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

**Name in Polish** : **TENIS STOŁOWY (SEKCJA)**
**Name in English** : **TABLE TENNIS (VARSITY DIVISION)**
**Level and form of studies** : **1st and 2nd level, full-time**
**Profile** : **academic, practical**
**Kind of subject** : **optional, university-wide**
**Subject code** : **WFW035044**
**Group of courses** : **NO**

| | Lecture | Classes | Lab. | Project | Sem. |
|---|---|---|---|---|---|
| Number of hours of organized classes in University (ZZU) | | 60 | | | |
| Number of hours of total student workload (CNPS) | | 60 | | | |
| 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. Present medical examination - Absence of medical contradictions to sport practice.
2. High technical skills at league level.
3. Possession of own tennis racquet.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.- the Polish Academic Championships (AMP) and Lower Silesian Academic League (DLM).

## SUBJECT OBJECTIVES

C1: Preparing representation for AMP and the DLM.
C2: Improving the technique and tactics of the game.
C3: Making possible launching and pursuing an athlete career.

## SUBJECT EDUCATIONAL EFFECTS

**relating to knowledge:**
PEK_W01: A student knows the rules, regulations and the system of competition and tactical objectives.
PEK_W02: Knows basic methodology of sports training.

**relating to skills:**
PEK_U01: Mastered a technique of playing at a level that will easily allow her/him to apply the known and trained tactical schemes and combinations of games during direct game (match).
PEK_U02: Depending on the style of play which an opponent represents, a student is able to select the best tactical and technical solutions and lead to gain an advantage or victory.

**relating to social competences:**
PEK_K01: During trainings and also during sport games applies the principles of "fair play".
PEK_K02: Lives sporty lifestyle and promotes it in her/his environment.

## PROGRAMME CONTENT

| | Form of classes - lecture | Number of hours |
|---|---|---|
| Cl. 1-5 | Organizational classes. Discussion of health and safety rules, principles of passing the course, getting to know section's regulations – service of sports equipment and rules of using it. Control game - qualifying, gettng to know the level of players' technical advance. | 4 |
| Cl. 6-17 | Technical exercises perfecting individual elements of the game. Improving backhand and forehand drive. Attack without a spin. Attack with a spin- top spin. Block - backhand-forehand. Topspin attack-block (backhand, forehand). Undercutting - a game on a table-undercut in a defense (backhand, forehand). Service-variety of drives. Service reception. Flip on backhand and forehand. Lob's defense. Dropshots. Connecting drives. Changing speed and spin. | 30 |
| Cl. 18-19 | Tactical and technical training – exercising schemes, developing action combinations, improvement of service. | 4 |
| Cl. 20 | Improving motor skills - training two-sided. | 2 |
| Cl. 21-29 | League matches – PAC and LSAC | 18 |
| Cl. 30 | Semester's pass | 2 |
| | **Total hours** | **60** |

## TEACHING TOOLS USED

N1. Practical exercises.
N2. Teacher's demonstration (student).
N3. Demonstration (video 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 |
| **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.

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

Bogusław Minikowski, boguslaw.minikowski@pwr.edu.pl