



SUBJECT OUTLINE

1. Programme of study description

1.1.	THE "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	THE FACULTY OF MEDICINE / THE CLINICAL DEPARTMENT
1.3.	DISCIPLINE: PHYSICAL AND SPORT EDUCATION DISCIPLINE - TENNIS
1.4.	DOMAIN OF STUDY: Healthcare – regulated sector within the EU
1.5.	CYCLE OF STUDIES: BACHELOR'S DEGREE
1.6.	PROGRAMME OF STUDY: MEDICINE

2. Subject description

2.1.	Name of the subject/compulsory subject/elective subject within the discipline: TENNIS					
2.2.	Location of the discipline: Sports Base – Medicine B-dul Vasile Milea No. 2-4					
2.3.	Course tenured coordinator: Lecturer PhD ION ANNA MARIA					
2.4.	Practicals/clinical rotations tenured coordinator:					
2.5. Year of study	I-II	2.6. Semester	I-IV	2.7. Type of assessment	Practical Exam	2.8. Subject classification

3. Total estimated time (hours/semester of didactic activity) – teaching module

Number of hours per week	2	Out of which: course		Clinical rotation	
Total number of hours from curriculum	112	Out of which: course		Clinical rotation	112
Distribution of allotted time	56				Hours
Study from textbooks, courses, bibliography, and student notes					
Additional library study, study on specialized online platforms and field study					
Preparing seminars / laboratories, assignments, reports, portfolios and essays					
Tutoring					
Examinations					
Other activities					
Total hours of individual study					
Number of credit points		2- first year 2 – second year			

4. Prerequisites (where applicable)

4.1. of curriculum	
4.2. of competencies	

5. Requirements (where applicable)

5.1. for delivering the course	
5.2. for delivering the clinical rotation	Tennis Court - UMF Sports Base Balls, rockets, net, stairwell, milestones.

6. Acquired specific competencies

Professional competencies (expressed through knowledge and skills)	At the end of the practical courses the student must have knowledge and notice on: - the technique and execution of the technical procedures of preparation, hitting the ball from the side and those
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	<p>from the top;</p> <ul style="list-style-type: none">- the rules of the game of tennis;- the application of strikes in the bilateral game;- the physical, mental and emotional benefits that the practice of playing tennis brings, through the elements that compose it namely: strength, acumen, speed, decision-making power, skill, endurance, agility, etc. in the development as a future doctor, this sport can be practiced at any age;- the methods and practical-methodical and theoretical means of the game of tennis.
Transversal competencies (of role, of professional and personal development)	<ul style="list-style-type: none">- to develop the terminology specific to the game of tennis and to form a specific vocabulary with which to communicate;- have the ability to practice the game of tennis and to adapt its peculiarities to the level of knowledge and skills accumulated in the practical activity;- have the ability to correctly execute the basic technical procedures and distinguish them;- have the ability to recognize and execute some technical elements and procedures;- have optimal indicators of the driving capacity specific to the tennis game necessary to execute the technical actions in the court;- have the ability to perform correctly the preparation, hitting the ball from the side and the top;- be able to apply during the bilateral game the technical procedures learned and comply with the rules of the game of tennis.- to take an attitude, during the game, in the spirit of fair play.

7. Subject learning objectives (based on the scale of acquired specific competencies)

7.1. General learning objective	<p>At the end of the practical works, the student must know/acquire:</p> <ul style="list-style-type: none">- basic theoretical notions of the game of tennis;- basic notions of the rules of the game of tennis;- technical elements and procedures specific to the game of tennis;- means of travel on the pitch during the game of tennis;- the skills and motor skills specific to the game of tennis.- theoretical knowledge, learning and improvement of the exercise technique provided for in the curricular area.
7.2. Specific learning objectives	<ul style="list-style-type: none">- maintaining optimal state of health of students and improving the resistance of their body to the action of environmental factors and the specifics of professional activity;- ensuring superior indices of the correct and harmonious physical development of the organism;- improving skills, motor skills and knowledge along the line of playing tennis;



