EVALUATING THE EFFECT OF 12-WEEK TENNIS EDUCATION ON THE PERFORMANCE DEVELOPMENT OF STUDENTS TAKING PHYSICAL EDUCATION AS AN ELECTIVE COURSE

ABSTRACT

The aim of this study is to investigate 12-weeks tennis main technics exercises’ effects on students’ performance developments who are taking physical education lesson and are now student at Suleyman Demirel University Emergency Vocational School. Group’s mean of ages was defined 19.79±0.6 year, mean of lengths was defined 1.66±1.6 m/cm, mean of weights was defined 62.58±12.6 kg. Tennis teoric and exercise education was applied to students as 12 weeks, 2 days a week and 2 hours a day. To the research group, flexibility, vertical jump, standing long jump, right-left handgrip strength, leg strength, back strength and ITN Technical Test were applied. SPSS programme was used for analyzing datas statistically. Paired t Test was applied as statistical process. Datas were evaluated significance level of p<0.05. There were not found differences in flexibility, vertical jump, standing long jump, leg and back strength (p>0.05), but differences found in right-left handgrip strength and ITN technical performance(p<0.05). As a result, 12-week tennis education improved the students’ performances positively.

Key words: Tennis, ITN, Performance