

Department of Kinesiology, SJSU
Instructor: Dr. Gong Chen, Professor
Office: YUH 206 Phone: 924-3033
E-mail: gong.chen@sjsu.edu

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Office Hours: MW 8-10:00am, TR9:30-10:30am, F 7:30-8:20am, or by appointment

KIN 27A Beginning Table Tennis

DESCRIPTION

Emphasis will be on learning fundamental table tennis skills and drills, basic tactics and strategies, basic etiquette and rules, and applications of the knowledge and skills in games. It is assumed that students enrolled in the class have little or no experience in table tennis.

OBJECTIVES

- Upon successful completion of course requirements students will:
- demonstrate an understanding of the basic terminology, rules, tactics and strategies, and etiquette of the game,
 - demonstrate ability to perform the basic table tennis skills, and to apply basic skills, rules, tactics, and etiquette in single and double games, as well as in practice,
 - demonstrate ability to properly warm up and to perform basic drills,
 - demonstrate an understanding of table tennis for health/wellness of diverse populations.

CLASS CONTENT:

Knowledge

- Concepts, brief history, and contemporary status of the game.
- Basic etiquette, basic rules and game procedures.
- Terminology
- Tactics and strategies
- Styles of play
- Benefits to human life, and table tennis as a lifetime sport
- Equipment - selection and care

Performance

- Basics: grips, stance, position, movement,
- Forehand and backhand basic strokes.
- Serves and returns: flat, back spin, and side (top) spin
- Offensive Strokes: push and block, smash
- Defensive Shots: block, backspin, and chop.
- Warm-up routines and body conditioning.
- Single and double games:
 - round robin tournament
 - elimination tournament
 - team competition
- Basic drills

COURSE REQUIREMENTS:

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..
- b. Attending classes in a timely manner.
- c. Loose fitting clothes and sport shoes for ease of movement and safety, no jeans or other street clothes/shoes in classroom.
- d. Cooperation and mature behavior are expected in the class.
- e. A warm-up period is required before any skill practice.
- f. Department's paddles are available while students may bring their own paddles. It is everybody's responsibility to take care of the paddles and balls and return them when the class is over and to set up, take down, and store the tables.
- g. No food and drink are allowed in the gym except water.
- h. The last class meet will be the last day of the class before the "DEAD DAY" for the semester. All tests and exams will be conducted before the Dead Day. This class (and all activity classes) will not follow the university testing schedule.

EVALUATIONS

- a. Skill test.....40%
 --evaluated by subjective and objective observation
 --no make-up for missing tests except in extreme cases
- b. Written midterm.....20%
 --based on the textbook, handouts, and lectures
 --no make-up for missing tests except in extreme cases
- c. Class Assignment (tournament games).....30%
- d. Written final.....10%
- e. Criteria: A =90%--100% B =80%--89% C =70%--79%
 D =60%--69% F = 59% or lower

TEXTBOOK (Required)

Wang, Y.P., & Chen, G. (2006). Table Tennis, 2nd edition, National Archive Publishing Company. Spartan Bookstore.

Videos: World champions' demonstration of table tennis skills at Instructional Resource Center. For reference only.

UNIVERSITY POLICIES

1. Academic integrity statement (from Office of Judicial Affairs): "Your own commitment to learning, as evidenced by your enrollment at San José State University and the University's Academic Integrity Policy, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The policy on academic integrity can be found at http://sa.sjsu.edu/student_conduct.

2. Campus policy in compliance with the Americans with Disabilities Act: "If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability."

TETATIVE SCHEDULE

<u>Class</u>	<u>Skills</u>	<u>Knowledge</u>
1-2	Warm-up routine Basic stance/footwork/body motions Forehand flat serve Flat shots (forehand) Backhand flat serve and shot	Green-sheet/class procedures Etiquette Rules on serves Benefits
3	Forehand/backhand flat shot rally Forehand/backhand smash	Rules on shots
4	Forehand slice serve Forehand slice shot Single games with flat shots and serves	Let Single game rules
5	Backhand slice serve and shot Long slice and chop rally	Serving strategies
6	Elimination single tournament Loop shots	Receiving strategies
7	Side spin serves Round robin single tournament Style development	Rally strategies
8	Round robin single tournament	Midterm written exam
9	Double games Elimination double tournament	Double game rules, format Double serving/receiving strategies
10	Round robin double tournament	Double rally strategies
11	Round robin double tournament	Selected topics
12	Team Competition	
13	Skill test/ Challenge games	
14	Skills test/ Challenge games	Written review
15	Challenging games/ Make-up games	Final Written examination