**Table Tennis: PHED 150A  
Spring 2017**

Wednesday  
3:00 pm – 4:50pm

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| Instructor: | Irina Jestkova |
| Email: | jestkova@usc.edu |
| Office: | PED 108 |
| Phone: | 213-740-2488 |
| Fax: | 213-821-1058 |
| Department web: | <http://college.usc.edu/phed> |
| Classroom: | North Gym PED 200 |

Course Description

This is an introductory course teaching the fundamental skills of table tennis. It is assumed that students enrolled in the class have little or no experience in table tennis. Class will be focusing on developing the following skills: racket grip, possible racket holding angles, basic strokes, rules, scoring, strategy, etiquette, practice drills, spin, singles and doubles play.

Course Objectives

1. Present the student fundamental skills and knowledge of table tennis.
2. Improve each student's skills in hitting all of the basic strokes: forehand counterhit; backhand counterhit(drive); backhand flick(flip); backhand block; service return and foot work.
3. Introduce each student to the basic rules, scoring and footwork.
4. Offer each student an opportunity to apply their skill and knowledge in actual match play.
5. Make each student aware of the basic differences in strategies for singles and doubles and provide an opportunity to apply this information in actual match play.
6. Provide each student with information about current table tennis trends, specifically in regard to local table tennis programs, professional tournaments and equipment selection.
7. Encourage each student to pursue table tennis as a life-time leisure activity.

Physical Education Program Objectives

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

* Recognize the physical and mental benefits of increased activity.
* Understand anatomy, basic bio mechanical principles and terminology.
* Determine factors involved with development, fitness levels and training strategies.

**Students will be exposed to a variety of activities providing them the opportunity to:**

* Apply learned fundamental skills.
* Utilize physical activity as a tool to manage stress.
* Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
* Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

* Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Classroom Protocol

1. Students must attend classes in a timely manner. Late arrival may be disruptive to other students who want to learn. If you are late, enter the gym quietly.
2. Training shoes are required for safety and easy movement. Jeans are not allowed during the class.
3. A warm-up period is required before any skill practice.
4. No food and drink are allowed in the gym except water.
5. Place cellphone on vibrate if you must bring it to class.

Consistent attendance and participation are extremely important in order to develop the necessary skills for improvement. All students will be held accountable for any work missed when absent. Please be prepared each day with proper equipment and attire.

USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bing any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

*Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am-5:00 pm. The office is in Student Union 301 and the phone number is (213)740-0776.*

Web Materials

Recommended videos are available on: [www.pingskills.com/table-tennis/](http://www.pingskills.com/table-tennis/)

Evaluation Criteria

Midterm – 15%  
Skill Test – 15% (show knowledge of basic strokes)  
Final – 25%   
Observational analysis – 15% (based on a table tennis video of your choice)  
Participation: 30%

Midterm and Final exams will test students’ knowledge of table tennis rules, scoring, gaming technique and singles and doubles tactics. During practice exam students will show basic strokes and will be evaluated based on percent of successful trials.

Course Content and Schedule

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| --- | --- |
| Week | Topic |
| 1 | Equipment, grip, serveflat stroke. Basic Stance, rules, scoring. |
| 2 | Practice game |
| 3 | Forehand and Backhand Counterhit. Instruction and Drills. |
| 4 | Forehand and Backhand Topspin. Forehand and Backhand Block.  Instruction and Drills. Practice game. |
| 5 | Forehand and Backhand Flick. Backspin serves. Instruction and Drills.  Forehand and Backhand Push Drills. Practice game. |
| 6 | Tournament |
| 7 | Forehand and Backhand-chops. Instruction and Drills.  Practice game. **Midterm Review.** |
| 8 | **Midterm** |
| 9 | Lob. Drop Shot. Forehand Smash. Instruction and Drills |
| 10 | Spring Break: March 12 - 19 |
| 11 | Doubles Rules, Strategy, Tactics. Practice game.  Observational analysis due |
| 12 | Serves, Receive and Footwork in Doubles. Practice game. |
| 13 | Tournament |
| 14 | **Skill Test, Final Review** |
| 15 | **Final Test** |

Important deadlines:

The 3rd week of class is the last day to add or change your grading option.  
The 9th week is the last day to drop without a W and to switch a pass/no pass status to a letter grade.  
The 13th week is the last day to drop a class with a W.

Observational Analysis instructions (due on Week 11 )  
  
Watch a video of table tennis game (can be from YouTube).  
Choose a particular technique that you like or want to improve for yourself (example: backhand counterhit, forehand, etc.)  
Write in your own words how that shot should be performed.

Grading scale

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| --- | --- |
| 94% - 100% | A |
| 90% - 93% | A- |
| 87% - 89% | B+ |
| 84% - 86% | B |
| 80% - 83% | B- |
| 77% - 79% | C+ |
| 74% - 76% | C |
| 70% - 73% | C- |
| 67% - 69% | D+ |
| 64% - 66% | D |
| 60% - 63% | D- |
| <60% | F |

This course outline is tentative and subject to change at the discretion of the instructor. Any changes will be announced and explained in class. It is the student’s responsibility to be aware of any changes announced in class.