	<ul style="list-style-type: none"> - cultivating the skills and habits of students to practice independently, in their spare time, the exercises and the game of tennis for corrective, fortification, recreative or compensating purposes; - engaging the mass of students in the systematic activity of practicing exercise and sport; - the improvement of moral-volitive and intellectual qualities and traits, aesthetic sense and social responsibility. - knowledge of the characteristics and peculiarities of the game of tennis; - holding a specific motor baggage and demonstrating specific practical knowledge related to the technique of hitting in the game of tennis; - application of the technical knowledge acquired during the bilateral game; - compliance with the basic rules of the game of tennis; - Participation in tennis competitions organized within the university; - demonstrating a real education and evolution of ambition, will and desire for self-exceeding in specific conditions of competitiveness.
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8. Content

8.1. Course	Teaching methods	Observations
8.2. Clinical rotation	Teaching methods	Observations
I YEAR		
CR 1 - Basics on the rules of the game, data about the playing court, racket and ball.	Verbal - explanation, description, conversation	
CR 2 - Accommodation with the playing court surface: - walking and running variants with ball and racket Motion games with ball and racket	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 3 – a) Learning the technique of preparation procedures of lateral strikes: b) racket grip c) body position d) weight transfer	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 4 - Learning the technique of preparation procedures of lateral strikes: a) the action of the trunk b) foot action Learning to use the ball and re-enter the court	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	



CR 5 - Learning the technique of preparation processes of lateral strikes: - forehand: execution without ball a) specific preparation b) hitting itself c) end of strike Learning the technique of footwork	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 6 - Learning the technique of preparation procedures of lateral strikes: - forehand: execution with fallen ball from the teacher Learning the technique of running school exercises	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 7- Learning the technique of preparation procedures of lateral strikes: - forehand: execution with fallen ball out of the student's hand Learning the technique of running school exercises	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 8 Learning the technique of preparation procedures of lateral strikes: - forehand: execution with ball launched out of hand by the teacher Learning the technique of running school exercises	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 9 Perfecting the technique of hitting the ball from the side – forehand – the withdrawal of the racket - execution with ball launched by the teacher on the opposite side of the net Learning the technique of preparation: - the waiting position.	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	



<p>CR 10</p> <p>Learning the technique of the hitting the ball from the side – forehand - the actual strike, the impact of the racket-ball</p> <ul style="list-style-type: none">- execution with ball launched by the teacher on the opposite side of the net. <p>Learning the technique of Preparation procedures:</p> <ul style="list-style-type: none">- the position of the legs during the strike.	<p>1. Verbal</p> <ul style="list-style-type: none">- explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none">- demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none">- individual, grouped and analytical practice.	
<p>CR 11</p> <p>Learning the technique of the hitting the ball from the side of the servicesquare and away - forehand - the end of the strike</p> <ul style="list-style-type: none">- execution with ball launched from the teacher's racket on the opposite side of the net. <p>Perfecting the technique of the preparation procedures:</p> <ul style="list-style-type: none">- the waiting position and the position of the legs during the strike.	<p>1. Verbal</p> <ul style="list-style-type: none">- explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none">- demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none">- individual, grouped and analytical practice.	
<p>CR 12</p> <p>Perfecting the technique of hitting the ball from the side of the base line of the court - forehand</p> <ul style="list-style-type: none">- execution with ball launched from the teacher's racket on the opposite side of the net.- sending the ball in the long line. <p>Learning the technique of placement:- stepping</p>	<p>1. Verbal</p> <ul style="list-style-type: none">- explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none">- demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none">- individual, grouped and analytical practice.	
<p>CR 13</p> <p>Perfecting the technique of hitting the ball from the side of the bottom of the field - forehand</p> <ul style="list-style-type: none">- execution with ball launched from the teacher's racket on the opposite side of the net.- sending the ball diagonally (cross) <p>Learning the technique of</p>	<p>1. Verbal</p> <ul style="list-style-type: none">- explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none">- demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none">- individual, grouped and analytical practice.	



