

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI -51**

1	Name of Syllabus	C.C.IN LAWN TENNIS LEVEL - 2 (404118)																																								
2	Max. Nos of Student	25 students.																																								
3	Duration	6 Month																																								
4	Type	Part Time																																								
5	Nos Of Days / Week	6 Days																																								
6	Nos Of Hours /Days	4 Hrs																																								
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND																																								
8	Entry Qualification	Level I- Lawn Tennis Course Pass of MSBVE																																								
9	Objective Of Syllabus/ introduction	a. To teach the advance fundamental skill of the game. b. To develop physical fitness standard. c. To develop sportsman sprit and unity. d. To represent his/ her school in different tournaments. e. To built the personality of the child. f. To bring change in the attitude of player.																																								
10	Employment Opportunity	Can work as Coach.																																								
11	Teacher’s Qualification	Diploma / Certificate holder in concern game.																																								
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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THEORY - I AND PRACTICAL - II

LAWN TENNIS - 2

History of Lawn Tennis

Rules of Lawn Tennis

1. Single Court
2. Double Court
3. Posts
4. Ball
5. Racket

Rules of Tennis – Singles Game

1. Choice of ends and service
2. Server and Receiver
3. Service
4. Foot Fault
5. Delivery of service
6. Service fault
7. Second service
8. Service Let
9. Order of service
10. Changing ends
11. Loss of point
12. Server winning a point
13. Receiver winning a point
14. A good return
15. Hindrance
16. Scoring
17. Winning a set
18. Tie break in singles
19. Number of sets in a match

Rules of Tennis – Doubles Game

1. Doubles Court
2. Order of serving
3. Order of Receiving
4. Serving out of turn
5. Out of turn service
6. Service fault

Fundamentals skills of Lawn Tennis

1. Racket selection
2. Racket Grip
 - (a) Forehand Grip (b) Eastern Grip
3. Serving
 - (a) Position (b) Stance (c) Tossing the ball (d) Striking the ball
 - (e) Slice Service (f) American Twist Service (g) Top Spin Service

4. Receiving

(a) Position (b) Stance service

5. Basic strokes

(a) Straight drive

(i) Forehand (ii) Backhand

(b) Cross court drive

(i) Forehand cross court (ii) Backhand cross court

(c) Volley

(i) Forehand volley (ii) Backhand volley

(d) Half – volley

(i) Forehand half volley (ii) Backhand half volley

(e) Chip stroke

(f) Drop

(i) Forehand (ii) Backhand

(g) Smash

(h) Lob

IMPOORTANT TOURNAMENTS

(A) Wimbledon Champion or All England Championship

(B) French Open Tennis Championship

(C) U.S. Open

(D) Australian Open

(E) Davis Cup

PRACTICAL - I
TRAINING METHODS

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification

2. Law of overload

3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
