

课程大纲

COURSE SYLLABUS

1.	课程代码/名称 Course Code/Title	CPE5016 网球 Tennis
2.	课程性质 Compulsory/Elective	通识选修课程 General Education (GE) Elective Courses
3.	开课单位 Offering Dept.	体育中心
4.	课程学分/学时 Course Credit/Hours	0
5.	授课语言 Teaching Language	中文 Chinese
6.	授课教师 Instructor(s)	赵一品 Zhao yi ping
7.	开课学期 Semester	春季 Spring /秋季 Fall
8.	是否面向本科生开放 Open to undergraduates or not	否
9.	先修要求 Pre-requisites	(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.) 无
10.	教学目标 Course Objectives	<p>(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)</p> <ol style="list-style-type: none"> 1. 培养学生树立正确的体育道德观, 努力塑造敢于拼搏, 积极进取的意志品质。 To cultivate students to establish a correct sports ethics, and strive to shape the will quality of daring to struggle and making progress actively. 2. 使学生了解网球运动的起源、发展和现状, 理解网球文化。 To enable students to understand the origin, development and current situation of tennis and understand tennis culture. 3. 培养学生系统掌握网球基本理论知识, 网球的基本技术、战术和身体训练的方法手段。 To train students to systematically master the basic theoretical knowledge of tennis, the basic skills, tactics and methods of physical training of tennis. 4. 使学生了解网球的基本裁判规则, 具有一定的裁判工作能力。 To enable students to understand the basic rules of tennis refereeing and have certain refereeing ability. 5. 通过基本技术战术训练、基本素质和专项素质练习, 使学生身体得到健康协调匀称的锻炼, 促进身心全面发展。 Through basic technical and tactical training, basic quality and special quality exercises, students can get healthy, coordinated and symmetrical exercise, and promote the all-round development of body and mind. 6. 通过专项和多种练习发展学生自身灵敏度、速度、耐力、力量等; Develop students' sensitivity, speed, endurance and strength through special and various exercises. 7. 引导学生热爱网球运动, 提高兴趣, 做到学有所长终生受益, 同时为全民健身运动培养技术骨干。 Guiding students to love tennis and increase their interest so that they can learn for a long life and benefit from it. At the same time, training technical backbone for the national fitness campaign.

11. 教学方法 Teaching Methods	
	<p>(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)</p> <p>问题导入法、讲解示范法、分组教学法、分层教学法、对比练习法等</p>
12. 教学内容 Course Contents	<p>(如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.)</p>
Section 1	<ol style="list-style-type: none"> 1. 学习网球准备姿势、基础各项挥拍动作以及握拍方法的掌握。 Learn tennis preparation posture, basic swing movements and grip methods. 2. 学习培养网球球感的练习方法。 Learn how to cultivate tennis sense. 3. 专项体能练习。 Special physical exercises. 4. 身体素质练习。 Physical fitness exercises.
Section 2	<ol style="list-style-type: none"> 1. 复习网球准备姿势、握拍法和站位。 Review tennis preparation posture, grip and stand. 2. 学习网球步法移动。 Learn to move in tennis footwork. 3. 专项体能练习。 Special physical exercises. 4. 身体素质练习。 Physical fitness exercises.
Section 3	<ol style="list-style-type: none"> 1. 复习网球准备姿势、握拍法和步法移动。 Review tennis preparation posture, grip and footwork movement. 2. 学习正、反手击自抛球。 Learn forehand and backhand self-throwing. 3. 身体各种专项伸展练习。 Special stretching exercises for the body. 4. 身体素质练习。 Physical fitness exercises.
Section 4	<ol style="list-style-type: none"> 1. 培养球感练习、复习移动步法和正反手击自抛球。 Develop ball sense, review moving footwork and forehand and backhand self-throwing. 2. 学习正反手击对方来球。 Learn to hit the ball with the forehand and backhand. 3. 专项体能练习。 Special physical exercises. 4. 身体素质练习。 Physical fitness exercises.
Section 5	<ol style="list-style-type: none"> 1. 复习步法移动、正反手击自抛球和正反手击对方来球。 Review footwork movement, forehand and backhand self-throwing and forehand and backhand hitting. 2. 学习下手发球。 Learn to serve.

