

PHED 33: BEGINNING TABLE TENNIS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate the basic fundamentals of table tennis play.
- Perform with an increasing degree of proficiency the offensive and defensive skills of table tennis.

Description

Strategy and competition for both singles and doubles table tennis play.

Course Objectives

The student will be able to:

- identify the equipment, rules and etiquette of table tennis.
- practice basic fundamental skills.
- demonstrate foundations of basic rallying.
- demonstrate foundations of basic footwork and grips.
- demonstrate basic forehand and backhand strokes.

Course Content

- Terminology, equipment, and rules of table tennis
 - Racquets and types of balls
 - Dimensions--type of play
 - Etiquette and general play
- Basic skills
 - Grips
 - Arm and wrist positioning
 - Forehand and backhand strokes
 - Footwork

Lab Content

- Forehand
- Backhand
- Serve
- Return
- Rally
- Spin shots

Special Facilities and/or Equipment

Table tennis tables, racquets, nets, and balls.

Method(s) of Evaluation

- Individual and team competitions
- Sportsmanship
- Critical thinking in competitive game play
- Demonstration of rules and etiquette of table tennis
- Participation and demonstration of game fundamentals

Method(s) of Instruction

- Explanation
- Demonstration
- Video

Representative Text(s) and Other Materials

Hodges, Larry. [More Table Tennis Tips](#). Create Space Independent Publishing Platform, 2017.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional writing exercises based on recommended reading.

Discipline(s)

Physical Education