



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Table tennis [C\_CS>TS30]

### Course

Field of study

Aviation

Year/Semester

1/2

Area of study (specialization)

Air Transport Safety

Profile of study

general academic

Level of study

first-cycle

Course offered in

Polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Anna Baranowska-Graczyk

anna.baranowska-graczyk@put.poznan.pl

mgr Agata Ostrowska

agata.ostrowska@put.poznan.pl

### Lecturers

mgr Katarzyna Wasielewska

katarzyna.wasielewska@put.poznan.pl

mgr Agata Ostrowska

agata.ostrowska@put.poznan.pl

### Prerequisites

Sports outfit, own racket

### Course objective

The purpose of table tennis classes is to familiarize students with the following topics: 1. Historical outline of the discipline: the world, Poland, achievements of Polish table tennis. 2. types and categories of competitions in table tennis, basic systems of games used in recreational tournaments. 3. methods , principles, forms useful in teaching table tennis technique. For those interested in individual development, we propose to broaden the scope of exercises by participation in training of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

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### Course-related learning outcomes

Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.

Knowledge of the principles of conducting exercise classes.

Skills:

The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.

Ability to independently conduct a warm-up based on the assumptions of the class program.

The ability to adapt difficulties to individual needs during classes.

The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Competencies:

The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.

The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes.

Two absences are possible without the obligation to make up or justify 30 hours per semester.

The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.

It is possible to complete two classes a week.

You can participate in physical education classes no more than once a day.

Classes must be made up on a day other than the scheduled classes.

### Programme content

- Table tennis rules
- Selection of table tennis equipment, racket holder
- Posture at the table, footwork
- Service applications
- Rotations
- Half volley
- Forehand, backhand shot.
- Individual game for points
- Block, attack
- Doubles games.
- Mixed games.
- Basic game systems

### Course topics

1. Rules of the game of Table Tennis
2. Selection of table tennis equipment (racket, ball, outfit).
3. Correct grip of the racket
4. Ready attitude at the table, footwork, fun ways of getting used to table tennis, learning how to serve.
5. Forehand sweep
6. Backhand sweep.
7. Forehand half volley.
8. Backhand half volley.
9. Forehand, backhand shot.
10. Individual game for points.
11. Doubles games.
12. Mixed games.
13. Forehand block combined with a forehand and backhand shot.
14. Backhand block combined with a forehand and backhand shot.

15. Forehand topspin attack.

### Teaching methods

- verbal description
- show
- practical exercises
- strict follower, strict task-oriented.

### Bibliography

- 1). Grubba Andrzej - Learning table tennis in a weekend. Warsaw. 1996, Wiedza i Życie.
- 2). PZTS - .rules of the game. www.PZTS.pl

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00