

Sports III. Racquet sports SSZB13-167; József Elek

The aim of the Subject

The aim of the Subject:

The aim of the subject is to make students aware the rules and techniques of different types of racquet sports. To develop movement patterns and striking techniques for different racquet sports. Furthermore, to provide sportmanagement students with a versatile and regularly practiced physical activity within racquet sports is also aimed.

Acquired Competencies

Knowledge:

- to acquire knowledge of the rules of all racquet sports the subject covers
- to get familiar with proper execution of basic strokes
- to be aware of the role of racquet sports in leisure activities

Attitude:

- Opened and willing to learn new games that are played with racquet
- Is intent on working together with the course instructor in order to develop a sound knowledge within the subjected racquet sports

Abilities:

- Able to detect, correct and avoid basic errors of movements that could lead to injuries in different racquet sports
- Able to make racquet sports attractive for recreational players at all ages
- Able to keep overall rules of different racquet sports

The content of the Course

Major topics

- Using at least two different types of racquets (e.g. tamburelli and speed badminton) for developing eye-hand coordination and basic striking techniques
- Developing skills that enables students to regularly practice subjected racquet sports on their own
- Undersatnding and practicing different sport-specific warm-up and cool-down routines before and after exercising

Planned teaching methods

Oral presentation, practical presentation of skills and continuous exercising

Evaluation

Requirements and Evaluation:

requirements

- Active presence on the course throughout the whole semester (absence is allowed according to the Rules of Learning –HKR)

- Exercises performed with proper technique from both qualitative and quantitative aspects
- Visiting relevant racquet sports events

evaluation: practical grade

aspects of evaluation:

- technical accuracy of performing exercises of the course requirements
- the level of active performance throughout the course
- Performance and implementation of acquired movements and skills into match game situation

Literature

Referenced literature

ICO (Int'l Crossminton Association) (2016): Rules of Crossminton. online:
<http://crossminton.org/wp-content/uploads/2015/12/ICO2016-Rules-of-Crossminton-1.pdf>

MATAMSZ (2012): Tamburello versenyszabályzat. online:

<http://tamburello.hu/kepek/MATAMSZ-Versenyszab%C3%A1lyzat-2012.pdf>