

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name in Polish** : TENIS ZIEMNY  
**Name in English** : TENNIS  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW035052  
**Group of courses** : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contraindications to participate actively in physical education classes.
2. Possessing own equipment necessary to play tennis: tennis racquet, balls.

**SUBJECT OBJECTIVES**

- C1: Mastering basic drives: forehand, groundstroke backhand, service, volley - allowing for self-reliant leading a game of tennis.  
 C2: To acquaint students with different ways of counting points in tennis: gem, set, match, tie - break, super tie - break.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: Knowledge of the rules to play tennis.

PEK\_W02: Knowledge how to count points in tennis.

**Relating to skills:**

PEK\_U01: A student is able to carry out an exchange from the baseline of tennis court – forehand and backhand groundstrokes.

PEK\_U02: A student is able to do a serve, smash, volley.

PEK\_U03: Student is able to play a tennis match.

**Relating to social competences:**

PEK\_K01: A student is aware of healthy participation in the mass physical culture.

PEK\_K02: Participation in recreational tennis tournaments.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Health and safety, conditions of credit, equipment selection, evaluation tennis skills.	2
Cl. 2-5	Learning and improving basic technical elements: forehand and backhand groundstrokes, service, smash.	8
Cl. 6-8	Improving the game at a net - forehand and backhand volley.	6
Cl. 9-12	Improving pair drives: an exchange from the interior of court, service-return, smash - lob, volley - forehand, volley - backhand.	8
Cl. 13-14	Tennis tournament.	4
Cl. 15	Determination of ITN, crediting.	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
<p>N1. Practical exercises.            N2. Instructor's demonstration (student).            N3. Presentation: kinograms, multimedia presentations.            N4. Lecture.</p>

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Test, oral answer.
F2	PEK_U01, U02, U03	Demonstration.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<p><b><u>PRIMARY LITERATURE:</u></b>            [1] Królak A.: <i>Tenis dla dzieci nauczycieli i rodziców</i>. Wydawnictwa szkolne i pedagogiczne. 1999.            [2] Królak A.: <i>Technika współczesnego tenisa</i>. Warszawa: 2012.</p> <p><b><u>SECONDARY LITERATURE:</u></b>            [1] Romer A.: <i>Tenis</i>. Wiedza i życie. 2005.</p>

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
Jerzy Śliwiński, jerzy.sliwinski@pwr.edu.pl