



UCAM
UNIVERSIDAD
CATÓLICA DE MURCIA

Teaching Guide 2017 / 2018

Racket Sports

Degree in the Science of Physical Activity and Sport

On-site Teaching Methods

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Racket Sports

Racket sports

Module: **Fundamentals of Sport.**

Subject: **Fundamentals of Sport.**

Character: **Mandatory.**

Number of credits: **4, 5.**

Time Period: **First course - four months**

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Student accessible office hours: Monday and Wednesday 18:00 - 19:00 hours.

Brief description of the subject

The subject of racket sports is part of the fundamentals of sports. For this subject, three of the most popular racket sports have been chosen: badminton, tennis and paddle-tennis. Being the most popular worldwide, **tennis** is considered the king of racket sports; **paddle-tennis** because it is currently at a peak in Spain; and **badminton** for its implementation in education and sport recreation centers.

The course is structured in such a way that the description and explanation of concepts, have a practical application and thus, the students, after completing their studies, will be able to teach the specific skills of these three racket sports at Secondary School, Clubs, Municipal facilities and, etc.

Prerequisites

No prerequisites.

Objectives

1. Understand the racket sports as a set having similar characteristics.
2. Learn about the facilities, materials, equipment and rules of racket sports.
3. Learn the technical, tactical, physical and psychological foundations of the introduction to racket sports: tennis, paddle-tennis and badminton.
4. Learn the didactic intervention of the teacher of physical education in the teaching of racket sports through the development of methodological progressions.
5. Be able to develop and put into practice sessions aimed at technical and tactical improvements of the aforementioned mentioned sports.
6. Be able to participate in practice irrespective of the level reached.
7. Promote the transfer to learning of other racket sports.

The skills and learning outcomes

TRANSFERABLE SKILLS

- (CT1) Be able to express oneself correctly in English in the field of discipline.
- (CT3) Be able to project acquired knowledge, abilities and skills to promote a society based on the values of freedom, justice, equality and pluralism.
- (CT7) Problem solving.
- (CT8) Decision making.
- (CT9) Teamwork.
- (CT13) Critical reasoning.
- (CT14) Ethical commitment.
- (CT15) Autonomous learning.
- (CT21) Motivation for quality.

SPECIFIC SKILLS

- (CES9) Select and use materials and sports equipment, suitable for each type of activity.
- (CES10) Apply information and communication technologies (ICT) to the field of the science of physical activity and sport.
- (CES14) Know, understand, and know how to teach, by combining theory and practice the skills and teaching methods of the basic practice of the sport.
- (CES15) Acquire and learn to apply practical skills of sport.
- (CES16) Learn to teach basic sport activities according to the principles of horizontality and verticality of the articulation of the training people.

RESULTS OF LEARNING

- (RA) Understand and distinguish the features that the different protocols of measurement and Instrumentation have in physical activity and sport.
- (RA) Interpret the data obtained from measurements and instrumental specific to physical activity and sport.
- (RA) Determine and use different protocols of measurements and instruments most appropriate in physical activity and sport for performance of its training and professional activities.
- (RA) Understand and distinguish the possibilities that the information and communication technologies have in physical activity and sport.
- (RA) Use information and communication technology (ICT) for the performance of their educational and professional activities.
- (RA) Understand and distinguish the possibilities of the basic practice of sport.
- (RA) Design and carry out teaching-learning processes at the level of the basic practice of sport.
- (RA) Acquire practical applied knowledge at the level of the basic practice of different sports.

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- (RA) Understand and distinguish the relationship and evolution of the practice of different sports.
- (RA) design in an integrated way and carry out teaching-learning processes taking into account the relationship and evolution of the different sports.
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- (RA) Design in an integrated way and carry out teaching-learning processes taking into account the relationship and evolution of the different sports.
- (RA) Understand, reason, and synthesize various fields of knowledge content.
- (RA) Manage and organize the information acquired during the learning process.
- (RA) Express oneself correctly orally and in writing in the English language.
- (RA) Acquire the necessary skills for the resolution of conflicts.
- (RA) Decide, in an integral and critical way, between different options.
- (RA) Acquire and implement collaborative strategies and skills that favor work
- (RA) Make judgments and critically position oneself given the diversity of situations of everyday life.
- (RA) Recognize and defend the fundamental rights of any individual.
- (RA) Pro-actively manage their learning process.
- (RA) Evaluate the importance of the adequate realization of one's work.
- (RA) Understand the value of respect and care for the environment and, therefore, develop actions of protection and defence of these.
- (RA) Use proper spelling and grammatical standards in oral and written language.

Methodology

Theoretical presentation	18	45 hours (40 %)
Follow-up tutorials	2.3	
Seminars and workshops	2.9	
Teaching practicals	19.5	
Evaluation	2.3	
Self study	33.75	67, 5 hours (60 %)
Applied work	33.75	
TOTAL	112.5	

Syllabus

PROGRAMME OF THEORETICAL TEACHING

The course of Racket Sports, content will be developed relating to the following sports: tennis, paddle-tennis, badminton and beach racket sports.

Teaching Unit I: Introduction to racket sports.

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Topic 1. History of racket and stick sports: origin and evolution.

Topic 2. Equipment: Equipment and materials.

Topic 3. Regulation: rules of tennis, paddle-tennis, badminton, and beach rackets sports and introduction to the competition.

Teaching Unit II: Fundamentals of racket sports.

Topic 4. Technical foundations: grips, footwork, movements and phases of shots.

Topic 5. Tactical fundamentals: situations, phases, and gaming systems.

Topic 6. Foundations of physical fitness: physical requirements for the initiation.

