

1	Name of Syllabus	C. C. IN LAWN TENNIS LEVEL - 1 (404117)																																									
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	Play ground + Class Room = 200 Sq feet																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To provide systematic training about Lawn Tennis																																									
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport																																									
11	Teacher’s Qualification	Certificate / Diploma in concern field.																																									
12	Training System	Training System Per Week <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

Fundamentals of Lawn Tennis - 1

ELEMENTS OF PHYSICAL EDUCATION

1. Physical Education (i) Definition
(ii) Meaning and Scope, Misconception about Physical Education.
2. Aims and objectives of Physical Education General outline.
 1. Meaning of various terms used in physical Education:

Physical Education as Science: Brief History of allied sciences and topics.

- a) Sports Psychology
- b) Sports Medicine
- c) Sports Sociology
- d) Sports Biomechanics
- e) Fitness; conditioning and Training
- f) Sports Nutrition

Guiding Principles of Physical Education :

- i) Biological Principles
 - a) Growth And Development
 - b) Heridity and Environment
 - c) Body Types
 - d) Anatomical Differences
- ii) Psychological Principles:
 - a) Learning
 - b) Transfer of Training.
 - c) Motivation
- iii) Sociological Principles
 - a) Cultural Influence
 - b) Group dynamics
 - c) Recreation

Importance of Science; Basic Science. Science required for Physical Education.

Mechanics and General Properties of matter: System of Units, Motion, Newton's law of motion and their applications, Velocity, Force, Centrifugal and centripetal with examples. centre of gravity simple pendulum.

Levers, energy, Transformation of energy; friction. Angle of Friction(only elementary), Barometer, Boiler's Law exhaust

Tennis

1. History of the Tennis
 2. Rules and Regulations
- Tennis court
Singles court size
Doubles court size
Ball
Racket

Rules of tennis

Singles game
Choice of ends service
Server and receiver
Service
Foot fault
Delivery of service
Service fault
Second service
Service let
Order of service
Changing ends
Loss of points
Server winning a point
Receiver winning a point
Good return
Hindrance
Scoring
Winning a set
Tie break number of sets in match
Doubles game
Double court
Order of service
Serving out of turn
Error in receiving
Service faults in doubles
Tie break

3. Officials and their duties

Referee
Linemen
Recorders, scorers, timekeepers

4. Techniques and skills

Racket selection
Racket grip
Serving
Position
Stance
Tossing the ball
Striking the ball
Receiving service
Position
Stance
Basic strokes
Straight drive
Forehand
Backhand
Cross court drive
Forehand cross court
Backhand cross court
Volley
Forehand volley
Backhand volley
Forehand half volley

Backhand half volley

Chip stroke

Drop

Forehand

Backhand

Smash

Lob

Tennis related terminology

Tournaments national international

Grand slam

Common sports injuries

Contusion- signs and symptoms, prevention, treatment

Strain- signs and symptoms, prevention, treatment

Sprain- signs and symptoms, prevention, treatment

Abrasion- signs and symptoms, prevention, treatment

Bone injuries- signs and symptoms, prevention, treatment

Joint injuries- signs and symptoms, prevention, treatment

Dislocation- signs and symptoms, prevention, treatment

TRAINING METHODS

PRACTICAL - I

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
