



**IPBeja**

INSTITUTO POLITÉCNICO  
DE BEJA

School of Education  
Course Unit Syllabus

Level of qualification:

First cycle (EQF level 6) - Bachelor

Study cycle:

Sports

**Course Unit: 956321 - Propaedeutic and Methodology of Physical Activity and Sport II - Tennis**

Year 1 Semester 2 ISCED Code: 1014 ECTS: 2,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face

Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de Loureiro

**HOURS OF WORK**

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
62,5	10	35							17,5

Prerequisites (if applicable): <<Max 500 characters with spaces>>

**LEARNING OUTCOMES (knowledge, skills and competence)**

1. Acquire pedagogic, technical and scientific knowledge, necessary to the mastering of the basic levels of initiation and improvement
2. Knowing the specific learning methodology of the discipline
3. Knowing the rules and its technical and pedagogic implications, as well as the evolution of the game
4. Knowing and mastering the technical gestures used in tennis
5. Acquire the specific experiences of tennis that are used in the teaching process
6. Analyze the technical situations - the most important tactics in different areas of the field as a means of introduction of the different technical gestures
7. Know the main rules of the game and master the terminology used in tennis

**CONTENTS**

1. History and Evolution of Tennis
2. Organization of tennis (national and international)
3. Tennis Rules
4. Basic principles of technical gestures
  - 4.1. Movement and body position
  - 4.2. The racket and the types of handle
  - 4.3. Technical gestures (Service, Forehand, Backhand, Approach, Volley, Half-Volley, Lob, Smash, Amortie, Passing-shot)
5. Technical-tactical analysis of the game of tennis
  - 5.1. Game situations and court zones
  - 5.2. Common Errors and Correction Techniques
  - 5.3. Stages of the Game
  - 5.4. Tactical intentions
  - 5.5. Game Styles

6. Teaching the game of tennis "PLAY AND STAY"
  - 6.1. Game Methodology
  - 6.2. Teaching Styles
  - 6.3. Organization, planning and training structure
7. Training, development, analysis and correction of players
  - 7.1. Development Phases
  - 7.2. Principles of training and analysis of the performance of tennis player.
  - 7.3. Analysis and correction
8. International Tennis Number
9. Introduction to Padel
  - 9.1 - Padel Game Rules
  - 9.2 - Basic concepts and technical gestures

#### **DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES**

Tennis is a sport that gives its practitioners a set of unique sensory-motor experiences, which will be of considerable importance to the harmonious development of the same. The structure and organization of the presented program is then justified, emphasizing the functional aspects of tennis, centred on the selection of objectives and content that emerged from the creation and presentation of learning situations and improving knowledge of the elements of the same functional structure, valuing the evolution of the game and technical factors, tactical and technical regulations.

#### **TEACHING METHODOLOGIES**

The teaching methodologies of this curricular unit consist of theoretical sessions, practical classes and group work.

#### **DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research. The presentation practice by the students to the group-class of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent.

#### **EVALUATION METHODS**

Assessment is as follows: normal season – Work group or exam and practical performance. In the appeal season the assessment consists of a theoretical examination and a practical examination

#### **MAIN BIBLIOGRAPHY**

- American Sport Education Program (2009) Coaching tennis. Technical & tactical skills. Champaign. Human kinetics.
- Cross, R. & Lindsey, C. (2009). *Tenis técnico. Raquetas, cuerdas, pelotas, pistas, efectos y botes*. Barcelona. Paidotribo.
- Díaz, A. & Díaz, R. (2008). *Manual de Padel: Conceptos Básicos*. Sevilla: Consejería de Turismo, Comercio y Deporte.
- Federação Portuguesa de Padel (2017). *Regulamento do Jogo de Padel*. Lisboa: FPP.
- Federação Portuguesa de Ténis (2002). *Manipulação de uma bola com uma raquete no jogo de ténis*. Lisboa: CEFD.
- Federação Portuguesa de Ténis (2010). *Manual de Ténis na Escola*. Linda-a-Velha: FPT.
- Freo, A. (2016) *1500 ejercicios para el desarrollo de la tecnica, la rapidez y el ritmo en ténis*. Barcelona, Paidotribo.
- International Tennis Federation (2004). *International Tennis Number Manual*. London: ITF.
- International Tennis Federation (2010). *Tennis 10s implementation manual*. London: ITF.
- International Tennis Federation (2018). *Rules of Tennis*. London: ITF.

