



Course Code SPSC-115	Course Title Table Tennis	ECTS Credits 3
Department Sports Science	Semester Spring, Fall, Summer	Prerequisites None
Type of Course Elective	Field Physical education & Sports recreation	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 1 st -4 th	Lecturer Ms Pavlidou A.
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

The course provides instruction in basic table tennis skills of forehand and backhand hits and serves. For more advanced students, spins, blocks and kill shots will be covered. The students participate in ladder and in single and doubles tournaments in class once the skills are covered.

Learning Outcomes:

1. To develop eye-hand coordination, balance, depth perception and agility.
2. To provide an opportunity for the student to develop the basic skills of a lifetime activity.
3. To develop an understanding and appreciation for the world game of table tennis through knowledge of rules and strategy.
4. To assist the development of social skills- acceptance of other people with their present skills and personality; portrayal of a positive attitude; control of frustrations and emotions while working with others; acceptance of personal responsibility for personal and group success.
5. To assist the student in the development of safety concepts for table tennis-equipment; clothing; personal interaction.

Course Contents:

1. Introduction and history of Table Tennis.
2. Rules
3. Serves
4. Forehand hits
5. Backhand hits
6. Full game

Learning Activities and Teaching Methods:

Lectures, demonstration including DVD materials, Practicum

Assessment Methods:

Midterm Examination-theory, Final examination-practice, mini essay 1000words, attendance/participation.

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
<i>Richard McAfee</i>	Table Tennis: Steps to Success	Human Kinetics	2009	9780736077316

- Instructor Manual and supplementary course-notes will be handed by the beginning of the course.