**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 275 – Table Tennis**

**Course Outline**

**Course Number & Name:**  PHE 275 Table Tennis

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course introduces the student to the skills, strategies, techniques, and components of the game of Table Tennis. Hand-eye coordination, agility, reaction time, cardiovascular endurance, and mental alertness skills will be developed to enhance competitive abilities. Rules, equipment, and tournament play will be taught as a part of the Table Tennis experience.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate knowledge of the fundamentals of table tennis;

2.    perform basic table tennis moves;

3. explain and demonstrate various playing styles and tactics appropriately; and

4.    explain the basic rules and regulations of table tennis.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate knowledge of the fundamentals of table tennis:

* 1. *discuss the history and equipment of table tennis;*
  2. *explain and demonstrate how to set up/take down the table tennis net;* and
  3. *explain various types of grips and racket control techniques and discuss when each is used*

2. Perform basic table tennis moves:

2.1 *demonstrate ready stance and footwork;*

2.2 *perform footwork drills;*

2.3 *perform racket control drills;*

2.4 *perform forehand and backhand drive drills;*

2.5 *perform service drills and discuss the importance of the serve;* and

2.6 *demonstrate adding spin to the serve*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Explain and demonstrate various playing styles and tactics appropriately:

3.1 *identify and demonstrate the push;*

3.2 *perform forehand and backhand push drills;*

3.3 *explain spin and racket angles including how to make the ball rotate in upward and downward directions;*

3.4 *explain how and why to use the close and open racket against spin;*

3.5 *perform topspin, backspin, and racket angle drills;*

3.6 *explain blocking and close-to-the-table defense tactics;*

3.7 *identify and demonstrate looping and chopping*;

3.8 *discuss and demonstrate when and how to execute the shots;*

3.9 *describe lob and smash moves including discussing the importance of these shots and when they should be applied*; and

3.10 *perform forehand lob, backhand lob, and smash drills*

4. Explain the basic rules and regulations of table tennis:

4.1 *explain the* *equipment rules;*

4.2 *explain the* *changing racket rules;*

4.3 *explain the* *scoring rules;*

4.4 *explain the* *hitting rules*; and

4.5 *explain the* *serving rules*

**Methods of Instruction**: Instruction will consist of a combination of demonstrations, practice of drills, basic conditioning, games, and strategy applications.

**Outcomes Assessment:** Exam questions are blueprinted to course objectives. Checklist rubrics are used to evaluate skill and strategy performance for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate both physically and intellectually in class.

2. Wear appropriate exercise attire to all classes.

3. Demonstrate skills as requested by the instructor.

4. Take written midterm and final exams as scheduled.

5. Read the text and handouts as assigned.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Skill Evaluations 80%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice table tennis. Skill evaluations will provide evidence of student mastery of physical performance-based course objectives.

* **Midterm Exam** (date specified by the instructor) 10%

The Midterm Exam will provide evidence of the level of student mastery of the rules and basic techniques involved in table tennis covered during the first half of the semester.

* **Final Exam** (date specified by the instructor) 10%

The Final Exam will provide evidence of the level of student mastery of the rules and basic techniques involved in table tennis covered throughout the semester.

Note: Attendance and class participation (physically and intellectually) are mandatory for this course. To fully participate in class, students must be dressed appropriately, follow the guidance of the instructor, and take notes as necessary.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Table Tennis: Steps to Success**, by Larry Hodges; published in cooperation with the United States Table Tennis Association.

**Week Topics**

1 Introduction to Table Tennis & Equipment

2 Grips, the Racket, and Racket Control

3 Stance and Footwork; How to Move to the Ball

4 Forehand and Backhand Drives

5 Spin and Racket Angles

6 The Serve; Rules and Regulations

7 **Midterm Exam**

8 Pushing; Push Drills

9 The Block; Blocking Drills

10 Practice – Games

11 Looping & Chopping

12 Lobbing & Smashing

13 Review & Practice – Games

14 Table Tennis Tournament

15 Skills Evaluations

**Final Exam**