



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Date : 10-5-2018

CIRCULAR

Sub: Organising Value added Course: Certificate training program on Lawn Tennis - reg.,

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Bharath Institute of Higher Education & Research is organising **Value added course "Certificate training program on Lawn Tennis"**. The syllabus and registration form is enclosed below.

The candidates those who are interested to join must fill the registration form and submit to the Course Coordinator Mr S.Angel, Department of English on or before 8.06.2018. The Registration form received after the mentioned date shall not be entertained under any circumstances.

S. Angel

Dean-Faculty of Arts & Science

Dean Faculty of Arts & Science
Bharath Institute of Higher Education & Research
(Declared as Deemed to be University U/S 3 of UGC Act, 1956)
Chennai-600 073. INDIA

Encl: A copy of Syllabus & Registration form

Copy To:

- 1.All HODs
- 2.Office File/ Notice Board
- 3.Course Coordinator



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 11-6-2018

Name : A.Akash

Reg.No. : U18BE024

Gender : Male

Department : English

Year : 2018

Contact No. : 9173120894

Email ID : akash123@gmail.com

Course Applied For : "Certificate training Program
on Lawn Tennis"

Akash
Signature



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 11-6-2018

Name : Elango
Reg.No. : U18BE036
Gender : Male
Department : English
Year : 2018
Contact No. : 9004263143
Email ID : 'boss elango@gmail.com
Course Applied For : Certificate training program
on Lawn Tennis"

Elango
Signature

Bharath Institute of Higher Education & Research
School of Arts
Students Registration List
Value Added Course: Certificate training program on Lawn Tennis

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U18BE012	Bhavadharani	EN
2	U18BE033	Dhivyadharsini	EN
3	U18BE020	Abishek Martin	EN
4	U18BE024	Akash	EN
5	U18BE026	Santhosh	EN
6	U18BE031	Sivanandha Balaji	EN
7	U18BE032	Purushothaman	EN
8	U18BE033	Prashanth	EN
9	U18BE034	Oshika Roy Chowdhury	EN
10	U18BE036	Elango	EN
11	U18BE038	Vasanthapriyan	EN
12	U18BE039	Lokesh	EN
13	U18BE041	Aswin Raj	EN
14	U18BE044	Samuel Smucker	EN
15	U18BE045	Surya	EN
16	U18BE047	Nownet Trickey	EN
17	U18CA002	AJAY NIVASH N	BCA
18	U18CA003	RAHUL K	BCA
19	U18CA004	MANIS V M	BCA
20	U18CA005	KRISHNAMURTHY B	BCA
21	U18CA006	ROHIT CHAUBEY	BCA
22	U18CA007	KARTHIK P	BCA
23	U18CA008	SURENDHAR R	BCA
24	U18CA009	MOHAMED AL FIAZ D	BCA
25	U18SC007	ABISHEK N	BCS
26	U18SC008	SANDHIYA T	BCS
27	U18SC009	VENKATESH K	BCS
28	U18SC010	SANTHOSH KUMAR S	BCS
29	U18SC011	NAVIN P	BCS
30	U18SC012	VIJAY K	BCS
31	U18SC013	KARNASH K	BCS
32	U18PS018	SARANRAJ C	PHY
33	U18PS019	VIGNESHKUMAR Y	PHY
34	U18PS020	DHARMARAJ S	PHY
35	U18PS021	PRIYA DHARSHINI K	PHY
36	U18PS022	MADHUPRIYA S	PHY
37	U18PS023	JASTUSBABU N	PHY
38	U18BE001	DIVYA BHARATHI B	EN

39	U18BE002	KAVIN LOUIS S	EN
40	U18BE003	SAURAV BANSLA	EN
41	U18BE004	VIGNESH B	EN
42	U18BE005	SOWMIYA M	EN
43	U18BE006	INBARASAN C	EN
44	U18BE007	DINESHKUMAR P G	EN
45	U18BE008	UMARANI K	EN
46	U18BE009	DHINESH V	EN
47	U18BE010	PRIYANKA G	EN
48	U18BE011	SUNITA HANS	EN
49	U18BE012	BAVADHARANI S	EN
50	U18BE013	HARISH S	EN
51	U18BA070	DHANASEKARAN M	BBA
52	U18BA071	AMAN URAON	BBA
53	U18BA072	PRASAD M	BBA
54	U18BA073	SHIVAGINI PANDEY	BBA
55	U18BA074	ARAVIND KUMAR D	BBA



