



Information about the course

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:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Adversary Sports **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2



Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1



Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R10 - Develop and demonstrate cooperation, respect, constructive criticism, and professionalism typical of multidisciplinary workgroups characterizing the tennis technical staff.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical condition and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are carried out; in the various sectors of professional intervention and with emphasis on special populations.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.



- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

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

Type of AR: Competencias

- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have 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.

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

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R6 - Apply scientific evidence regarding the internal logic, physiological principles, biomechanics, behavioral, and social factors that modulate performance in tennis to the design, execution, and evaluation of exercises and teaching-training programs.

Learning outcomes of the specified title

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R7 - Differentiate and design prioritized development tasks for various capacities and skills in different tennis application contexts.

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R8 - Analyze and critically discriminate information from various knowledge sources (in Spanish and English) to propose specific solutions or intervention proposals for different teaching-training contexts.

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R9 - Analyze, plan, implement, and rationally evaluate teaching-training programs that use tennis as a means to an end in various intervention contexts.

Learning outcomes of the specified title

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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R6, R7, R8, R9, R10	30,00%	Written and/or practical tests.
R6, R7, R8	40,00%	Individual or Group Work / Project.
R6, R7, R8, R9, R10	30,00%	Exercises and Practices in the Classroom.

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 evaluation instruments to pass the course.
- According to article 4.2. of the UCV Evaluation Guidelines, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 80% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written 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 failure subtracting 50%.

Individual or Group Work/Project

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

Exercises and Practices in the Classroom

Completion of a questionnaire at the end of each practical class. Students who do not attend the class will not be able to complete the questionnaire. Quiz type: 3 answer options. The standard penalty system will be 1 wrong subtract 50%.

The detailed explanation (procedure of the tasks) as well as the evaluation instruments (rubric sheets) of each section will be published in the platform of each group at the student's disposal.

Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS



THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R6, R7, R8, R9, R10	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	14,50	0,58
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R6, R9, R10	Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	24,80	0,99
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R6, R7, R8, R9	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R7, R9	Resolution of problems and cases.	1,70	0,07
TOTAL			45,00	1,80



TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R6, R7, R8, R9, R10	Resolution of problems and cases. Practical lesson. Group dynamics and activities.	25,00	1,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R6, R7, R8, R9, R10	Resolution of problems and cases. Group dynamics and activities.	42,50	1,70
TOTAL			67,50	2,70



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
BLOCK 1	History and structural and organizational analysis of tennis
BLOCK 2	Didactics and methodology of tennis training according to the formative stages and type of player.
BLOCK 3	Coordinative structure: tennis technique (footwork, basic positions, grips, strokes and special strokes - phases)
BLOCK 4	Cognitive structure: tennis tactics (basic and advanced)
BLOCK 5	Conditional structure: methodology of physical training in tennis. Preparation, planning and periodization of tennis training.
BLOCK 6	Emotional-volitional/socio-affective structure in tennis.



Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	3	4,50
BLOCK 2	8	12,00
BLOCK 3	7	10,50
BLOCK 4	8	12,00
BLOCK 5	2	3,00
BLOCK 6	2	3,00



References

BASIC REFERENCES:

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