

San José State University
Kinesiology
Spring 2021

KIN 27A, BEGINNING TABLE TENNIS

Online Course

Contact Information

Instructor: LEI CAI

Office Location: Email

Email: lei.cai@sjsu.edu

Office Hours: Email

Class Meetings & location Online-Canvas-zoom (Asynchronous)

Prerequisites: none

Course Description

This course is focused on the development of fundamental table tennis skills, basic tactics, simple strategies, etiquette, rules, and their application of in single and double games.

Web Resource

Course materials (GAME RULES) may be found on WWW.ITTF.COM

Equipment

Table Tennis paddle and ball (you need to purchase no rental from school)

Zoom Meeting

Recording Zoom Classes This course or portions of this course (i.e., lectures, discussions, student presentations) will be recorded for instructional or educational purposes. The recordings will only be shared with students enrolled in the class through Canvas. The recordings will be deleted at the end of the semester. If, however, you would prefer to remain anonymous during these recordings, then please speak with the instructor about possible accommodations (e.g., temporarily turning off identifying information from the Zoom session, including student name and picture, prior to recording). Students are not allowed to record without instructor permission. Students are prohibited from recording class activities (including class lectures, office hours, advising sessions, etc.), distributing class recordings, or posting class recordings. Materials created by the instructor for the course (syllabi, lectures and lecture notes, presentations, etc.) are copyrighted by the instructor. This university policy (S12-7) is in place to protect the privacy of students in the course, as well as to maintain academic integrity through reducing the instances of cheating. Students who record, distribute, or post these materials will be referred to the Student Conduct and Ethical Development office. Unauthorized recording may violate university and state law. It is the responsibility of students that require special accommodations or assistive technology due to a disability to notify the instructor.

Zoom Classroom Etiquette

- **Mute Your Microphone:** To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- **Be Mindful of Background Noise and Distractions:** Find a quiet place to “attend” class, to the greatest extent possible.
 - Avoid video setups where people may be walking behind you, people talking/making noise, etc.
 - Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.
- **Position Your Camera Properly:** Be sure your webcam is in a stable position and focused at eye level.
- **Limit Your Distractions/Avoid Multitasking:** You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
- **Use Appropriate Virtual Backgrounds:** If using a virtual background, it should be appropriate and professional and should NOT suggest or include content that is objectively offensive or demeaning.

Course Goals and Student Learning Objectives

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

- Knowledge of fundamental skills, technique, *related to table tennis*
- Proficiency in execution of the *table tennis* skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with *table tennis*.
- An understanding of the mental and physical health benefits to be derived from *table tennis*.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings (optional textbook readings)

Course Notes

- Class protocol: Students are expected to use Canvas Zoom on a timely manner.
- 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.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

- Students are responsible for completing assigned readings from textbook and lecture notes and downloading, reading, and understanding this syllabus and CANVAS course contents.
- Using the CANVAS discussion board for general Q&As and emailing the instructor (after checking the discussion board) are the methods of communication. You are responsible for knowing when exams are posted and due. It is the instructor's policy NOT to re-open tests once they are closed. Pay attention to your CANVAS notifications and scheduled quizzes/exams.
- Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Table Tennis is an **ACTIVITY** class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
- If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible by e-mail.
- Report any accidents to the instructor immediately.
- Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
- If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
- It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. Drop requests will not be accepted after the SJSU drop deadline.
- Places to practice: TBA by student (not on campus classroom)

Course Requirements, Assignments, and Grading

Tests:

- Skills Test FORHAND BACKHAND hitting up and SPIN Shoots.
- Written Exam RULES FOR SINGLE, DOUBLE, HISTORY

Assignments/Projects:

- SINGLE

- DOUBLE
- History

Grading

- Regular Grading Rule Apply
- Late Assignment or Test after Due Day will be points off
- Grade will be posted on Canvas
- Outings/assignments completed for another class cannot be counted for this course.
- Extra credit options, NOT available.

Grading Plan -

10% Skills Test-TBA

50% Assignment/Project (Canvas Zoom Class & Youtube, etc)

40% Written Exam (total 4 test 10% each)

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

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+

Percentage	Equivalent Grade
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/> (Links to an external site.)

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Welcome day
2	Equipment check add drop
3	Rules Single. Serve
4	Spin Serve
5	Rally
6	Spin Counter Spin Rally
7	History Test 1
8	Single Game
9	Single Game
10	Single Rule Test 2
11	Double Game
12	Double Game
13	Double Rule Test 3
14	Practice Skill Test
15	Skill Test Start

Week	Course Content (Assignments, Exams/Quizzes, ...)
-------------	---

16	Final Test 4 Due May 9 th
----	--------------------------------------