Purposes
The course aims to give students the knowledge and skills in methods and techniques for physical conditioning in golf and tennis

Course Programme
Physiological and biomechanical models of tennis
Physiological and biomechanical models of golf
Specific technical and tactical skills of tennis
Specific technical skills of golf
Morphological assessment:
  - Anthropometry and body composition

Functional capability test:
  - Muscle Flexibility
  - Trunk rotation test.
  - Wrist abduction and adduction tests
  - Muscular strength of the upper and lower limbs
  - Perceptuo-motor skills assessment in tennis

Scheduling of training for physical conditioning in tennis and golf
Scheduling of training for injury prevention

Final exam
Written exam: the aspects of theory and practice of physical conditioning in golf and tennis

Suggested books
Material provided by the professor and scientific literature references.

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