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SCHOOL OF ARTS

Value Added Course

Certificate training program on Lawn Tennis

Syllabus

1. The role of a coach.
2. Mental training for tournament players. Motivation. Concentration. Emotional control, Relaxation. Control of Behaviors and Thoughts, Self-confidence. Mental performance in tournament play. Dealing with parents.
3. Goal setting for tournament players.
4. Strategy and tactics for tournament players. Factors which influence match play. Principles for strategy and tactics in tournament singles play. The game styles: Tactics used in the 5 game situations. Anticipation. Percentage play for tournament players. Other factors affecting singles strategy. Tactical match analysis. Tactical training.
5. Biomechanics of tennis. Introduction. Balance. Inertia. Opposite force. Momentum. Elastic energy. Co-ordination chain. Practical applications of biomechanics.
6. Advanced stroke techniques. The forehand. The backhand. The serve. The volley and its variations. The smash and its variations. Other strokes for advanced players.
7. Movement. Movement cycle in tennis. How to cover the court and how to move in the different parts of the court: movement techniques for different shots. Movement practice.
8. Developing female tennis players. Characteristics of female and male tennis players. Ideas on teaching female tennis players. Principles for talent search and detection.
9. First aid and injury prevention. Most common injuries and their prevention in tennis players. Other common medical issues in tennis players.
10. Nutrition. Basic principles of nutrition.
11. Physical fitness. The importance of fitness for tennis. Physical demands of tennis. Principles of training. Long-term physical development. Developing tennis fitness.

Safety Factors

In any movement activity, there is always the possibility of injury. In order to minimize this possibility, your instructor will take every precaution to provide a safe learning environment and teach proper biomechanical form. Personal safety may be enhanced to observing the following guidelines.

1. Physical exams are recommended to all who:
 - a. are 35 years old or older
 - b. are extremely overweight
 - c. have had a recent serious injury
 - d. suffer abnormal pain while exercising

2. Wear clothing which allows movement and tennis shoes with good court traction. Court shoes are recommended.

3. Discontinue playing if the courts become wet because of the increased danger of slipping.

4. Always be alert as to where the ball is during play and practice so as to avoid being hit by a flying ball.

5. Do not lay balls, cans, clothing or any article on the courts as it is a dangerous practice. Place them on the bleachers, or near the net posts.

6. When walking behind or near courts, be alert and maintain a proper distance away from the players to avoid being hit with a racket or being run into.

7. Players should NEVER attempt to jump over the net.

8. The student is encouraged to do a proper warm-up and stretching exercise before beginning to play to prevent muscle strains or sprains.

9. If injured or not feeling well, inform the instructor so proper care can be taken.

10. Wearing safety equipment for physical exercise or sports participation is at your discretion

Bharath Institute of Higher Education & Research

School of Arts

Course TimeTable

Value Added Course: Certificate training program on Lawn Tennis -

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	06-11-18	10.00-12.00p.m	2
2	06-12-18	10.00-12.00p.m	2
3	13/6/2018	10.00-12.00p.m	2
4	14/6/2018	10.00-12.00p.m	2
5	15/6/2018	10.00-12.00p.m	2
6	18/6/2018	10.00-12.00p.m	2
7	19/6/2018	10.00-12.00p.m	2
8	20/6/2018	10.00-12.00p.m	2
9	21/6/2018	10.00-12.00p.m	2
10	22/6/2018	10.00-12.00p.m	2
11	25/6/2018	10.00-12.00p.m	2
12	26/6/2018	10.00-12.00p.m	2
13	27/6/2018	10.00-12.00p.m	2
14	28/6/2018	10.00-12.00p.m	2
15	29/6/2018	10.00-12.00p.m	2

Bharath Institute of Higher Education & Research
School of Arts
Lesson Plan

Value Added Course: Certificate training program on Lawn Tennis .Course Duration:30 Hrs				
S.No	Date	Topic	Time	Hour
1	06-11-18	Motivation.& Concentration.of Tennis	10.00-12.00p.m	2
2	06-12-18	Emotional control, Relaxation.	10.00-12.00p.m	2
3	13/6/2018	Control of Behaviors and Thoughts,	10.00-12.00p.m	2
4	14/6/2018	Self-confidence. Mental performance in tournament play. Dealing	10.00-12.00p.m	2
5	15/6/2018	Goal setting for tournament players	10.00-12.00p.m	2
6	18/6/2018	Principles for strategy and tactics in tournament singles play.	10.00-12.00p.m	2
7	19/6/2018	. Other factors affecting singles strategy. Tactical match analysis. T	10.00-12.00p.m	2
8	20/6/2018	Biomechanics of tennis. Introduction. Balance. Inertia	10.00-12.00p.m	2
9	21/6/2018	Opposite force. Momentum. Elastic energy. Co-ordination chain. P	10.00-12.00p.m	2
10	22/6/2018	The forehand. The backhand. The serve. The volley and its variatio	10.00-12.00p.m	2
11	25/6/2018	. Movement. Movement cycle in tennis. How to cover the court and	10.00-12.00p.m	2
12	26/6/2018	. Ideas on teaching female tennis players. Principles for talent searc	10.00-12.00p.m	2
13	27/6/2018	The importance of fitness for tennis	10.00-12.00p.m	2
14	28/6/2018	Principles of training. Long-term physical development	10.00-12.00p.m	2
15	29/6/2018	Developing tennis fitness	10.00-12.00p.m	2



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Course Feedback form

Value Added Course

Course Title: ^{cc} Certificate training
Program on Lawn Tennis.

