Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282071 **Name:** Tennis

Credits: 4,50 **ECTS Year:** 3, 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Adversary Sports. **Type:** Elective

Field of knowledge: Ciencias de la Salud

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

OAC21	Monica Martin De Benito **(Responsible Lecturer)**	monica.martin@ucv.es
	Ignacio Tamarit Grancha	ignacio.tamarit@ucv.es

Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Professional Itinerary Electives.	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Anthropology.	18,00	Anthropology	6,00	3/1
		Religion, Culture and Values	6,00	This elective is not offered in the academic year 24/25
		Science, Reason and Faith	6,00	3/2
Idiom.	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Nutrition.	4,50	Nutrition	4,50	3, 4/2

Sports Facilities.	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 24/25
Methods and techniques of investigation.	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	4/2
Sports in the Natural Environment.	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Inclusive Activities and Practices	4,50	Insclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 24/25
Direction and Management of Gyms and Sports Centers.	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 24/25
Individual sports.	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 24/25
		Gymnastics	4,50	This elective is not offered in the academic year 24/25
		Swimming	4,50	This elective is not offered in the academic year 24/25
		Triathlon	4,50	3, 4/2

Collective Sports.	22,50	Basketball	4,50	3, 4/2
		Football	4,50	4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 24/25
		Volleyball	4,50	4/2
Adversary Sports.	18,00	Fencing	4,50	This elective is not offered in the academic year 24/25
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

R1 Apply scientific evidence on internal logic, physiological, biomechanical, behavioral and social principles, modulators of tennis performance to the design, execution and evaluation of exercises and teaching-training programs.

R2 Differentiate and design prioritized development tasks of the different capacities-abilities in the different fields of application of tennis.

R3 Analyze and critically discriminate information from various sources of knowledge (in Spanish and English) to propose specific solutions and / or make intervention proposals applied to different teaching-training contexts.

R4 Analyze, plan, carry out and reasonably evaluate teaching-training programs that use tennis as a means-end, in different intervention contexts.

R5 Develop and show attitudes of cooperation, respect, constructive criticism and professionalism typical of the multidisciplinary work groups that characterize the coaching staff of football clubs-teams.

Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG2	Know how to apply information and communication technologies (ICT).			x	
CG3	Develop skills to solve problems through decision making.				x
CG4	Convey any related information properly both in writing and orally.				x
CG5	Plan and organize any activity efficiently.				x
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.				x
CG7	Be able to carry out critical reasoning using the knowledge acquired.				x
CG9	Know and act within the ethical principles necessary for proper professional practice.				x
CG10	Develop skills for adaptation to new situations and for autonomous learning.				x
CG11	Develop skills for creativity, initiative and entrepreneurship.			x	
CG12	Develop leadership skills.				x
CG13	Be able to apply theoretical knowledge in practice.				x
CG14	Use the internet properly as a means of communication and as a source of information.		x		
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question.				x
CG16	Understand the proposals of other specialists and communicate with them, both in their language and in a second language foreign.				x

CG18	Be able to self-evaluate.	x			
CG19	Develop habits of excellence and quality in professional practice.				x

SPECIFIC		Weighting			
		1	2	3	4
CE 1.1	Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).				x
CE 1.2	Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention of physical activity and sport.				x
CE 1.3	Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.				x
CE 4.1	Fluently develop procedures and protocols to solve unstructured, unpredictable and growing problems complexity, articulating and displaying a domain of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive body activities and dance, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for all the population and with emphasis on populations of a special nature such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).				x

CE 4.2	Elaborate fluently procedures and protocols to solve unstructured, unpredictable and difficult problems. increasing complexity, articulating and displaying a domain of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in an adequate, efficient, systematic, varied and integrated way methodologically for the entire population and with emphasis on special populations such as: older people (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of activity physics and sport.			x
CE 4.3	Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and processes of physical condition and physical exercise; having take into account the development, characteristics, needs and context of individuals, different types of population and spaces where physical activity and sports are carried out; in the various sectors of professional intervention and with an emphasis on populations of special character.			x
CE 7.1	Know and know how to apply the ethical and deontological principles and of social justice in the performance and professional involvement as well as having habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.			x
CE 7.2	Know, elaborate and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations for the professional practice of Graduates in Physical Activity and Sports Sciences, in any sector professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sports); as well as being able to develop a multidisciplinary work			x

CE 7.3	Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduated in Sciences of Physical Activity and Sports as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the goals and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all the physical-sports services offered and provided and in any sector professional of physical activity and sports.			x

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	30,00%	Carrying out a project.
R1, R2, R3, R4, R5	30,00%	Written / oral and / or practical tests.
R1, R2, R3, R4, R5	20,00%	Active participation.
R1, R2, R3	20,00%	Autonomous work.

