

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

INTRODUCTION IN TABLE TENNIS

COURSE CODE:

N 062

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	MAVRIDIS GEORGE		
POSITION	ASSISTANT PROFESSOR		
SECTOR	SPORTS TRAINING THEORY AND APPLICATION		
OFFICE	B3-3		
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CO-INSTRUCTORS			

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

The aim of this course is to enable students to acquire a theoretical basis on the technical elements of teaching and exercising Table tennis.

COURSE CONTENTS (*outline – titles of lectures*)

1. Introduction to Table tennis (History, Equipment, game technique)
2. Familiarization with the subject. Ways to hold the racket. Position of the body. Definitions.
3. Basic hits: (Drive, Reverse) without tension. Application
4. Basic hits: (Drive, Reverse) with tension. Application
5. Spins (bevel). Kinds of spin. Application.
6. Modern offensive spins. (Spin drive and reverse, open drive and reverse). Application.
7. Modern offensive spins. (Spin drive and reverse, all over the table. Application.
8. Service: Rules - Kinds (execution-return). Application.
9. Technique and game tactics, psychological preparation of the athletes.
10. Single game –Double – Mixed – Team. Rules and application.
11. Game systems: Simple Nock out, Double Nock out, Pull and application.
12. Selection of athletes, diet, guidance through the game.
13. Revision lecture – Clarifications.

TEACHING METHOD (*lectures – labs – practice etc*)

- Lectures and use of media equipment.
- Oral and practical guidance during the execution.
- Demonstration of a model player.
- Use of a training device (ROBOT)

ASSESSMENT METHOD(-S)

- *Written exam on theoretical issues (end of semester): 30%*
- Practical exam (end of semester): 50%
- Presence and participation in the lesson: 20%

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. **Know and understand** the basic technical skills.

2. **Know and teach** the basic technical skills.
3. **Teach** special exercises about all kinds of technical hits.
4. **Organize and teach** special exercises for daily training on the basic skills of table tennis.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. Know and understand the basic skills.	Practice-training, study, demonstration.	Check and control, corrections.	15
2. Understand and teach the basic skills.	Practice-training, study, demonstration.	Check and control, corrections.	15
3. Know how to teach special exercises about all kind of technical hits.	Practice-training, study, demonstration.	Check and control, corrections.	20
4. Know how to teach special exercises for daily training on the basic skills of table tennis.	Practice-training, study, demonstration.	Check and control, corrections, final exams.	10
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. 2002, CD «Temple tennis: Από το Α στο Ω», Demosthenis Messinis, publications: DEMOSTHENIS E. MESSINIS EPE, 2002, ATHENS
2. NOTES BY THE TEACHER