

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet:	Športna dejavnost – TENIS
Course title:	Sports activity - TENNIS

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Obštudijska dejavnost	1. in 2. stopnja	1./2./3.	Zimski/Poletni
Extracurricular activity			Autumn/ Spring

Vrsta predmeta / Course type	Obštudijska dejavnost / Extracurricular activity
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Univerzitetna koda predmeta / University course code:	FF015
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Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
5		55			30	3
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Nosilec predmeta / Lecturer:	Peter Sitar, prof.
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Jeziki /Languages:	Predavanja / Lectures:	Slovenski
	Vaje / Tutorial:	Slovenski

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
	Understanding the values of a healthy lifestyle, sport, physical exercise and the desire for acquiring additional knowledge and skills in individual sport disciplines.

Vsebina:	Content (Syllabus outline):
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<p>Teoretične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> • zdrav življenjski slog, • pomen pravilne prehrane, • specifika športne panoge (pregled razvoja tenisa, tehnike in taktike igranja, pravil, različnih oblik tekmovanj). <p>Praktične vsebine:</p> <ul style="list-style-type: none"> • vadba osnovnih tehničnih elementov (drža loparja, položaj igralca, tehnika gibanja, manipulacija z loparjem, vrste udarcev in let žoge, izvedba udarcev, njihova osnovna taktična uporaba. 	<p>The theoretical contents refer to:</p> <ul style="list-style-type: none"> • a healthy lifestyle, • the importance of a proper diet, • the specifics of the sport discipline (an overview of the evolution and progress of tennis, its techniques, rules and an overview of different forms of competitions). <p>Practical contents:</p> <ul style="list-style-type: none"> • Training basic technical elements (racket position, player position, movement technique, racket movements, stroke types)
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<ul style="list-style-type: none"> • Tehnika in taktika igranja posamezno in dvojic 	<p>and ball flight, execution of tennis strokes, their basic tactical use.</p> <ul style="list-style-type: none"> • Techniques and tactics of playing individually and doubles

Temeljna literatura in viri / Readings:

<ul style="list-style-type: none"> • Pori, M., Pori, P., Pistotnik, B., Dolenc, A., Tomažin., Štirn, I. in Majerič, M. (2013). <i>Športna rekreacija</i>. Športna unija Slovenije, Fundacija za šport, Ljubljana. • Pori, P., Pori, M., Jakovljevič, M. in ščepanović, D. (2014). <i>Zdrava vadba</i>. Fakulteta za šport, Univerza v Ljubljani. • Filipčič A. (2000). <i>Tenis–tehnika in taktika</i>. Ljubljana: Fakulteta za šport.

Cilji in kompetence:

<ul style="list-style-type: none"> • Študent bo oblikoval pozitivna stališča do športa ter se navajal na zdrav način življenja. • Študent bo znal odpraviti in preprečiti posledice pomanjkanja gibanja oziroma skrbeti za izboljšanje psihofizičnih sposobnosti. • Študent bo znal učinkovito igrati tenis. • Študent bo izpopolnil tehniko in taktiko teniške igre do stopnje, ki omogoča učinkovito igro. • Študent bo spoznal osnove poučevanja teniških udarcev in to znal uporabiti. • Študent bo obvladal osnove tenisa v igralnih pogojih. • Študent bo sposoben samo-korigirati tehnike teniških udarcev. • Študent bo spoznal osnove organizacije učenja in treniranja tenisa. • Študent bo pridobil sposobnost nastopanja na tekmovanju (v okviru predmeta). • Študent bo znal organizirati tekmovanje. • Študent razume vpliv športne vadbe za ohranjanje zdravja in dobrega počutja, študent razume odzivanje organizma na napor in prilagoditev na različne oblike vadbe.
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Objectives and competences:

