations, it achieves a certain number of points.
Students who have been out of more than just for justified reasons three weeks of teaching in the course of the semester, can not go to the final exam until they have compensated for missed classes.
The total score is obtained by summing up the maximum possible number of points from all activities during the semester.
Through continuous activity of pre-contractual obligations throughout the semester, students can achieve 70 points, which it does 70% of the total exam, while the remainder of 30% is on the final exam.
Examination on the final exam is done on the practical part of the exam (max 15 points) and then on the oral exam Part of the exam (max 15 points). Verbal examination is carried out by asking questions from the subject teacher where he or she is maximum number of points scored eighteen (15). The minimum number of points won is ten (10), all strokes the minimum number would mean that the student did not pass the passage number.
The assessment of the exam is based on the total number of points the student has obtained by fulfilling the pre-requisites and by passing the exam, and according to the quality of the acquired knowledge and skills, it contains a maximum of 100 points and is determined according to
Next scale:

OBLIGATIONS OF STUDENTS BODIES
Presence in lectures and exercises 10
Column I and II Theory 15 + 15
Colloquium I and II Exercises 15 + 15
Final Exam (Practically + Theoretical) 15 + 15

20. Assessment components:

The concise grade is formed in relation to the total number of points achieved during the semester, ie pre-contractual obligations and
Of the final exam itself.
BORDERS FINAL EVALUATION
<53 pet (5); does not satisfy; F
54-63 six (6); sufficient; E
64-73 seven (7); good; D
74-83 eight (8); very good; C
84-93 nine (9); outstanding; B
94-100 ten (10); excellent A

21. Required reading list:

1. Brown, J. (2004). Tenis koraci do uspjeha. Human Kinetics, Inc.
2. United States Tennis Association (2004). Coachig Tennis Successfully. Coaching Successfully Series.
3. Burwash, P., and Tullius, J. (1991). Total Tennis: Complete Guide.

22. Web sources:

23. Applicable starting from the academic year:

2011/2012

24. Adopted in the Faculty/Academy session: