

Complex coordination sports (tennis)

Working program of the discipline (Syllabus)

Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<u>Tennis educational department</u> https://do.ipk.kpi.ua/course/view.php?id=1892

Curriculum of the discipline

1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Complex coordination sports (tennis)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Complex coordination sports (tennis)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Complex coordination sports (tennis)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

The content of the discipline

- Topic 1. Information support for tennis classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of tennis
- Topic 4. Improving the technique of performing tennis exercises.
- Topic 5. Monitoring and assessing the level own physical fitness.
- Topic 6. Improving physical qualities by means of tennis.
- Topic 7. Testing the level of a physical fitness

4. Educational materials and resources

Basic educational literature:

Educational manuals:

1. Physical education [Electronic resource]: methodical recommendations for practical classes for students of I and II courses of the tennis department / NTUU "KPI"; structure. I.V. Burlaka, S.M. Zhukov, A.V. Lukachina. - Electronic text data (1 file: 7.34 MB). - Kyiv: NTUU "KPI", 2010. - Title from the screen. Summary (abstract): These guidelines contribute to the teaching of tennis to students engaged in 1 and 2 courses. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/568>

2. Innovative technologies of physical education of students [Electronic resource]: a textbook for students studying the discipline "Physical Education" and students majoring in 227 "Physical Therapy, Occupational Therapy" / H.L. Boyko [etc.]; KPI them. Igor Sikorsky; for general ed. Yu. M. Vykhyayev. - Electronic text data (1 file: 5.72 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 543 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/27546>

Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Structure. Vykhyayev Yu M., Davydenko V. Yu., Boyko GL, Karpyuk I. Yu. - K.: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. OF Tverdokhlib, M.G. Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F Tverdokhlib, A.I. Sobolenko, M.M. Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N.V. Ivanyuta, S. E. Tolmachova, N.V. Kuzmenko, N.V. Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachev. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. N.V. Gradusova, N.V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

Educational content

5. Methods of mastering the discipline (educational component)

Practical lesson № 1. Tasks:

1. Provide theoretical knowledge of the history of the origin and development of tennis.
2. Get acquainted with safety and rules of conduct in practical tennis lessons.
3. Determine the level of functional state of CCC students.
4. Teach racket grips.
5. Contribute to the development of physical quality of dexterity.

Tools: interactive materials.

- Testing the level of functional state of students' CCC.
- Stuffing the ball with both planes of the racket.

Conducting an express survey.

Practical lesson № 2. Tasks:

1. Get acquainted with the technique of performing a blow to the right of the rebound.
2. Teach footwork when moving on the court.
3. Contribute to the development of physical quality of dexterity.

Means: interactive materials. .

- Exercise for legs "foot".

Conducting an express survey.

Practical lesson № 3. Tasks:

1. Teach the technique of kicking to the right of the rebound.
2. Familiarize yourself with the technique of hitting the left rebound.
3. Contribute to the development of dexterity.

Tools: interactive materials. training wall after simulation.

- Kicks from the left from the rebound to the training wall with throwing the ball with the hand.

Conducting an express survey.

Practical lesson № 4. Tasks: {{1 }} 1. Improve the technique of hitting the left rebound.

2. Improve the technique of hitting the right rebound.

3. Contribute to the development of speed.

Tools: interactive materials.

• Blows from the left of the rebound on the tennis court in pairs on the line and diagonally, and then in a two-way game on the score.

- Blows right of the half-court bounce.
- Exercises to develop endurance.

Conducting an express survey.

Practical lesson № 5. Tasks:

1. Improve the technique of performing rebounds to the left of the rebound.

2. Get acquainted with the technique of performing a cut blow to the right of the rebound.

3. Contribute to the development of speed.

Tools: interactive materials.

• Lefts from the rebound in pairs on the half-court. } • Cut blows to the right of the rebound in pairs on the half-court.

Conducting an express survey.

Practical lesson № 6. Tasks:

1. Teach the technique of performing a cut blow to the right of the rebound.
2. Get acquainted with the technique of performing a cut to the left of the rebound.
3. Promote the development of physical dexterity.

Tools: interactive materials.

• Cut to the right of the bounce with a throw of the hand. {1}} • Cuts to the right of the rebound on the tennis court

• Cuts to the left of the rebound to the practice wall with the throwing of the ball with the hand.

Conducting an express survey. Practical lesson № 7. Tasks:

1. Improve the technique of performing a cut blow to the right of the rebound.
2. Teach the technique of performing a cut blow to the left of the rebound.
3. Contribute to the development of speed.

Tools: interactive materials.

• Testing the level of functional state of CCC students.
• Cutting blows to the right of the rebound on the tennis court in pairs. Cut blows to the right of the rebound in a two-way game on the score.

• Cut to the left from the rebound on the training wall.

Conducting an express survey.

Practical lesson № 8. Tasks:

1. Improve the technique of performing a cut to the left of the rebound.
2. Get acquainted with the technique of execution of the blow on the right of takeoff.
3. Contribute to the development of the physical quality of flexibility.

Tools: interactive materials.

• Kicks to the right of the take-off against the training wall in pairs with a throw of the ball by hand.

Conducting an express survey.

Practical lesson № 9. Tasks:

1. Teach the technique of performing a right-hand strike.
2. Teach the technique of twisting to the right of the rebound.
3. Facilitate the development of coordination.

Tools: interactive materials.

• Right-handed strikes in pairs with a throw of the ball. }} • Twisted strokes to the right of the rebound in pairs on the half-court in a straight line.

• Twisted strokes to the right of the rebound in pairs on the half-court diagonally.

Conducting an express survey.

Practical lesson № 10. Tasks:

1. Teach the technique of performing a left-hand shot.
2. Get acquainted with the technique of performing a twisted blow to the left of the rebound.
3. Promote the development of physical quality of dexterity.
4. Determine the level of swimming readiness of students.

Tools: interactive materials. .

• Twisted strokes from the left from the rebound to the training wall.

• Twisted strokes from the left from the rebound on the tennis court in pairs on the diagonal.

Practical lesson № 11. Tasks:

1. Improve the technique of performing the impact on the right of takeoff.
2. Improve the technique of performing a left-hand strike.
3. Promote dexterity and coordination.

Tools: interactive materials.

- Kicks from the left of the take-off on the tennis court in the game on the score

Conducting an express survey

Practical lesson № 12. Tasks:

1. Get acquainted with the technique of striking on the right from half-flight.
2. Improve the technique of performing a flat blow to the right of the rebound.
3. Promote the physical quality of dexterity.

Tools: interactive materials.

- Half-right kicks near the training wall in pairs with hand throws.
- Flat strikes to the right of the tennis mole rebound in pairs along the line.
- Flat strikes to the right of the rebound on the tennis court in pairs on the diagonal. express

survey.

Practical lesson № 13. Tasks:

1. Improve the technique of performing a strike to the right of the half-flight.
2. Get acquainted with the technique of performing strikes to the left of the half-flight.
3. Promote the physical quality of speed.

Tools: interactive materials.

- Half-right kicks on a tennis court.
- Half-left kicks to the training wall.
- Half-left kicks on the tennis court in pairs. } Practical lesson № 14. Tasks:

1. Teach the technique of performing the feed from above.
2. Improve the technique of performing a half-flight strike.
3. Promote dexterity.

Tools: interactive materials.

- Top of the training wall.
- Top of the tennis court.
- Half-fly right on the tennis court in pairs in a straight line.
- Half-fly strikes on the right on the tennis court in pairs on the diagonal. 1}} Conducting an

express survey.

Practical lesson № 15. Tasks:

1. Improve the technique of performing a blow to the head.
2. Get acquainted with the technique of striking over the head on the left (reverse).
3. Promote dexterity.

Tools: interactive materials.

- Header in pairs on a half-court. 1}} • Head-to-left shots with the ball thrown to a partner.
- Head-to-left shots in pairs on the half-court. 16. Objectives: 1. To promote the manifestation

of basic physical qualities.) pull-up on the crossbar (people);

Conducting an express survey

Practical lesson № 17

Performing a modular test

Practical lesson № 18.

Conducting a credit.

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

Policy and control

7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

The amount of incentive points may not exceed 10 points.

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

Types of control and rating system for evaluation of learning outcomes (RSO)

1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

The final student's rating cannot exceed 100 points!

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

Student Score	University Score	Student rating points	University grade
95 – 100		Excellent	
85 – 94		Very Good	
75 – 84		Good	
65 – 74		Satisfactory	
60 – 64		Sufficient	
< 60		Unsatisfactory	

9. Additional information on the discipline (educational component)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Physical Education _____ (Minutes № 3 from 26. 11 2020 _____)

Approved by the Methodical Council of the University ____ (Minutes № 5 from 14.01.2021 _____)