

# Syllabus for Ping Pong

Instructor: Zhang, Yimin

Venue: Ping Pong Hall, Gymnasium, Wang Jiang Campus

Credit: 2

## Course Goals:

Using the curriculum set by the Education Ministry for university undergraduate students, this course is designed to teach students traditional Chinese way to use paddle to play ping pong pen-hold, close and quick attack. Other methods will also be taught according to students' individual needs. The course also teaches students to master the major rules for competition, rules as umpire, act as umpire, draw groups, and to organize competition at basic level.

Hour distribution: Theory learning : 2 hours (1hour on basic theory, 1 hour on judgment and rule)

Skill training: 28 hours (body training: 2 hours; basic skill: 20 hours; doubles 2 hours; practicing on umpire and organizing competition: 4 hours);Exam: 2 hours

## Theory learning:

1. origin of Ping Pong, its development
2. Terminology, different kinds of paddles, their features, basic performance
3. Technology piecemeal, synthetic skills, elementary tactics, doubles
4. Competition rules, directive rules, operating rules
5. Organizing skills, draw groups,

## Skill learning

1. Body training, special training and general training
2. Handling paddles, standing posture, half volley with push, loop drive, chop, serving and receive, synthetic skill
3. Serving sound attack tactics, attack one another tactics, receive, return of service tactics and ③搓攻 ; ④拉攻
4. Doubles: pair, leaving, tactics, skill
5. Umpire intern: single match, doubles, men's team, women's team
6. Training for umpire, competition among students, learn to observe wrong doings and correct them.

## Exam

Final grades based on subitem performance testing, failure in any single item performance will miss the chance to have final grade.

## Grade components

Attendance, weekly performance 40% (A or B).

A. Single track: Forehand attack: attack one another 20%

Chop: with one another 20%

B. Synthetic skill: backhand push and forehand drive 40%

Skill testing 40% (Rating: excellent, good, pass, fail)

Weekly grades 20%