

San José State University
Health and Human Sciences/Kinesiology
Fall 2024, KIN 27A-1, Beginning Table Tennis

Course and Contact Information

Instructor(s): Gong Chen
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Office Hours: MW 9:30-10:20 am
Class Days/Time: MW 7:30-8:20 am
Classroom: SPX 107A

Course Description

This course is focused on the development of fundamental table tennis skills, basic tactics, simple strategies, etiquette, rules, and their application of in single and double games. <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Upon successful completion of this course, students will be able to demonstrate:

- Proficiency in execution and application of basic table tennis warm-up, skills, and drills in table tennis games and practice.
- An understanding of the basic terminology, rules, etiquette, safety, tactics, strategies, current research and practice, and applications of these cognitive knowledge in table tennis games and practice,
- An understanding of the mental and physical health benefits to be derived from table tennis.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.

- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Required Texts/Readings

- | | |
|--------------------------------------|---|
| 1. Course syllabus: | Under File and Syllabus |
| 2. Information for class: | Under Announcement for relevant week |
| 3. Assignments: | Under Assignments |
| 4. Test guides: | Under File |
| 5. Reference book/reading materials: | Under File |

Course Notes 1

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents or broken facility/equipment to the instructor immediately.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

[University Policy S16-9](#), *Course Syllabi requires the following language to be included in the syllabus:*

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

Classroom Notes 2

A. Dress, equipment, facility

- Wear sport shoes for ALL class meets except the written exam.
- No bubblegum on/under the table. No food or drink (except water) in the gym.
- No bike in the building. No wheels rolling on the floor in the gym.
- No cell/earphone in class except emergencies (active shooting, earthquake, or medical).
- No trash in the gym.

B. Set up, take down, take care tables

- Must set up tables properly with a partner (based on the instruction) before the class. Don't set up by one person.
- When dragging a folding table to a location, one person should drag in front (left or right). Another person should push behind it like pushing a truck. Don't drag the table in a lateral way.
- Don't use force to pull the top of the table backward. Ask the instructor for help if there is a problem.
- Don't sit or lean on the table.

- Don't chop the paddle on the table.
- Don't put water on the table.
- Don't flip, drop, or throw the paddle.
- Inform the instructor if there is anything wrong with the table or facility.

C. Work with a partner

- Interact respectfully with the partner before/after practice/game.
- Communicate with partner on skill practice.
- Pick up balls on your side or in the middle.
- Practice with any partners.
- Play your best game every time. Careless play is a big insult to your opponent.

D. Lecture, demonstration, practice

- Students should arrive on time and participate fully in all activities in the class.
- Do not interrupt demonstration, practice, games with noise, socializing, or horseplay.
- Do your best during learning, practice, and games.
- Be considerate and help each other.
- Control your temper. Do not get mad or use improper language in the gym.

E. Safety

- Warm up before practice or games.
- Do not dive for a shot.
- Be aware of your environment.
- Do not bring other people into the class.

F. COVID-19 safety

- Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of all students in class.
- If you have COVID-19 symptoms, report to the university and inform the instructor immediately. Do not come to the class.
- A student can choose to wear a mask or not, and to practice with a practice partner who wears a mask or not.

Course Requirements, Assignments, and Grading

* The grading plans and requirements below are subject to changes if the university changes the instruction modes and policies due to the changing situation of the COVID-19 pandemic.

4 points: University Liability form	this grade will be posted on Canvas
30 points: Single/double tournament assignments	this grade will be distributed in class
20 points: Written Exam	this grade will be distributed in class
40 points: Skills Test	this grade will be distributed in class
6 points: Final reflection paper	this grade will be posted on Canvas

- **Liability Form:** Students must sign this form at the beginning of the semester before the submission deadline and upload on Canvas only. It is required by the university.
- **Tournaments, learning double rules and trial:** This assignment will include 1) participation in learning double game rules and game trials, 2) organized single and double matches (best two out of three games as a match). The learning and tournaments will be evaluated based on percentage of matches played and performance of learned skills and knowledge.
- **Written Exam:** The written exam will cover basic skills and applications, basic rules and applications, single and double games procedures and strategies, and benefits of table tennis and physical activities. Review guides will be posted/distributed before the exam.
- **Skill Test:** The skill test will include five basic skills on serves and shots. It will be evaluated 50% on the number of successful serves/shots/rallies, and 50% on proper forms, grips, and quality of serves/shots/rallies. Review guides will be posted before the test.
- **Final reflection paper:** Briefly summarize personal learning experience and carry-on plan of table tennis and physical activities for an active lifestyle. This paper should be uploaded on Canvas during the re-scheduled final exam time. Any changes will be announced in class.

Other information:

- Students must provide a doctor’s note to the instructor for missing a test or assignment. Students should enroll in the Accessible Education Center if the sickness or injury lasts more than two weeks. However, a doctor’s note does not replace test or assignment. Students should arrange with the instructor for makeups based on time availability. All tests/assignments/makeups must be completed by the last day of the class.
- Athletes’ missing test/assignment due to official competitions/travels must provide official schedule and a letter from the coach with the student’s name on it. Students should communicate with the instructor for makeup arrangement based on time availability.
- Students cannot make up missed written exam, skill test, or tournament assignment except documented emergency or pre-arrangement with the instructor. However, the class usually has two days for making up some matches.
- An email to the instructor for undocumented excuses does not replace a test or assignment. Students need to discuss with the instructor for makeups based on time availability.
- Missing tests or assignments will result in lowering the grade.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+

Percentage	Equivalent Grade
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

SJSU Technical Support:

Email: itservicedesk@sjsu.edu

Phone: (408) 924-1530^{SEP}

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Tentative Course Calendar (the contents of each day may be adjusted based on students' progress, any changes on tests will be announced on Canvas)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1. 8/21	1. syllabus and class procedures, set up and take down tables
2. 8/26-28	2. warmup, stance, grip and swing, foot work forehand flat serve, flat shot, rally 3. backhand flat serve, flat shot, rally
3. 9/2-4	9/2 no class (campus closed) 4. forehand and backhand flat serve, shot, and rally review
4. 9/9-11	5. forehand smash, single game procedures, single trials 1 6. backhand smash, single trials 2 rules on serves
5. 9/16-18	7. rally-smash, rally vs game, single trials 3 Rules on shots and lets 8. forehand slice, shot, and rally
6. 9/23-25	9. forehand slice serve, shot, and rally review single trials 4, or practice single strategies 10. backhand slice serve, shot, and rally
7. 9/30-10/2	11. backhand slice serve, shot, and rally review single trials 5, or practice 12. practice testing skills sign up for the first single tournament benefits of table tennis/physical activities
8. 10/7-9	13. single tournaments 1 14. single tournaments 2
9. 10/14-16	15. single tournaments 3 16. single tournaments 4
10. 10/21-23	17. single tournaments 5 18. double game procedure, double game
11. 10/28-30	19. double strategies, double tournament 1 20. double tournaments 2
12. 11/4-6	21. double tournaments 3 22. double tournaments 4

Week	Course Content (Assignments, Exams/Quizzes, ...)
13. 11/11-13	11/11 No class (campus closed) 23. practice for skill test
14. 11/18-20	24. written exam 25. skill test - day one (sign up for one day. Other two days are optional)
15. 11/25-27	26. skill test - day two 11/27 No class (university policy)
16. 12/2-4	27. skill test - day three 28. makeup/challenging games - 1
17. 12/9	29. makeup/challenging games - 2
18. Final	Reflection paper due