

PDP GS 228 Intermediate Table Tennis

Instructor: Ryan Hong

Email: ryanhong@bu.edu

Phone: 732-332-8846

Meets once per week: 1.0 Credit

Class Location: L140 3 Court Gym

Boston University Fitness and Recreation Center

915 Commonwealth Avenue, Boston, MA 02215

Course Description:

The Intermediate Table Tennis course is designed for those who are fluent in the basic techniques of table tennis, including but not limited to, forehand/backhand drives/loops, serves, and footwork. The course will aim to develop the speed and spin quality of those basic techniques, in addition to learning more advanced techniques, such as third-ball attack, FH/BH flicks, serve deception, and others. Emphasis will also be placed on psychological pressure (8.10 scenarios). Simulations and multi-ball will be highly utilized.

Prerequisites and Equipment:

- **PDP GS 128 or past training/coaching.**
- Personal Racket (ITTF Approved)
 - No rackets will be lent out after the first class.
 - ITTF Approved is a good baseline standard for the quality of a racket.
- Exercise clothing
 - T-shirt, exercise pants, sneakers

Class Flow:

The following schedule is subject to infrequent revision; all changes will be announced in class and/or over email. Make sure you consult your syllabus if you are absent.

This is a general outline of each class's flow. If there are specific changes, they will be emailed out in advance.

Time	Mission/Objective
10 min.	Assembly and stretching
5 min.	Briefing for the and Q&A
40 min.	Training to the objectives with individualized instruction
15 min.	Free play
5 min.	Debriefing, Cleanup, Q&A

Schedule

Week 1	Introduction / Review of syllabus / Warm-up basic skills
Week 2	Warm-up basic skills / Super round-robin as an assessment
Week 3	Third-ball attack
Week 4	Backhand and forehand flicks
Week 5	Predict serve and receive
Week 6	Psychological pressure training (8.10 scenario and distraction)
Week 7	Super round-robin as an assessment
Week 8	Looping forehand and backhand
Week 9	Intro to doubles (pairings)
Week 10	Doubles part two (partner habits, signals)
Week 11	Doubles part three (strategy executions)
Week 12	Mini competition / simulation / fun day
Week 13	Free play / fun day

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

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 Saturday and Sunday @FitRec lower court same location as the class.