

**San José State University**  
**Kinesiology**  
**www.sjsu.edu**

Fall 2015 Begin Table Tennis

**Contact Information**

Instructor: Lei Cai

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Office Hours: TBA

Class Meetings & location Spartan Complex 107A TuTh 9:30-10:20am

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

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

- **Knowledge of fundamental skills, technique, (Beginning level Table Tennis).**
- **Proficiency in execution of the skills covered.**
- **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.**
- **An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.**

## 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 <http://www.teamusa.org/USA-Table-Tennis/Rules>

- **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.
- **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.
- **Places to practice:** Open gym in student union.
- **Course grades** will be posted on Canvas by the end of finals week.
- **Student cannot be made up for the final skill text.**
- **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 (Service, Smash, Top Spin/Slice shoots)**

**30% In class Active (in class tournaments)**

**40% Written Exam/Quiz/Final (drop the lowest grade)**

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

Percentage	Equivalent Grade
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% - 62%	D-
below 60%	F

**Tests Days:** *Will be announced in class.*

**Equipments:** All Students needs to bring its own ITTF approved table tennis blade and ITTF approved balls.

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.

## 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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) website 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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

**Note:** Outings/assignments 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) 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 [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

### Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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

	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1	Adding, Course Overview
2	First Day Equipment checks, Test 1
3	Rule1 ,
4	Rule 2, Service, Test 2
5	Line Calls
6	Combo Drill
7	Drill, Spin Shoots History
8	Drill, Benefit Of Activity Class, Test 3
9	Single Rule, Practice Game
10	Single Tournament
11	Double Rule, Practice Game
12	Double Tournament Test 4
13	Skill Test, Practice Game
14	Skill Test, Practice Game
15	In Class Round Robin Tournament

