

PDP GS 128 Beginning Table Tennis



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 Meets once per week: 1.0 Credit

Course Description:

This course will allow students to understand the basic skills and concepts of table tennis in singles and doubles. Instruction will be focused on the elements of the modern offensive style of play, combining Chinese and American models. Students will be introduced to the two basic grips then learn forehands, backhands, service and receive, followed by advanced looping. Emphasis on psychology and strategies will be incorporated into the course throughout. Students will leave the class with the competency to train and compete with the University's club sport B team.

Technique Number	Level of Difficulty	Techniques
0		Rules of the Game (Single and Double)
1	*	Ready Position/Stance
2	*	Grip Types –Shakehand / Penhold
3	**	Forehand Strokes
4	***	Backhand Strokes
5	**	Block / Push
6	***	Serves - variations of spins (side, top, back spin)
7	***	Counter / Returning Serves
8	**	Spiking / Smashing
9	****	Lob
10	*****	Chop
11	*****	Loop* (Pre-requisite Technique = 1,2,3)

*Difficult to learn but with a lot of practice it's possible.

Required Equipment:

- Suitable sports clothing & shoes
- Personal Paddle (Optional)

Course Goals:

- To learn the rules and regulations of table tennis game
- To begin developing core fundamental skills of table tennis
- To develop interest and enjoy the sport

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 90% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a 90% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than 4 unexcused absences, you will need to arrange to make up the classes you have missed. To make up a class, you may attend a club practice. Please talk to the instructor beforehand so I know you are coming to a club practice to make up the class. Or you may just come by the club practices for fun, we meet every Friday (7-10pm) and Saturday (2-5pm) @FitRec lower court same location as the class.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule

Week 1	Introduction to rules and basic of table tennis (e.g., how to hold the paddle)
Week 2	Topspin forehand technique and practice
Week 3	Topspin backhand technique and practice
Week 4	Bottom spin forehand and backhand
Week 5	Basic Serving methods + receiving serve
Week 6	Review and rules of matches + playing matches
Week 7	More in-depth in receiving serve
Week 8	Blocking and push
Week 9	More in-depth in serving method (bottom spin and side spin)
Week 10	Spiking and smashes
Week 11	Lob
Week 12	Review/further practice + mini competition
Week 13	Learning the rules of doubles + playing doubles
Week 14	Looping