

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/ZZRSP/22*

Course title: *Basics of racket sports*

Type, scope and method of educational activity:

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,2 hour per week, 13,26 per semester*

Method of educational activity: *Attendance*

Number of credits: *4*

Recommended semester:

2nd year WT

Sport for Health (SPZDB)

Study grade: *Bachelor*

Conditions for passing the course:

Form of assessment:

The subject is completed by continuous assessment.

Final evaluation:

By the end of the academic part of the semester, the student must complete the following prerequisites for obtaining credits for the course completed with a continuous assessment (regular term):

- active participation in lectures and seminars (by attendance, combined, or distance form),*
- submission of a seminar paper, which in its content and form must meet the following requirements set by the course teacher and must be submitted in the proper deadline,*
- the student's methodological output in practical seminars on the chosen topic,*
- successful completion of a knowledge test.*

Active participation in the distance or combined form of study is that the student must view all lectures that can be found in the e-learning web site Moodle in the course Fundamentals of Racquet Sports by the 13th week of the teaching part of the semester and actively participate in online learning through MS Teams. The student is required to submit the term paper in the regular (first) term of the semester.

During the semester, the student will prepare a seminar paper, which must meet the requirements set by the course instructor in terms of content and form. The topics of the thesis with the requirements and the deadlines for their submission are assigned to students in the first week of the teaching part of the semester. Within the assigned topic, each student must create 10 exercises in the correct methodical series if it is about practicing and developing movement skills (individual types of strokes) or sequences in the framework of warm-up or development of movement skills, respectively. For topics focused on the training and development of movement skills, the student should focus on one skill (e.g., tennis serve training - 10 exercises) or a maximum of two skills (e.g., tennis serve training - 5 exercises and tennis smash training - 5 exercises). Formally, it is essential that the student completes the seminar paper according to the template provided in Moodle.

As part of the methodological outcomes in weeks 11 to 13 of the teaching part of the semester, the student will have 20 to 30 minutes for practical output where the following will be assessed: a) delivery and communication (terminology, clarity); b) number, correctness, and sequence of exercises; c) application of feedback (ability to find mistakes and be able to correct them). The practical output must be based on the content of the student's seminar

work.

During the 13th week of the semester, the student will pass a continuous knowledge test in the following areas: a) basic division and characteristics of racket sports; b) rules, history, basic equipment, basic technique, basic tactics of racket sports (tennis, table tennis, squash, badminton and crossminton); c) organisation of competitions in racket sports.

In each of the above parts, the student must obtain a minimum mark of 50%.

In compliance with the Study Regulations of the University of Prešov (2018):

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)*
 - during the exam period, the student is entitled to one extra date for taking the exam,*
 - the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*
- The student will receive credits for the course with a grade of A - E.*

Learning outcomes:

If successfully completed the course, the student will acquire the following:

Knowledge:

- define the common characteristics of the basic racquet sports in terms of the structure of sports training,*
- compare the historical development of individual racket sports,*
- categorize and describe basic and specific types of racket sports,*
- explain the basic technical aspects and systematics of specific types of strokes and movement techniques and tactics in the different racket sports,*
- describe the basic rules in badminton, crossminton, squash, table tennis and tennis,*

Skills:

- know the procedural aspects of following the basic rules of each racquet skills of the different racket sports,*
- distinguish and implement different ways of organising competitions in racket sports,*
- develop a proper methodical procedure for practicing and perfecting specific strokes in racket sports,*
- implement tactical aspects of racket sports into the training process,*

Competencies:

- plan and manage competitions in various racket sports,*
- apply knowledge of the fundamentals of technique and tactics of selected racket sports to the training practice.*

Course content:

Lecture outline:

- Introduction to racket sports: basic characteristics and differences.*
- Badminton: history of badminton, equipment, basic technique, basic tactics.*
- Badminton: basics of rules.*
- Tennis: history of tennis, equipment, basics of technique, basics of tactics.*
- Tennis: basics of rules.*
- Crossminton: history of crossminton, equipment, basics of technique, basics of tactics.*
- Crossminton: basics of the rules.*
- Table tennis: history of table tennis, equipment, basics of technique, basics of tactics.*
- Table tennis: basics of rules.*

