

Semester II
PART – B: PRACTICUM COURSE
BPC – 203 (D): RACQUET SPORTS (TENNIS)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	48	56	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of tennis and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the tennis court, understanding about play on different playing surfaces, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of Tennis Federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret fundamental skills and strategies
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

COURSE CONTENTS

Historical development of the tennis at national and international levels, National and International Bodies controlling tennis and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Single and Doubles game tactics– Defensive, attacking
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/Viva/ learning by doing/Shadow and Partner Practice

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 25