placement: start		
<p>CR 14</p> <p>Learning the technique of the hitting the ball from the side (forehand) from the base line of the court and on the move – execution with ball launched from the teacher's racket on the opposite side of the net</p> <ul style="list-style-type: none"> - the strike and retreat to the center of the court <p>Learning the technique of placement:</p> <ul style="list-style-type: none"> - running 	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 15</p> <p>Learning the technique of the hitting the top ball - service:</p> <ul style="list-style-type: none"> - Execution without ball a) preparation of the strike, b) launching the ball, c) the actual strike, d) end of strike <p>Learning the technique of placement: - step added</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 16</p> <p>Learning the technique of the hitting the top ball - service:</p> <ul style="list-style-type: none"> - Execution with ball from the service line a) the withdrawal of the missile, b) launching the ball, <p>Learning the technique of placement: - cross step</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 17</p> <p>Learning the technique of the hitting the top ball - service:</p> <ul style="list-style-type: none"> - Execution with ball from the service line a) the actual strike, b) the end of the strike <p>Learning the technique of placement:</p> <ul style="list-style-type: none"> - Jump on both legs (split step) 	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	



<p>CR 18</p> <p>Learning the technique of the hitting the top ball - service:</p> <ul style="list-style-type: none"> -execution with ball from the base line of the court (a) the withdrawal of the missile, b) launching the ball, c) the actual strike, d) end of strike <p>Learning the technique of placement:</p> <ul style="list-style-type: none"> - slipping, skidding 	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 19</p> <p>Learning the technique of the hitting the top ball – the service – execution with the ball from the base line of the court:</p> <ul style="list-style-type: none"> - perfecting the racket withdrawal <p>Learning the technique of placement: - fanding</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 20</p> <p>Learning the technique of the hitting the top ball – the service- execution with the ball from the base line of the court:</p> <ul style="list-style-type: none"> - perfecting the ball's launch <p>Learning the technique of placement:- pivoting</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 21</p> <p>Learning the technique of the hitting the top ball – the service – execution with the ball from the base line of the court:</p> <ul style="list-style-type: none"> - perfecting the strike itself, racket-ball impact <p>Speed development</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	
<p>CR 22</p> <p>Learning the technique of the hitting the top ball – the service – execution with the ball from the base line of the court:</p> <ul style="list-style-type: none"> - perfecting the end of the strike <p>Strength development</p>	<p>1. Verbal</p> <ul style="list-style-type: none"> - explanation, description, conversation <p>2. Nonverbal:</p> <ul style="list-style-type: none"> - demonstration, observation, observation of the execution of other subjects. <p>3. Practice:</p> <ul style="list-style-type: none"> - individual, grouped and analytical practice. 	



CR 23 Learning the right-hand strike technique -forehand, depending on the direction of the ball: - positioning of the legs Andurance development	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 24 Practice the right strike in bilateral play conditions: - of the service-carrying long-line ball Service improvement: - Executions with the ball from the service line	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 25 Practice the right strike in bilateral play conditions: - of the service-carrying diagonal ball (cross) Service improvement: - Executions with the ball from the base line of the court	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 26 Practice the right strike in bilateral play conditions: - from the base line of the court with the goalint in the long line. Developing skill	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	
CR 27 Practice the right strike in bilateral play conditions: - from the base line of the court with the diagonal ball (cross) Developing skill	1. Verbal - explanation, description, conversation 2. Nonverbal: - demonstration, observation, observation of the execution of other subjects. 3. Practice: - individual, grouped and analytical practice.	