- *Squash: history of squash, equipment, basics of technique, basics of tactics.*
- *Squash: basics of rules.*
- *Organisation of racket sports competitions.*
- *Knowledge test.*

Seminar syllabus:

- *Division of racket sports.*
- *Training of badminton strokes technique.*
- *Improving the technique of badminton strokes, game.*
- *Practicing the technique of tennis strokes.*
- *Perfecting the technique of tennis strokes, game.*
- *Practicing the technique of crossminton strokes.*
- *Perfecting the technique of crossminton strokes, game.*
- *Practice of stroke technique in table tennis.*
- *Perfecting strokes in table tennis.*
- *Racketlon.*
- *Methodological outputs.*

Recommended literature :

KACŮR, P. a T. LUKÁČOVÁ., 2021. *Základy raketových športov.* Prešov: Prešovská univerzita v Prešove. ISBN 978-80-555-2862-5.

E-learningový modul predmetu: <https://elearning.unipo.sk/course/view.php?id=379>

BERNACIKOVÁ, M. a Z. SVOBODOVÁ., 2011. *Raketové sporty (badminton, squash) ve školní TV. A proč ne? Textová opora ke kurzu.* 1. vyd. Brno: Masarykova univerzita. ISBN 978-80-210-5634-3.

BERNACIKOVÁ, M., K. KAPOUNKOVÁ, J. NOVOTNÝ, E. SÝKOROVÁ, J. NOVOTNÝ, S. BERNACIK, S. HŘEBÍČKOVÁ, E. HRAZDÍRA, P. MUDRA, J. ONDRÁČEK, Z. SVOBODOVÁ, J. ŠAMŠULA, P. VACENOVSKÝ a J. CHOVANCOVÁ., 2011. *Fyziologie sportovních disciplín.* Elportál. Brno: Masarykova univerzita. ISSN 1802-128X.

GRIFFIN, T., 2016. *Squash – jak hrát v „bodě G“.* Praha: Grada Publishing. ISBN 978-80-271-0143-6

KELZENBERG, H., M. WOODWARD, I. WRIGHT a S. BORRIE., 2011. *Začni s bedmintonom - Bedminton pre školy. Učiteľský manuál.* BWF [cit. 2021-11-15]. Dostupné z: <https://bedminton.sk/files/141/1406207349.pdf>

Slovenská asociácia crossmintonu [online]. 2018 [cit. 2021-11-15]. Pravidlá crossmintonu. Dostupné z: <http://crossminton.org/wp-content/uploads/2018/01/ICO2018-Rules-of-Crossminton.pdf>

Slovenská squashová asociácia [online]. 2014 [cit. 2021-11-20]. Pravidlá squashu. Dostupné z: <https://squashtour.sk/web/pravidla-world-squash-2014-sk-eng-booklet.pdf>

Slovenský stolnotenisový zväz [online]. 2014 [cit. 2021-11-15]. Pravidlá stolného tenisu. Dostupné z: https://www.sstz.sk/subory/zakladne_dokumenty/pravidla/pravidla-stolneho-tenisu-2014-15.pdf

Slovenský tenisový zväz [online]. 2020 [cit. 2021-11-28]. Pravidlá tenisu. Dostupné z: https://www.stz.sk/soubory/stp_pravidlatenisu_sj.pdf

Slovenský zväz bedmintonu [online]. 2018 [cit. 2021-11-01]. Pravidlá bedmintonu. Dostupné z: <https://www.bedminton.sk/files/150/Pravidla%C3%A1%20bedmintonu.pdf>

Notes:

Student's workload distribution: total workload = 120 hrs.

- *Contact teaching and learning: 30 hrs.*
- *Elaboration of the seminar work according to the set instructions: 10 hrs.*
- *Preparation and implementation of methodological output: 10 hours.*

- *Self-study of lectures and materials in the Moodle system: 15 hours.*
- *Self-study for the knowledge test: 55 hrs.*

Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.

Course evaluation:

Total number of students evaluated: 184

A	B	C	D	E	FX
15%	30%	29%	8%	3%	15%

Lecturers:

prof. PaedDr. Karol Görner, PhD., guarantor

Mgr. Peter Kačúr, PhD., univer. docent, co-guarantor, lecturer, examiner, seminary supervisor

Mgr. Tamara Lukáčová, PhD., co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

Approved by: *prof. PaedDr. Karol Görner, PhD.*