

Las Positas College
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Course Outline for KIN TTT
TABLE TENNIS TOURNAMENT
Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN TTT — TABLE TENNIS TOURNAMENT — 0.50 - 2.00 units

Course is designed for the intermediate and advanced players with emphasis on Offensive and Defensive strategies for tournament play. Rules, etiquette, safety, skills, paddle selection, equipment maintenance, and strategies for service, service return, and volley play will be reviewed. An important aim of the class will be to create and promote interest in table tennis as a competitive activity.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. demonstrate safety procedures for table tennis
- B. list and identify proper equipment for table tennis
- C. recall current rules
- D. recognize distances and dimensions of table, net, playing area
- E. define terminology and language of table tennis
- F. demonstrate skills necessary to play table tennis
- G. recognize differences between paddles, balls, tables, and nets
- H. describe etiquette, safety, and sportsmanship
 - I. identify advanced strategies for singles and doubles play
- J. demonstrate advanced fitness, conditioning and stretching exercises, for participation in tournament play; in or outside of class
- K. recognize opponent's strength and weaknesses
- L. recognize fair play, good sportsmanship, respect for opponent, and leadership qualities at tournament events
- M. apply honesty and honor in scorekeeping activities
- N. demonstrate the ability to hit various advanced shots necessary to play a game

V. CONTENT:

- A. History of table tennis
- B. Proper warm-up for table tennis, which includes flexibility exercises
- C. Use and selection of proper attire, equipment and it's maintenance
 - Proper development of advanced techniques for paddle grip, stance, and swings for various shots necessary to play a game and confuse your opponent
- D. Description of the importance of breathing, relaxation, and mental imagery
- E. Importance of advanced techniques for serves, service return, spins, and rallies
- F. Advanced exercises in developing skills for table tennis
- G. Making mature choices of behavior and conduct during class time and tournament games
- H. Making proper body movements and positioning throughout the game
 - I. An awareness of the current rules and regulations for tournament play

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Lab** - Laboratory skills demonstrations
- C. Use of written and oral assessment will be incorporated
- D. **Audio-visual Activity** - Video and film analysis of various individuals
- E. Participatory exercises

VII. TYPICAL ASSIGNMENTS:

A. Skills assessment for grips, stances, wrist, arm and body movements will be assigned B. Optional individual video filming will be assigned C. Observing and participating in local tournaments D. Perform advanced and competitive skills for table

tennis tournament play E. Personal Evaluation of a game

VIII. EVALUATION:

A. **Methods**

B. **Frequency**

1. Daily evaluation of student's progress/participation by instructor
2. Student's self-evaluation
3. Periodic written and oral assessments

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper attire, including shoes (appropriate for indoor gym floor), ball, paddle, short waist towel, head bands, wrist bands, and water bottle