

PHED 33: BEGINNING TABLE TENNIS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
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 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Execute fundamental table tennis techniques including footwork, grips, and basic strokes during controlled rallying exercises.
- Identify the essential equipment, rules, and etiquette required to participate in recreational and competitive table tennis.

Description

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

Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of table tennis
2. Practice basic fundamental skills
3. Demonstrate foundations of basic rallying
4. Demonstrate foundations of basic footwork and grips
5. Demonstrate basic forehand and backhand strokes

Course Content

1. Terminology, equipment, and rules of table tennis
 - a. Racquets and types of balls
 - b. Dimensions—type of play
 - c. Etiquette and general play
2. Basic skills
 - a. Grips
 - b. Arm and wrist positioning
 - c. Forehand and backhand strokes
 - d. Footwork

Lab Content

1. Forehand
2. Backhand
3. Serve

4. Return
5. Rally
6. Spin shots

Special Facilities and/or Equipment

1. Table tennis tables, racquets, nets, and balls.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

- 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

Methods of Instruction may include but are not limited to the following:

- Explanation
- Demonstration
- Video

Representative Text(s) and Other Materials

Hodges, Larry. [More Table Tennis Tips](#). 2017.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Optional writing exercises based on recommended reading

Discipline(s)

Physical Education