

Semester II
PART – B: PRACTICUM COURSE
BPC – 203 (B): RACQUET SPORTS (TABLE TENNIS)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	48	56	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

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

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- 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)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 25