

PHED 33A: INTERMEDIATE 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 intermediate fundamentals of table tennis play.
- Perform with an increased level of proficiency offensive and defensive skills of table tennis.

Description

Focus on the strategies of singles and doubles play. Includes introduction to serving long and short, forehands smashes, drop shots, angle play, and doubles formations.

Course Objectives

The student will be able to:

- identify the equipment, rules and etiquette of table tennis.
- improve basic fundamental skills.
- recognize offensive and defensive strategy.
- utilize proper footwork and racquet grips.
- demonstrate basic forehand and backhand strokes.
- increase levels of fitness and hand-eye coordination.
- identify modified table positions.
- analyze table awareness with shot selection and placement.

Course Content

- Terminology, equipment, and rules of table tennis
 - Racquets and types of balls
 - Dimensions--types of play
 - Etiquette and general play
- Intermediate skills
 - Grips--forehand and backhand
 - Arm and wrist positioning
 - Topspin and slice shots
 - Footwork
 - Serving with spins
- Strategy
 - Singles
 - Doubles
 - Offensive
 - Defensive

Lab Content

- Forehand
- Backhand
- Serving long and short
- Smashes, forehand and backhand
- Drop shots
- Spins
- Doubles rotation
- Angle play

Special Facilities and/or Equipment

Table tennis tables, racquets, nets, balls and proper storage.

Method(s) of Evaluation

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

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