

Department of Kinesiology, SJSU
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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 be able to:

1. Demonstrate an understanding of physical and mental benefits of participation in table tennis for diverse populations,
2. Demonstrate an understanding of the basic terminology, applicable history, rules, etiquette, safety, tactics, strategies, current research and practice, and applications of these cognitive knowledge in table tennis games and practice,
3. Demonstrate the acquisition and application of table tennis warm-up, skills, and drills in table tennis games and practice, and
4. Achieve moderate to vigorous exercise intensity during table tennis practice and games.

CLASS CONTENT:

Knowledge

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

Performance

- a. Basics: grips, stance, position, movement,
- b. Forehand and backhand basic strokes.
- b. Serves and returns: flat, back spin, and side (top) spin
- c. Offensive Strokes: push and block, smash
- d. Defensive Shots: block, backspin, and chop.
- e. Warm-up routines and body conditioning.
- f. Single and double games:
 1. Round robin tournament
 2. Elimination tournament

- 3. Team competition
- g. 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 (multiple choice).....20%
 --based on the textbook, handouts, and lectures
 --no make-up for missing tests except in extreme cases
- c. Class Assignment & tournament games.....40%
 You are allowed to miss up to 3 classes

Midterm will be announced in the class for Time and Day

Semester Grade: A =90%--100% B =80%--89% C =70%--79%
 D =60%--69% F = 59% or lower

Skill Test- All students needs to complete the skill test before the scheduled time.
 Skill Test will include the following: Fore-hand straight service, Fore-hand loop (spin) Service, Back-hand straight service, Back-hand loop (spin) Service. Rally: student need to demonstrate the ability to use both forehand and backhand straight shots & spin shots and smash. During the test consistency is graded towards the final skill test grade.

Sign _____ Dates _____

Important Links for Green Sheet and University Policies

1. Download green-sheet(s) for your class(es):
 - 1) Go to <http://www.sjsu.edu/kinesiology/GreenSheet/>
 - 2) Click on your instructor’s name and then click the class you are taking
2. Download the policy sheet

http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/

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	
15	Challenging games/ Make-up games	
