

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

Name in Polish : TENIS ZIEMNY (SEKCJA)
Name in English : TENNIS (VARSITY DIVISION)
Level and form of studies : 1st and 2nd level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW035054
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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 contradictions to take active part in tennis trainings..
2. Very good technical preparation, suggested tournament (club) experience.
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions

SUBJECT OBJECTIVES

C1: Preparing contestants to represent the university in competitions at regional and national level.
 C2: Ability to develop and pursue a sport career at university level.
 C3: To promote discipline among students.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows all the tactical singles and doubles play and current rules of the game.
 PEK_W02: A student knows a method of individual motor training.

Relating to skills:

PEK_U01: Can use individual technique and motor agility to a positive resolution of match situations.
 PEK_U02: Can individually form their motor skills.

Relating to social competences:

PEK_K01: Promotes discipline among students
 PEK_K02: Works in a team and take part in competitive sports on the principles of fair play.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-6	Familiar with the principles of safety and establish sporting purposes. Developing strength special. Development of speed for a short distance. Improving individual techniques in all aspects of the game. Making a selection of players.	12
Cl. 7-30	Preparing athletes to represent the school in sports. Shaping the motor in speed over a short distance, the special strength and power mm. shoulder girdle. Improving techniques and tactics in all aspects of the game - class individual, group, game pieces, game task and appropriate. Participation in sports. Season Summary. Training Guidelines for the holidays.	48
Total hours		60

TEACHING TOOLS USED
<p>N1. Practical exercises. N2. Trainer's demonstration (student). N3. Presentation. N4. Lecture. N5. Sports tournament.</p>

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer, demonstration
F2	PEK_U01, U02, U03	Demonstration, match observation
F3	PEK_K01, K02	Activity, match observation
C: Attendance, activity and attitude in classes including F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u></p> <p>[1] Kobayashi K., Sharp H. E.: <i>Judo w ujęciu sportowym, w formie ćwiczonej w Japonii</i>. Warszawa: Wydawnictwo Budo–Sport, 1998. ISBN 83-901658-8-0. [2] Matwiejew S., Jagiełło W.: <i>Judo Trening sportowy</i>. Warszawa: Wydawnictwo Centralny Ośrodek Sportu, 1997. ISBN 83-86504-27-7.</p> <p><u>SECONDARY LITERATURE:</u></p> <p>[1] Cochran S.: <i>Sila szybkość i kondycja w sztukach walki</i>. Zielonka: Wydawnictwo Inne spaceru – Sembrador, 2011. ISBN 978-83-930794-2-1.</p>

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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