

KIN A147: TABLE TENNIS LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Introduction and practice in the essential stroke skills, rules, etiquette, and competition in singles and doubles. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to develop beginning skills in preparation for effective table tennis play.
2. Self-analyze errors in table tennis and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Analyze good form and differentiate between proper and improper movement patterns for forehand and backhand shots.
- 2. Demonstrate good footwork.
- 3. Demonstrate understanding of the rules and etiquette of the game through game play.
- 4. Apply knowledge of proper warm-up techniques.
- 5. Practice various returns.
- 6. Self evaluate stroke technique.
- 7. Develop a game strategy awareness leading to tournament play.
- 8. Demonstrate the following serves: Top-side spin for forehand and backhand serves; under-spin for forehand and backhand serves.

Lecture Content

History of the game Terminology Equipment Rules and scoring Grip: shake hands and pen-hold Footwork Forehand Backhand Basic serve Etiquette philosophy of play Placement of shots Return of serve Loop shots Smash/kill shots

Lab Content

After lecture and demonstration, students will practice the following: Grip Footwork Forehand Backhand Basic Serve Return of serve Loop shots Smash/kill shots

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures, demonstrations, videos, handouts, discussions.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. Instructor handouts and articles, including rules and regulations.

Writing Assignments

Written rules and scoring exam.

Out-of-class Assignments

Proficiency demonstration of the serve, forehand, backhand and smash: number of consecutive forehands and backhands; number of legal service out of 10 ties. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Participation, self-analysis of skill techniques, and analysis of video tapes.

Required Writing, Problem Solving, Skills Demonstration

Participation, skill demonstrations, self-analysis of skill techniques, quizzes and analysis of video tapes.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.