

Semester V
Theory Course
IMPE 501- Racquet Sports (TT, Badminton)
IMPE-501-A-TABLE TENNIS

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of table tennis and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the table tennis table and arena, duties of the officials (before, during and after the matches), duties of coach and captain, structure and functions of table tennis federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) acquire, analyze and interpret basic skills
-) Appraise the rules and regulation.
-) Demonstrate and assess various basic skills/techniques and game strategies.
-) Officiate in competition.

COURSE CONTENTS

Historical development of the table tennis at national and international levels, National and International Bodies controlling table tennis and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

Fundamental Skills

- o The Grip-The Tennis Grip, Pen Holder Grip.
- o Service-Forehand, Backhand, Side Spin, High Toss.
- o Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- o Stance and Ready position and foot work.
- o Rules and their interpretations and duties of officials

TEACHING LEARNING STRATEGIES

-) The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow and Partner Practice

ASSESSMENT RUBRICS

Marks: 50

-) End Semester Exam (External) **Marks:35**
(Skill Proficiency, Project File, Officiating, Viva)
-) Internal **Marks: 15**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and coaching manuals will be utilized.

IMPE-501 B- BADMINTON

ESSENCE OF THE COURSE

This course will enable students to understand the fundamental techniques of the game and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the court, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of the game.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Acquire, analyze and interpret the fundamental techniques of the game.
-) Demonstrate and assess various techniques of the game.
-) Interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the game at national and international levels. Regulatory bodies governing the game.

FUNDAMENTAL SKILLS

Fundamental Skills

- o Racket parts, Racket grips, Shuttle Grips.
- o The basic stances.
- o The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- o Drills and lead up games
- o Types of games-Singles, doubles, including mixed doubles.
- o Rules and their interpretations and duties of officials

TEACHING LEARNING STRATEGIES

-) The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

Field Work/ Viva/ learning by doing/ Shadow Practice

ASSESSMENT RUBRICS

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