Topic 7. Psychological foundations: psychological requirements for the initiation.

Teaching Unit III: Didactics of racket sports.

Topic 8. The teaching and learning process.

Topic 9. Strategies and organisation of practice.

Teaching Unit IV: Methodology of racket sports.

Topic 10. Methodology of the basic shots: teaching method for initiation.

Topic 11. Planning and realisation of initial and recreation classes.

Topic 12. Adapted racket sports.

PROGRAMME OF PRACTICAL TEACHING

BLOCK I: Introduction to racket sports (games animation and familiarization).

Practical 1. Competition formats and systems.

BLOCK II: Technical fundamentals.

Practical 2. Grips, footwork, movements and phases of shots.

Practical 3. Exercises and tactical games.

Practical 4. Exercises and development of fitness games.

Practical 5. Exercises and psychological games.

Block III: Teaching method (according to the sport)

Practical 6. Forehand & backhand.

Practical 7. Shots without bounce.

Practical 8. Hits above the head.

Block IV: Technical execution of the basic hits.

Practical 9. Corrections. Mock practical test.

Relationship to other subjects

The subject of racket sports is directly related to topics belonging to the subject of fundamentals of sports (fundamentals of the sports initiation and individual and collective sports I and II).

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Evaluation system

Continuous and Comprehensive Evaluation

February/June/September Semester:

- **Written exam:** 50% of the total grade. Requirements: Students who exceed the 50% of class attendance: In this case the theoretical part of the course, will be assessed in two partial exams, that must be pass independently. The value of each of the tests will be: 25% first part and 25% second part. It will be necessary to obtain a grade of 5 points each one to apply for the average mark.

- **Presentations and practical test:** 40% of the total grade. Requirements: Attendance at 80% of the total number of practical lessons. The practical part of the subject will be assessed in two partial exams. It will be necessary to score 5 points each test given to apply for the average mark.

- **Workshops and seminars:** 10% of the total grade. Requirements: Attendance to 60% of the workshops.

The student will pass the subject when the weighted average is equal to or greater than 5 points in all the parts that make up the evaluation system that imply 20% of the final grade.

If the student has less than a 5 in any of the parts whose weighting is equal to or greater than 20%, the subject will be failed and must recover that part (s) in the next call within the same academic year. Past part (s) in official calls (February / June) will be saved for the successive calls held in the same academic year.

In case the subject is not passed in September, the approved parts will not be taken into account for successive academic courses.

The grading system (RD 1.125 / 2003, of September 5) will be as follows:

Grade System:

0 - 4.9: Fail (SS).

5.0 - 6.9: Pass (AP).

7.0 - 8.9: Remarkable (NT).

9.0 - 10: Outstanding (SB).

The mention of honours will be given by the teacher, and based on the record of 5% of students with outstanding qualification, unless the number of registered students is less than 20, in which case a single honours will be granted.

Bibliography and sources of reference

- Cabello, D. and Serrano, D. (1999). Fundamentals of badminton.

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- COE (1993). Tennis II. The Spanish Olympic Committee.
- FEP (2008). National Monitor of paddle course. Spanish Padel Federation.
- Sources, J.P. and Menayo, R. Tennis hits. Initiation to high performance. Seville: Wanceulen.
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- Ruiz, A. and Ferragut, C. (2011). Racket Sports. Madrid: Gymnos.
- Sanz, D. Tennis school (2004). Barcelona: Paidotribo.
- Regulation of the paddle, Web page of the Spanish Federation of paddle.
- Llor, J. and Martinez Villanueva, C. (2001). The introduction to badminton in the school environment.
- BWF (2011). Coach Level 1 Manual.

Web

<http://www.rfet.es>. International Tennis Federation
<http://www.padelfit.com>. Spanish Paddle Federation.
<http://www.BWF.org>. Badminton World Federation.

Study Suggestions

- Take into account the indications that your teacher will give you at the start of course. The teacher shall state the group of students the period of the contents, bibliography and work material, methodologies to follow, as well as other patterns of interest that affect learning of the subject.
- Attend classes with the Manual (available on the virtual campus and library) and participate in them actively.
- Guide effort and study towards argued reasoning of the subject content.
- Take into account the knowledge acquired in other subjects of the fundamentals of sports module, to relate them to the topics covered in this course, and acquire, in this way, a comprehensive and informed knowledge.
- Consult the literature recommended on each topic and not be limited to the study of the notes taken in class.
- Use the set time, the virtual campus or e-mail for consultation and resolution of doubts with the professor. Attend at least one personal academic tutorial.

Teaching materials

- Rackets of tennis and badminton and paddle-tennis.

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- Free software for video editing.
- Sportswear for practical sessions.

Tutorials

Attendance at tutorials is fundamental to learn the operation and use of all the teaching materials and the regulation of this subject. Fundamentally it is intended to guide and advise the student in the process of teaching and learning and contribute to the consolidation of knowledge, abilities, skills, capabilities and attitudes associated with transferable and general skills such as teamwork, oral and written communication, values and professional ethics and a student's independent learning.

PRINCIPAL ACTIONS OF A TUTORIAL:

- Explanation of the teaching-learning process in the course of racket sports.
- Propose the bases of operation, structure and understanding of the concepts developed in seminars and workshops.
- Advise on the selection and preparation of the planning of the work of racket sports.
- Use bibliographic databases and other sources of documentation for the bibliographic research and the preparation of work on the subject.
- Explanation of requirements of the work on the subject.

The University also has a special groups of tutors who give personal tutorials to students. The personal tutor accompanies students during all the University stages.