Observations

·The student may keep the evaluation instruments passed during the 3 years following the first enrollment.

·It is necessary to obtain a 50% in all the instruments to pass the course. If this criterion is not met, the student will be graded with a maximum of 4.5 in that exam session.

·Attendance to the practical sessions indicated in the schedule is compulsory. In case of not attending 80% of the practical sessions, the student will not be evaluated during that academic year in accordance with article 8 of the UCV exam regulations (the student will appear as "No Present").

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written/oral and/or practical tests

The evaluation system of the course is cumulative and consists of a single final test on the dates of the official convocation.

The test contemplated within this instrument is the following:

·Type test: 3 answer options. The standard penalty system will be 1 wrong subtract 50%.

Completion of a project

Group project on any of the contents of the subject and whose delivery will be made through the platform.

Active participation

Completion of a questionnaire at the end of each practical class. Quiz type: 3 answer options. The standard penalty system will be 1 wrong subtract 50%.

Autonomous work

The test contemplated within this instrument is the following:

·2 individual observation practices (10% each)

·In each practice:

·Explanation of the observation.
·Performance of the observation using Excel.
·Delivery of the observation practice in two parts:
·The task requested through the platform.
·Completion of a questionnaire in relation to the observation. Test type: 3 answer options.
The standard penalty system will be 1 wrong subtract 50%.

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on each group's platform at the student's disposal.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

M2 Group dynamics and activities.

M3 Practical lesson.

M4 Presentation of content by the teacher.

M5 Laboratory practices.

M8 Resolution of problems and cases.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4, M8	R1, R2, R3, R4, R5	14,50	0,58
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M4, M8	R1, R4, R5	24,80	0,99
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M8	R2, R4	1,70	0,07
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2, R3, R4	4,00	0,16
TOTAL		**45,00**	**1,80**

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M3, M8	R1, R2, R3, R4, R5	25,00	1,00
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M2, M8	R1, R2, R3, R4, R5	42,50	1,70
TOTAL		**67,50**	**2,70**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 History and structural and organizational analysis of tennis	History and structural and organizational analysis of tennis
2 Didactics and methodology of tennis training depending on the formative stages and the type of player.	Didactics and methodology of tennis training depending on the formative stages and the type of player.
3. Coordination structure: Tennis technique (footwork, basic positions, grips, blows and special blows –phases).	Coordination structure: Tennis technique (footwork, basic positions, grips, blows and special blows –phases).
4. Cognitive structure: Tennis tactics (basic and advanced).	Cognitive structure: Tennis tactics (basic and advanced).
5. Conditional structure: methodology of physical training in tennis. The preparation, planning and periodization of tennis training.	Conditional structure: methodology of physical training in tennis. The preparation, planning and periodization of tennis training.
6. Emotive-volitional/socio-affective structure in tennis.	Emotive-volitional/socio-affective structure in tennis.

Temporary organization of learning:

Block of content	Number of sessions	Hours
1 History and structural and organizational analysis of tennis	3,00	6,00
2 Didactics and methodology of tennis training depending on the formative stages and the type of player.	8,00	16,00
3. Coordination structure: Tennis technique (footwork, basic positions, grips, blows and special blows –phases).	7,00	14,00
4. Cognitive structure: Tennis tactics (basic and advanced).	8,00	16,00
5. Conditional structure: methodology of physical training in tennis. The preparation, planning and periodization of tennis training.	2,00	4,00
6. Emotive-volitional/socio-affective structure in tennis.	2,00	4,00

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WEBSITES OF INTEREST

http://miguelcrespo.net/recursos/temas/
https://www.itftennis.com/en/
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