

PHED 33A: INTERMEDIATE 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

- Analyze table awareness by selecting and placing shots based on modified table positions and opponent location.
- Demonstrate proper footwork, grips, and both forehand and backhand strokes while applying offensive and defensive strategies in gameplay.

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.
- 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 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

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

- Optional writing exercises based on recommended reading

Discipline(s)

Physical Education