

COURSE OUTLINE TABLE TENNIS COACHING AND TEACHING

1. GENERAL

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| SCHOOL | PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY | | |
| DEPARTMENT | PHYSICAL EDUCATION AND SPORT SCIENCE | | |
| LEVEL OF STUDIES | ISCED level 6 – Bachelor's or equivalent level | | |
| COURSE CODE | C018 | SEMESTER | 3 RD and 4 TH |
| COURSE TITLE | TABLE TENNIS COACHING AND TEACHING | | |
| TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i> | | TEACHING HOURS PER WEEK | ECTS CREDITS |
| | | 2 | 3 |
| Please, add lines if necessary. Teaching methods and organization of the course are described in section 4. | | | |
| COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i> | Skill Development | | |
| PREREQUISITES: | NO | | |
| TEACHING & EXAMINATION LANGUAGE: | GREEK | | |
| COURSE OFFERED TO ERASMUS STUDENTS: | NO | | |
| COURSE URL: | | | |

2. LEARNING OUTCOMES

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| Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i> | |
| <p>Upon successfully completing the course, students will be able to:</p> <ul style="list-style-type: none"> • Know and understand basic technical skills. • Know and understand the teaching of basic skills. • They can teach special exercises for all kinds of techniques blows • Compile and teach a special exercise program for daily training on basic table tennis skills. | |
| General Skills <i>Name the desirable general skills upon successful completion of the module</i> | |
| <i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i> | <i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i> |
| <ul style="list-style-type: none"> • Search, analysis and synthesis of data and information, ICT Use • Adaptation to new situations • Decision making • Autonomous work • Teamwork • Production of new research ideas | |

- *Project design and management*
- *Equity and Inclusion*
- *Respect for the natural environment*
- *Sustainability*
- *Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
- *Critical thinking*
- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Introduction to Table Tennis (Historical review, Equipment –game mode).*
2. *Familiarity with the Object. Racket Grips, Body Positions. Definitions.*
3. *Basic beats: (Drive, Reverb) without tension. Application*
4. *Keystrokes: (Drive, Reverb) with volume. Application*
5. *Rotary blows (bevel). Types of rotation: Application*
6. *Modern offensive strokes (Spin Drive & Reverb, Open Drive & Reverb). Application*
7. *Modern defensive shots Control Drive & Reverb across the table. Application*
8. *Service: Regulations - Items (execution-refusal). Application*
9. *Technique & Tactics of matches, psychological preparation of the athletes*
10. *Single – Double – Mixed – Team Competition. Regulations & Enforcement*
11. *Match Systems: Single Knockout, Double Knockout, Pool, & Application*
12. *Selection of athletes, nutrition, guidance in the race*
13. *Repetition of all sections – Clarifications.*

4. LEARNING & TEACHING METHODS - EVALUATION

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|---|---|--------------------------|
| TEACHING METHOD <i>Face to face, Distance learning, etc.</i> | Face to face. | |
| USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i> | Use of ICT in Teaching, in Laboratory Education, in Communication with students. <ul style="list-style-type: none"> • digital slides • video • MsTeams/ e-class, webmail | |
| TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i> | Activity | Workload/semester |
| | Lectures | 26 |
| | Field Exercise | 24 |
| | Bibliographic research & analysis | 10 |
| | Study / creation, project | 13 |
| | Examination | 2 |
| | Total Course | 75 |
| STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test,</i> | Throughout the semester, regular and active participation in the course is assessed (30%). Student evaluation is done through written and | |

Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others

Please indicate all relevant information about the course assessment and how students are informed

oral exams in the classroom on the material they have been taught (30%).

The practice: ability to teach and train at different levels, is examined on the court with measurable dimensions (40%).

5. SUGGESTED BIBLIOGRAPHY

1. 2002. Electronic book (in CD format) "Table Tennis: From A to Z", Demosthenes Messinis, Publishing house: DIMOSTHENES E. MESSINIS LTD, 2002, ATHENS
2. Notes from the instructor

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

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|-------------------------------------|---|
| Teacher (full name): | MOURTZIOS CHRISTOS |
| Contact details: | cmourtzi@phyed.duth.gr |
| Supervisors: | NO |
| Evaluation methods: | Written and oral exams. Practice: tested on the field. |
| Implementation Instructions: | Throughout the semester, regular and active participation in the course is assessed (30%). Student evaluation is done through written and oral exams in the classroom on the material they have been taught (30%). The practice: ability to teach and train at different levels, is examined on the court with measurable dimensions (40%). |