

Las Positas College
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Course Outline for KIN TT

TABLE TENNIS

Effective: Spring 2011

I. CATALOG DESCRIPTION:

KIN TT — TABLE TENNIS — 1.00 - 2.00 units

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1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

A. -

V. CONTENT:

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VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Discussions concerning strategies involved with selected team sports;
- D. Use of audio visual and intranet educational programs;
- E. Student participation in scrimmages and game situations;
- F. Individual and small group drills for skill amelioration;

VII. TYPICAL ASSIGNMENTS:

A. Lecture

1. Double Play Strategy

B. Reading

1. Read class handout or class web page information on double play defensive techniques.

C. Class participation in double play drills.

1. Class activity: infield practice with "fun & go" hitting to re-emphasize proper mechanics use in double play.

D. Group discussion: Refine techniques used in completing the double play.

1. Class would discuss techniques such as catching ball away from base prior to tagging base then turning to throw ball to first base.

E. Skill-building exercises.

1. Double play drills with fungo hitting.
2. Repetition of mechanics used in double play situation.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Method of Evaluation
 1. Student participation
 - a. Participation will be evaluated daily
 2. Written Exams on rules of each sport covered in class.
 - a. In a try after point situation how many yard from the goal line is the line of scrimmage set for a one-point try? _____ For a two point try? _____
 - b. What is the "Spirit of Play" rule used in ultimate?
 3. Skill tests as utilized in team sports. (e.g. disc throwing accuracy test.

B. Frequency

1. Frequency of Evaluation
 - a. Final exam via written and physical skills tests;
 - b. Daily evaluation of student's progress/ participation level by instructor
 - c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. *Strength & Conditioning for Team Sports.*, Routledge, 2013.
2. *Designing Effective Practices for Team Sports.*, Southern Family Publishsing, 2012.
3. Selected rule books of selected sports

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation