

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name in Polish** : TENIS STOŁOWY  
**Name in English** : TABLE TENNIS  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW035042  
**Group of courses** : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contraindications to participate actively in physical education classes. Determination to master basics elements of techniques and game tactics without rotation.
2. Elementary knowledge of basic principles and rules of the game and counting points is required.
3. Required: own tennis racquet, ball for game (40mm), comfortable sports outfit and clean, changeable sneakers.

**SUBJECT OBJECTIVES**

- C1: Mastering of game basic tactics taking into consideration the ability to change: ball's spin, length and strength of serve, direction and type of shots.
- C2: Developing specific table tennis motor abilities (speed, strength, endurance), and understanding a meaning of caring for broadly defined "health" and physical fitness in the context of future work and family.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: A student knows the rules and how to count points.

PEK\_W02: A student has a basic knowledge of individual table tennis techniques and tactics.

**Relating to skills:**

PEK\_U01: A student can impose her/his style of play on a rival.

PEK\_U02: A student can use her/his technical skills in such a way as to bring a settlement of the game in her/his favor.

**Relating to social competences:**

PEK\_K01: In the game there are rules in accordance with the "fair play" sport spirit, tolerance and respect for the opponent.

PEK\_K02: Student's behavior promotes sporty, healthy lifestyle.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Improving techniques and motor skills through a variety of games and movement activities, combined with perfection of backhand and forehand driving.	2
Cl. 2	Improving forehand drive - emphasis on repetition.	2
Cl. 3	Improving backhand drive - emphasis on repetition.	2
Cl. 4	Alternate backhand – forehand drives - repeatability.	2
Cl. 5	Improving alternant backhand – forehand drive with position changes.	2
Cl. 6	Learning and improving balls' drive with advanced spin.	2
Cl. 7	Block - learning and improving.	2
Cl. 8	Learning and improving the game; top spin forehand, backhand.	2
Cl. 9	Lob's defense – defense by undercutting.	2
Cl. 10	Learning straight attack and with advanced ball spin.	2
Cl. 11	Playing planned schemes.	2
Cl. 12-15	Control games, tournaments, refereeing.	8
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Practical exercises. N2. Trainer's demonstration (student). N3. Film presentation. N4. Lecture.

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answer, demonstration, test.
F2	PEK_U01, U02	Demonstration, attendance, test.
<b>C:</b> Attendance, activity and attitude in classes and F1 and F2 grade average.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [1] Grubba A.: <i>Nauka tenisa stołowego w weekend</i> . Warszawa: Wydawnictwo Wiedza i Życie, 2000. ISBN 83-7184-879-X.
<b><u>SECONDARY LITERATURE:</u></b> [1] Hudetz R.: <i>Tenis stołowy 2000</i> . Łódź: Wydawnictwo Modest, 2005. ISBN 83-922190-0-7.

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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