

PHED 33B: ADVANCED 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

- Ability to preform the advanced skills of table tennis.
- Show and increased knowledge of the advanced skills of game play with increasing knowledge of offensive and defensive strategies at an advanced level.

Description

Focus on the strategies of singles and double play, including serving with a variety of spins, forehand and backhand smashes, drop shots, angle play, and doubles formations. Strong emphasis on fitness, flexibility, and nutrition. How to design a point, set, and match is also a main focus of this course.

Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of table tennis
2. Serve using spins to set up their next shot
3. Recognize offensive and defensive strategy
4. Utilize proper footwork and grips
5. Demonstrate advanced forehand and backhand strokes
6. Increase levels of fitness and hand-eye coordination
7. Identify modified table positions
8. Analyze table awareness with shot selection and placement
9. Understand why fitness, flexibility, and nutrition are vital to playing table tennis at a high level
10. Understand how constructing points will lead to winning

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. Advanced skills
 - a. Grips: forehand and backhand
 - b. Arm and wrist positioning
 - c. Forehand and backhand strokes, spins
 - d. Footwork

3. Strategy
 - a. Singles
 - b. Doubles
 - c. Offensive
 - d. Defensive
 - e. Conditioning drills
 - f. Point construction
 - g. Hydration and nutrition

Lab Content

1. Forehand
2. Backhand
3. Serving long and short
4. Smashes
5. Drop shots
6. Angle play
7. Double rotation
8. Point construction
9. Using flexibility as an advantage

Special Facilities and/or Equipment

1. Table tennis tables, nets, racquets, balls, and proper storage.
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 participation
 Sportsmanship
 Critical thinking in competitive game play
 Demonstration of rules and etiquette of table tennis
 Participation and game play
 Video analysis
 Fitness 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

1. Optional writing exercises based on recommended reading

Discipline(s)

Physical Education