<ul style="list-style-type: none"> • Raising awareness of the values of sport and, through this, influencing the formation of positive attitudes towards sport and towards a healthy lifestyle. • Eliminating and preventing the consequences of lack of exercise and a care for improving psychophysical abilities, enhancing health. • Effectively playing the game. • Improving the technique and tactics of the tennis game to the level that enables an effective game. • Knowledge and application of the basics tennis strokes. • Mastering the basics of tennis in existing playing conditions. • Ability to self-correct tennis stroke techniques. • Knowledge of the basics of organizing learning and training of tennis. • Gaining knowledge of entering a competition (within the confines of the subject). • Ability to organize a competition. • Understanding the impact of exercise on maintaining health and well-being, the response of the organism to physical effort and adapting to different forms of exercise.
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Predvideni študijski rezultati:

<p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> • Študent demonstrira osnove tehničnih elementov/udarce in jih korektno izvede.

Intended learning outcomes:

<p>Knowledge and Understanding:</p> <p>The student:</p> <ul style="list-style-type: none"> • demonstrates basic technical elements/strokes;
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- Študent razloži osnove poučevanja teniških udarcev in organizacijo učenja in treniranja tenisa.
- Študent uporabi ustrezne tehnične elemente za učinkovito igranje tenisa.
- Študent nastopi na tekmovanju (v okviru predmeta).

- explains the basics of teaching tennis strokes and organizing learning and training of tennis;
- uses suitable technical elements for playing an effective tennis game;
- enters a competition (as part of the subject).

Metode poučevanja in učenja:

- V programu bodo uporabljene naslednje metode in oblike poučevanja:
- metoda razlage in razgovora (predavanja),
 - metoda demonstracije.
- Oblike:
- frontalna učna oblika,
 - individualna učna oblika,
 - skupinska učna oblika.

Learning and teaching methods:

- The following methods and forms of teaching will be used in the program:
- the method of explanation and discussion (lectures),
 - the method of demonstration.
- Forms:
- frontal learning,
 - individual learning,
 - group learning.

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Način (zagovor seminarske naloge in demonstracija posameznih udarcev) <ul style="list-style-type: none"> • Teoretični izpit • Praktični izpit 	20 % 80 %	Type (presenting a seminar paper and demonstrating individual elements): <ul style="list-style-type: none"> • Theoretical examination • Practical examination

Reference nosilca / Lecturer's references:

1. Predavatelj na Filozofski fakulteti UM
 2. Strokovni sodelavec Slovenske univerzitetne športne zveze (SUSA) – vodja odprav na največjih študentskih tekmovanjih (Univerzijade, svetovna in evropska prvenstva)
 3. Član strokovnega sveta Športne Zveze Maribor
 4. Trener tenisa C pri TZS
 5. Vodja slovenskih študentov v tenisu na zadnji Poletni Univerzijadi (Taipei 2017)
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1. Lecturer at the Faculty of Arts UM.
 2. Expert associate of the Slovenian University Sports Association (SUSA) - head of sport teams at the biggest student competitions (Universiade, World and European Championships).
 3. Member of the Expert Council of the Maribor Sports Association
 4. Tennis coach C at TZS (Slovenian Tennis Federation).
 5. Head of the Slovenian student tennis team at 2017 Universiade (Taipei 2017).

Izbrani članki nosilca / Selected articles:

1. Peter Sitar: RAISING AWARENESS OF ATHLETE'S SKIING SKILLS IN FREE SKIING AND IN LINE-UP 1st Scientific Conference SPE BALKAN SKI (Kopaonik, Serbia, March 2017) Book of Abstracts
2. Peter Sitar: MODERN SKI TEACHING METHODS PROPER UTILIZATION OF THE SKIS GEOMETRY FOR QUALITY AND SAFE SKIING, 2nd Scientific Conference SPE BALKAN (Jahorina, BIH, March 2018) Book of Abstract
3. Peter Sitar: PREMISLEK O ŠPORTU NA UNIVERZI V MARIBORU, ZDRAV življenski slog študentov: ZBORNIK, Ljubljana 2016
4. Peter Sitar: Univerzitetnemu športu na Univerzi v Mariboru, ki smo ga nekoč že imeli, na pot..!, Strokovna revija Univerzitetni šport, Ljubljana, nov. 2015