<p>CR 28</p> <p>Learning exercises to develop the coordination. Bilateral game using all learned means of moving</p>	<p>1. Verbal - explanation, description, conversation</p> <p>2. Nonverbal: - demonstration, observation, observation of the execution of other subjects.</p> <p>3. Practice: - individual, grouped and analytical practice.</p>	
<p>II YEAR</p>		
<p>CR 29</p> <p>Recap of the basics rules of the game</p> <p>Reaccommodation with the court using means from the running school</p>	<p>1. Verbal - explanation, description, conversation</p> <p>2. Nonverbal: - demonstration, observation, observation of the execution of other subjects.</p> <p>3. Practice: - individual, grouped and analytical practice.</p>	
<p>CR 30</p> <p>Reaccommodation with the playing field surface: - walking and running variants with ball and racket</p> <p>Motion games with ball, racket and milestones</p>	<p>1. Verbal - explanation, description, conversation</p> <p>2. Nonverbal: - demonstration, observation, observation of the execution of other subjects.</p> <p>3. Practice: - individual, grouped and analytical practice.</p>	
<p>CR 31</p> <p>Insisting on the technique of the preparation procedures of the strikes from the side- left strike (backhand)</p> <p>e) racket outlet f) body position g) weight transfer</p>	<p>1. Verbal - explanation, description, conversation</p> <p>2. Nonverbal: - demonstration, observation, observation of the execution of other subjects.</p> <p>3. Practice: - individual, grouped and analytical practice.</p>	
<p>CR 32</p> <p>Learning the technique of lateral preparation procedures - left strike (backhand)</p> <p>a) the action of the trunk b) foot action</p> <p>Learning to use the ball and re-enter in the court</p>	<p>1. Verbal - explanation, description, conversation</p> <p>2. Nonverbal: - demonstration, observation, observation of the execution of other subjects.</p> <p>3. Practice: - individual, grouped and analytical practice.</p>	



CR 33

Learning the technique of hitting the ball from the side - backhand

- Execution without ball

a) specific preparation

b) hitting itself

c) end of strike

Perfecting the technique of footwork

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

CR 34

Learning the technique of the hitting the ball from the side-backhand

- Execution with fallen ball from the teacher

Perfecting the technique of running school exercises

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

CR 35

Learning the technique of the hitting the ball from the side-backhand

- Execution with fallen ball out of the student's hand

Perfecting the technique of running school exercises

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

CR 36

Learning the technique of the hitting the ball from the side – backhand

- Execution with ball launched out of hand by the teacher

Perfecting the technique of running school exercises

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

CR 37

Perfecting the technique of hitting the ball from the side – backhand – tennis racket withdrawal

- execution with ball launched by the teacher on the opposite side of the net

Perfecting the technique of

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.



preparation:- waiting position.

CR 38

Learning the technique of the hitting the ball from the side - backhand- the actual strike, the impact of the racket-ball
- execution with ball launched by the teacher on the opposite side of the net

Perfecting the technique of preparation procedures:
- the position of the legs during the strike.

CR 39

Learning the technique of the hitting the ball from the side of the service court and away - backhand
- the end of the strike
- execution with ball launched from the teacher's racket on the opposite side of the net

Perfecting the technique of preparation procedures:
- the waiting position and the position of the legs during the strike

CR 40

Perfecting the technique of hitting the ball from the side at the bottom of the field - backhand
- execution with ball launched from the teacher's racket on the opposite side of the net
- sending the ball in the long line

Perfecting the technique of displacement procedures:- step

CR 41

Perfecting the technique of hitting the ball from the side at the baseline of the court - backhand
- execution with ball launched from the teacher's racket on the opposite side of the net
- sending the ball diagonally (cross)

Perfecting the technique of

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.



placement procedures: the start

CR 42

Learning the technique of the side strikes from the base line of the court and the moving

- left strike (backhand)
- execution with ball launched from the teacher's racket on the opposite side of the net
- the strike and retreat to the center of the court

Perfecting the technique of moving procedures:- running

CR 43

Perfecting the technique of hitting the top ball - service:

- Execution without ball
- a) preparation of the strike,
- b) launching the ball,
- c) the actual strike,
- d) end of strike

Perfecting the technique of placement procedures: - the added step

CR 44

Perfecting the technique of hitting the top ball - service:

- Execution with ball from the service line
- a) the withdrawal of the racket,
- b) launching the ball,

Perfecting the technique of placement procedures: - cross-step

CR 45

Perfecting the technique of hitting the top ball - service:

- Execution with ball from the service line
- a) the actual strike,
- b) the end of the strike

Perfecting the technique of placement procedures:

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.



