

1. **Subject:** Table Tennis
2. **Type of course:** classes (practical training)
3. **Form of assessment:** credit with a grade
4. **Semester:** winter
5. **Suggested number of hours:** 15
6. **Syllabus** – bachelor studies, physical education

Course description: History of table tennis. Characteristic of table tennis rackets. Static stretching warm-up routine. Teaching technical skills: grips, waiting stance, footwork, strokes (forehand and backhand: drive, half-volley, topspin, push, lob, forehand smash), forehand and backhand serves with topspin, backspin, sidespin and mixed rotation. Fundamentals of singles and doubles tactics. Laws of table tennis. Round robin tournament.

Compulsory reading:

- Laws of Table Tennis – International Table Tennis Federation: www.ittf.com
- Hodges L. 1993. *Table Tennis*. Human Kinetics, Champaign.

7. **Learning outcomes:**

Knowledge: the student will know the terminology and will be familiar with the table tennis techniques, basic tactics and methodology of teaching.

Skills: the student will be able to demonstrate and teach the basic technical elements of table tennis, apply appropriate forms and methods of teaching regarding the requirements and abilities of the students, organize competitions and act as a table tennis umpire.

Social skills: the student will obey the safety regulations and make sure that everybody will be safe during classes.

8. **Qualifications:** After the end of the course the student will be qualified to conduct table tennis classes at primary schools, junior high schools and high schools.
9. **Unit responsible for the subject:**
Section of Sports and Recreational Games in Institute of Sport
10. **Lecturer(s):** M.Sc. Jerzy Wójcikiewicz
11. **Learning conditions:** group practices at the Sport Games Hall – max. 18 students.
12. **Suggested number of ECTS points:** 3
13. **Online learning:** 7 hours