	<ol style="list-style-type: none"> 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 6	<ol style="list-style-type: none"> 复习步法移动、正反手击自抛球、正反手击对方来球和下手发球。 Review footwork movement, forehand and backhand self-throw, forehand and backhand serve. 学习网前截击技术。 Learn the interception technique before the net. 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 7	<ol style="list-style-type: none"> 复习正反手击对方来球、下手发球和网前截击技术。 Review the techniques of forehand and backhand hitting, underhand serving and volley in front of the net. 学习半场正手拉球技术。 Learn half-court forehand pulling skills. 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 8	<ol style="list-style-type: none"> 复习下手发球、网前截击球和半场正手拉球技术。 Review the techniques of underhand serve, volley in front of the net and half-court forehand pull. 学习半场反手拉球技术。 Learn half-court backhand pulling skills. 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 9	<ol style="list-style-type: none"> 复习网前截击球、半场正手拉球和半场反手拉球技术。 Review volleyball, half-court forehand pull and half-court backhand pull techniques. 学习规定范围内的半场正反手交替拉球技术。 Learn half-court forehand and backhand alternating pulling techniques within the prescribed range. 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 10	<ol style="list-style-type: none"> 复习半场正反手交替拉球技术。 Review the technique of alternating forehand and backhand pulling in half-court. 介绍上手发平击球技术。 This paper introduces the flat stroke technique of overhand serve. 进行专项体能练习。 Special physical exercises. 身体素质练习。 Physical fitness exercises.
Section 11	<ol style="list-style-type: none"> 复习和培养球感练习、正反手底线对拉球技术。

	<p>Review and cultivate ball sense exercises, forehand and backhand baseline pulling skills.</p> <p>2. 进一步介绍并巩固上手发平击球和网前截击球技术。 This paper further introduces and consolidates the techniques of flat serve and volley in front of the net.</p> <p>3. 学习了解网球基本裁判规则。 Learn to understand the basic rules of tennis refereeing.</p> <p>4. 进行体能练习,身体素质练习。 Special physical exercises, and Physical fitness exercises.</p>
Section 12	<p>1. 复习正反手底线对拉球技术、截击球、上手发平击球。 Review forehand and backhand baseline pull, volley, overhand flat serve.</p> <p>2. 学习上手发侧旋球。 Learn to serve the overhand side spin.</p> <p>3. 进行专项体能练习。 Special physical exercises.</p> <p>4. 身体素质练习。 Physical fitness exercises</p>
Section 13	<p>1. 教学比赛（单打）。 Teaching competition (singles).</p> <p>2. 身体素质测试。 Physical fitness test.</p>
Section 14	<p>1. 教学比赛（双打）。 Teaching competition (doubles).</p> <p>2. 身体素质测试。 Physical fitness test.</p>
Section 15	<p>1. 半场正反手对拉球技能测试。 Half-court forehand and backhand pull skill test.</p>
Section 16	<p>1. 身体素质、机能测试。 Physical fitness and function test.</p>
13. 课程考核 Course Assessment	
<p>(①考核形式 Form of examination; ②.分数构成 grading policy; ③如面向本科生开放, 请注明区分内容。 If the course is open to undergraduates, please indicate the difference.) 实践考核; 平时成绩 30%、期末考试 70%</p>	
14. 教材及其它参考资料 Textbook and Supplementary Readings	
<p>1. 《网球入门宝典》，作者：网球杂志，出版社：湖南文艺出版社 《Tennis Introduction Book》， Author: Tennis Magazine, Publishing House: Hunan Literature and Art Publishing House</p> <p>2. 《网球天地》，作者：孙晋芳，出版社：中国体育报业总社 《Tennis World》， Author: Sun Jinfang, Publishing House: China Sports Press</p> <p>3. 《网球杂志》，出版社：湖南省报刊出版服务中心 《Tennis Magazine》， Publishing House: Hunan Press Publishing Service Center</p> <p>4. 《网球运动教程》 出版社：高等教育出版社（普通高等学校体育专项网球课程教材） 《Tennis Course》 Publishing House: Higher Education Publishing House (Special Tennis Course Textbook for Physical Education in General Colleges and Universities)</p>	