- Jump on both legs (split step)

CR 46

Perfecting the technique of hitting the top ball - service:

-execution with ball from the line bottom of the land

- a) the withdrawal of the racket,
- b) launching the ball,
- c) the actual strike,
- d) end of strike

Perfecting the technique of placement procedures:

- slipping, skidding

CR 47

Perfecting the technique of hitting the top ball – service – execution with the ball from the base line of the court:

- perfecting the racket withdrawal

Perfecting the technique of placement procedures: - fanding

CR 48

Perfecting the technique of hitting the top ball – the service- execution with the ball from the baseline of the court:

- perfecting the ball's launch

Perfecting the technique of placement procedures: - pivoting

CR 49

Perfecting the technique of hitting the top ball – service - execution with the ball from the base line of the court:

- perfecting the actual strike, the impact of the ball racket

Speed development

CR 50

Perfecting the technique of hitting

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:



the top ball – service – execution
with the ball from the base line of
the court:

- perfecting the end of the strike

Strength development

CR 51

Perfecting the technique of hitting
the top ball - service - execution
with the ball from the base line of
the court:

- alternating the parts in which it is
served

Development of andurance

CR 52

Practice the right and left strikes in
bilateral play conditions:

- from the service court with the
goalting the ball in the long line

Development of explosive force

CR 53

Practice the right and left strike in
bilateral play conditions:

- from the service court on cross

Service improvement:

- Executions with the ball from the
base line of the court

CR 54

Practice the right and left strikes in
bilateral play conditions:

- from the base line of the court
with the goalint in the long line

Developing skill -cooordination

CR 55

Practice the right and left kick in
bilateral play conditions:

- from the base line of the court on
cross

Developing skill and coordination

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical
practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical
practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical
practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical
practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical
practice.

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation
of the execution of other subjects.

3. Practice:

- individual, grouped and analytical



practice.

CR 56

Strengthening exercises to develop the main skills needed in the game of tennis

Bilateral game with the use of all means of moving learned

1. Verbal

- explanation, description, conversation

2. Nonverbal:

- demonstration, observation, observation of the execution of other subjects.

3. Practice:

- individual, grouped and analytical practice.

Bibliography for course and clinical rotation

1. Antonescu, D., Moise, D., G., (1995), Characteristics and content of the game of tennis at the level of different typologies of players. In: ANEFS Magazine, 2/3 1995
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9. Corroboration of the subject content with the expectations of the representatives of the epistemic community, professional associations, and major employers in the field of the programme of study

□ Physical education and sport in general constitute a social activity with special contributions to the social-professional integration of the student. The formative function of physical education will contribute to the development of these skills and abilities, which will enable the individual to carry out his chosen profession as quickly and as best as possible, to practice it with increased efficiency, to be able to engage in various social activities and to act independently and creatively on the environment and on his own person.

□ The purpose of the practice of sport and within the university is to give the student a harmonious physical development, a correct body outfit, developed motor skills, knowledge on the values of using exercise with preventive, corrective and recuperative purpose. Thus the student will be able to organize himself in his spare time and later the sport to be part of his permanent activities, helping to maintain an optimal state of health.

□ Tennis by its characteristics and effects contributes to the development in equal measure of the capacity of self-overcoming, will, the spirit of fair play, all of which, together with the physical effects on the body lay the foundations of the physical sports activity practiced in the family and professional environments of future doctors, in the form of individual sports practiced both in the hall and outdoors, thus capitalizing on the knowledge and skills acquired during university studies.



10. Assessment

Type of activity	Assessment criteria	Assessment methods	Assessment weighting within the final grade
Course			
Clinical rotation	General control testes (motor capacity)	- abdominal muscle testing (no. reps in 30"); - speed andurace testing (the jump composed of 4 sequences-stroke/30"); - upper train muscle testing (floats – no. reps)	20%
	Control testes specific to the tennis discipline	- „fan” - 10 balls in limited space	20%
	Participation to the lesson	To receive a grade, the student must attend a minimum of 20 lessons per year	60%
Minimum performance standard			
For promotion, the student must have participated in at least 20 lessons per year and to take the physical and technical tests.			

Date of filing

Signature of the course tenured coordinator

Signature of the seminar tenured coordinator

Date of approval in the Council of the Department:

Signature of the Head of the Department