Date: 11-6-2018

Name: A. Akash
RegNo: U18BE024
Department: English

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Objectives of the course clear to you				✓	
2.	Course contents met with your expectations			✓		
3.	Lecture sequence was well planned					✓
4.	Lectures were clear and easy to understand					✓
5.	Teaching aids were effective				✓	
6.	Instructors encourage interaction and were helpful			✓		
7.	The level of the course				✓	
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

Akash
Signature



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Course Feedback form

Value Added Course

Course Title: "Certificate training Program on Lawn Tennis"

Date: 11-6-2018

Name: Elango

RegNo: U18BE036

Department: English

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Objectives of the course clear to you					✓
2.	Course contents met with your expectations			✓		
3.	Lecture sequence was well planned	✓				
4.	Lectures were clear and easy to understand				✓	
5.	Teaching aids were effective				✓	
6.	Instructors encourage interaction and were helpful			✓		
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

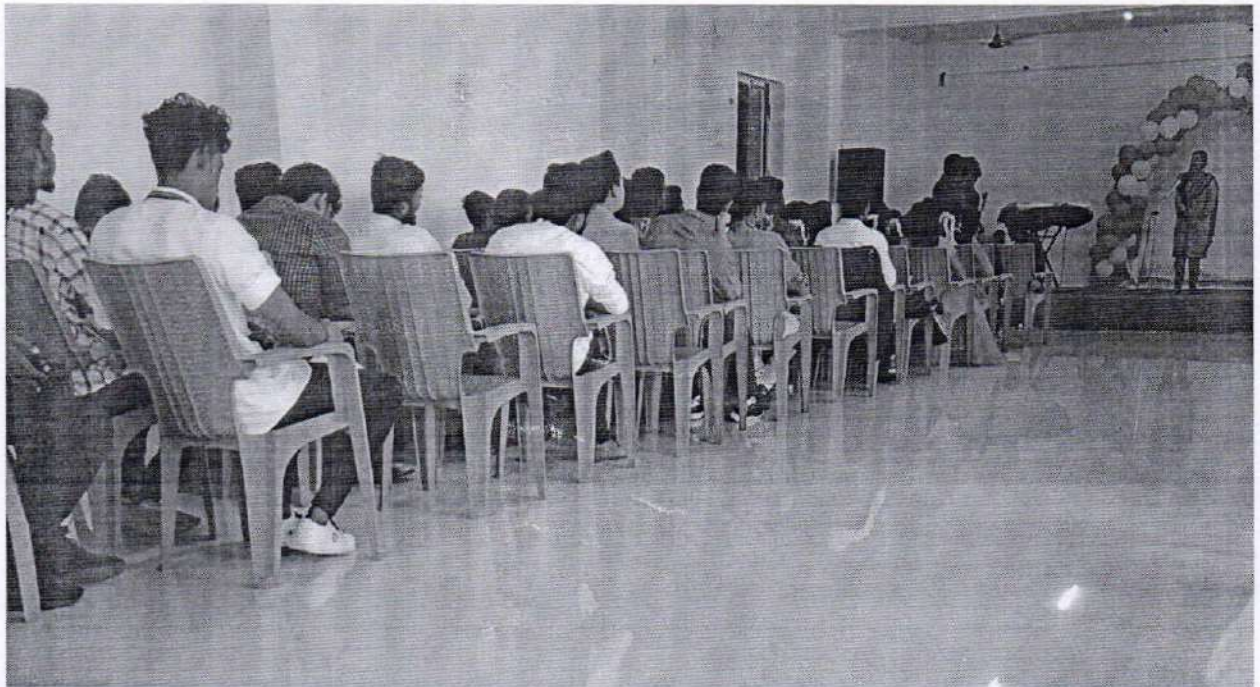
Elango
Signature



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Resource Person Details

Mr. Kathirasan
Loyola Arts & Science College,
Chennai




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School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that **Akash A** has participated in
the "Certificate training program on Lawn Tennis"
conducted by the School of Arts, **BIHER** from **June**
11, 2018 to June 29, 2018


S. Angel
course co-ordinator


Dr. A. Subramanian
Convenor


Dr. A. Muthukumarav
Dean- Arts & Science