DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD

Name in Polish   : **TENIS STOŁOWY DLA ZAAWANSOWANYCH**
Name in English   : **TABLE TENNIS FOR ADVANCED PRACTITIONERS**
Level and form of studies : **1ˢᵗ level, full-time**
Profile   : **academic, practical**
Kind of subject   : **optional, university-wide**
Subject code   : **WFW035043**
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 practice the sport classes.
2. Efficiency in game's basic no-spin techniques.
3. Elementary knowledge of basic game rules and also rules for counting points is required.
4. Own tennis racquet and balls for game (40mm).

SUBJECT OBJECTIVES

C1: Improving acquired, and getting acquainted with new, more technically complex elements of the game.
C2: Mastery of game basic tactics taking into consideration the ability to change: ball's spin, length and strength of service, direction and type of return.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:
PEK_W01: A student knows the rules and how to count points.
PEK_W02: A student has a knowledge of individual table tennis techniques and tactics.

Relating to skills:
PEK_U01: A student can do a lob drive.
PEK_U02: A student can do forehand and backhand top spin

Relating to social competences:
PEK_K01: Uses rules in accordance with sport spirit.
PEK_K02: Student's behavior promotes sporty, healthy lifestyle.

PROGRAMME CONTENT

	Form of classes - lecture	Number of hours
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 advance spin.	2
Cl. 7	Block - learning and improving.	2
Cl. 8	Learning and improving the game; top spin forehand, backhand.	4
Cl. 9	Lob's defense – defense by undercutting.	2
Cl. 10	Learning simple attack and with advance ball spin.	2
Cl. 11	Playing planned schemes.	2
Cl. 12-15	Control games, tournaments, refereeing.	6
	Total hours	**30**

TEACHING TOOLS USED

N1. Practical exercises.
N2. Trainer's demonstration (student).
N3. Film presentation.
N4. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer, demonstration, test.
F2	PEK_U01, U02	Demonstration, attendance, test.
F3	PEK_K01, K02	Observation
C:	Attendance, activity and attitude in classes and F1 and F2 grade average.	

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:
[1] Hudetz R.: *Tenis stołowy 2000.* Łódź: Wydawnictwo Modest, 2005. ISBN 83-922190-0-7.

SECONDARY LITERATURE:
[1] Grycan Jerzy: *Integralny tenis stołowy.* Kraków 2007.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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