

**San José State University**  
**Kinesiology**  
**Fall 2013, KIN-27A, *Beginning Table Tennis***

Instructor	Lei Cai
Office Location	By Appointment
Telephone	408-838-8318
Email	lei.cai@sjsu.edu
Office Hours	By Appointment or in between classes
Class Meetings	Tu-Th 9:30-12:20

**Course Description**

Emphasis on learning fundamental table tennis skills, basic tactics, strategies, etiquette, rules, and application to game situations.

**Grading**

Normal Grade Rules

**Units** : 1 Unit

*online catalog:* <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of intermediate skills, technique of badminton game.
- Proficiency in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with badminton.
- An understanding of the mental and physical health benefits to be derived from badminton.

## **Activity Program Learning Outcomes**

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to the badminton.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the badminton.
- Demonstrate an understanding of the benefits of badminton as it relates to physical and mental health
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

## **Required Text/Readings**

**Title: Table Tennis 2<sup>nd</sup> edition,**

**Author: Dr.Chen Gong, Wang Y.P. National Publishing Company ISBN 1-59399-223-8 Spartan Bookstore**

## **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Places to practice: we have open gym every week by Student Union.
- Course grades will be posted on Canvas by the end of finals week.
- Students may make up 1 class before final.
- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.

## Course Requirements and Grading Policy -

### Grading Plan

- 30% Skills Test (one skill test at the end of semester)
- 30% Two Midterm Test (15% each all multiple choice on Table Tennis Rules)
- 25% Assignment/Project
- 15% FinalWritten Exam (multiple choice)

### Grading Scale used to determine letter grade for each component above.

97-100%	A+
93 - 96%	A
90 – 92%	A-
87 - 89%	B+
83 - 86%	B
80 – 82%	B-
77 - 79%	C+
73 - 76%	C
70 - 72%	C-
67 - 69%	D+
63 - 66%	D
60 – 69%	D-
< 60%	F

**Tests:** *We will have total of 3 written tests including the final exam during the semester. Each test worth 15% of the total grade all tests will be multiple choice.*

### Example on grading for skill test

**Each skill -10 points. You get 3 try-outs grade on the best result**

**Total 6 skills which include:**

**Service: Forehand service**

**Service: Backhand service**

**Spin Service/Return**

**Rally**

**Loop/Spin**

**Smash**

### Assignments/Projects:

- **YouTube Table Tennis Tournament Research Project.**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

**08/22 Green sheet, class rules, add code**  
**08/27 History and equipment selection**  
**08/29 Rules- part one**  
**09/03 Rules-part two**  
**09/05 Rules- part three**  
**09/10 Rules-Tournament format and other rules**  
**09/12 Review rules**  
**09/17 First test on rules Substitute teacher DEE SHIEH**  
**09/19 Work on research topic**  
**09/24 Shake hand service**  
**09/26 Pen Hold Service/return**  
**10/01 Back hand service/return**  
**10/03 Loop**  
**10/08 Spin and Counter Spin shoots**  
**10/10 Basic Game Format and Style**  
**10/15 Single Tournament Day 1**  
**10/17 Single Tournament Day 2**  
**10/22 Single Tournamnet Day 3**  
**10/24 Single Tournament Day 4**  
**10/29 Double Tournamnet Day1 Test Review**  
**10/31 Test 2**  
**11/05 Double Rules review and choice or partner**  
**11/07 Doubles Tournament 2**  
**11/12 Doubles Tournament 3**  
**11/14 Doubles Tournament 4**  
**11/19 Skill Test**  
**11/21 Skill Test**  
**12/26 Skill Test**  
**12/03 Review Final**  
**12/05 Final in class SPX 44 Regular Class Time**

## **University Policies**

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog Policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at <http://www.sjsu.edu/advising/>.

### **Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, located at <http://www.sjsu.edu/senate/S07-2.htm>, 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 Student Conduct and Ethical Development website is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

### **Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make 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 at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.