

**SPORT SCIENCE & MANAGEMENT  
SS5107 TABLE TENNIS**

<b>Academic Year</b>	2024-25	<b>Semester</b>	1
<b>Course Coordinator</b>			
<b>Course Code</b>	SS5107		
<b>Course Title</b>	Table Tennis		
<b>Pre-requisites</b>	-		
<b>No of AUs</b>	3		
<b>Contact Hours</b>	39		

**Course Aims**

Table tennis is one of the sport courses offered under the Sport Electives@SSM. This course aims to equip you with the knowledge and skills of table tennis so that you are able to demonstrate the techniques of the game and play the game.

**Intended Learning Outcomes (ILO)**

By the end of this course, you should be able to:

1. apply the rules and regulations of the game.
2. understand and demonstrate the skills (grip, footwork, spins, service, drive, push, loop, block, smash and lob).
3. understand and demonstrate the tactics of the game during singles and doubles gameplay.

**Course Content**

The following topics will be covered:

1. Rules of the game
2. Concepts of the game
3. Techniques and skills of the game

## NTU Competencies & Graduate Attributes

### NTU Competencies

Character	√
Competence	√
Cognitive agility	√

### NTU Graduate Attributes

Graduate Attributes	Level (i.e., basic, intermediate, advanced)
1. Sportspersonship	Advanced
2. Self-Management	Intermediate
3. Decision Making	Intermediate
4. Collaboration	Basic
5. Communication	Basic

### Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Weighting	Team/ Individual	Assessment Rubrics
1. Practical Assessment	2, 3	60%	Individual/Pair	Appendix 1 (Skills & Gameplay)
2. Theory Assessment (Quiz)	1, 2, 3	30%	Individual	NA
3. Participation	1, 2, 3	10%	Individual	Appendix 2
Total		100%		

### Formative Feedback

During the demonstration, situational games and developmental focus tasks, the instructor will provide verbal feedback on your techniques, skills, tactics and gameplay.

The instructor will respond to your queries during/after the presentations on rules, basic biomechanics of different skills and concepts of the game.

### Learning and Teaching Approach

Approach	How does this approach support you in achieving the learning outcomes?
Presentation	The instructor will present and explain the rules and concepts of the game to you.
Demonstration	The instructor will first demonstrate the skill of the day, after which will ask critical questions and encourage you to provide the key teaching points and cues through observation.
Situational Games	You will participate in the table tennis games that are designed to highlight the net-barrier concepts associated with the game.

	Afterwards, the instructor will lead a Q&A session with you to elicit an understanding of the concepts.
Developmental Focus Tasks	You will participate in developmental focus tasks to practice the techniques and skills needed to enact the concept elicited in the situational games.

### **Reading and References**

#### NIE Research and Publications

Nil

#### Other Readings and References

1. McAfee, Richard. (2009). Table Tennis: Steps to success. Human Kinetics.
2. Heaton, Jenny. (2009). Table Tennis: Skills, techniques, tactics. The Crowood Press.

### **Course Policies and Student Responsibilities**

#### (1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory – punctually, submit all scheduled assignments and take tests by due dates. You are not allowed to swap laboratory groups without express permission from the course coordinator. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions they have missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

#### (2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick, supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

#### (3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

#### (4) Attire and safety

You are strongly encouraged to wear proper sports shoes (preferably court shoes instead of running shoes that support your ankle and multi-direction change). No sandals or general going-out shoes are allowed. Wear comfortable sports apparel for lessons. Please remove

jewellery such as necklaces, earrings, rings, etc. and trim your nails. Bring a set of dry clothes to change into after the class. Bring along a water bottle for hydration purposes.

### Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognise your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion, and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [NTU Student Academic Integrity Policy and Procedures link](#) in the Student Portal for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Special note: Generative AI tools will be allowed to the extent stipulated for each assignment in the assignment instructions, and any such use must be duly referenced or disclosed.

### Course Instructors

Instructor	Office Location	Phone	Email
TBA			

### Planned Weekly Schedule

Week	Topic	Course LO	Readings/ Activities
1	<ul style="list-style-type: none"> <li>• Introduction to the fundamentals of table tennis</li> <li>• Safe Play</li> <li>• Essential table tennis rules</li> <li>• Ready stance and position</li> <li>• Different Grips</li> <li>• Introduction to table tennis rubbers</li> <li>• Basic backhand and forehand drives.</li> </ul>	1, 2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Lecture on rules and regulation</li> <li>• Demonstration &amp; Practice</li> </ul>
2	<ul style="list-style-type: none"> <li>• Revision of fundamentals (Drives)</li> <li>• Serve/return serve and footwork</li> <li>• Service rules</li> <li>• Positions (long/short serve)</li> <li>• Height of toss, receiving serve, etc.</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>

	<ul style="list-style-type: none"> <li>• Topspin, backspin and sidespin</li> <li>• Footwork (movement): One Step, Side Step, Pivot Step and Crossover Step</li> </ul>		
3	<ul style="list-style-type: none"> <li>• Revision of serves and footwork</li> <li>• Forehand &amp; Backhand push</li> <li>• Combine practice of backhand and forehand push</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>
4	<ul style="list-style-type: none"> <li>• Revision of push</li> <li>• Forehand &amp; Backhand topspin loop</li> <li>• Forehand &amp; Backhand block</li> <li>• Combine practice of different strokes</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>
5	<ul style="list-style-type: none"> <li>• Revision of topspin loop and block</li> <li>• Counter backspin loop</li> <li>• Defensive Lob and smash</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> <li>• Peer Learning</li> </ul>
6	<ul style="list-style-type: none"> <li>• Revision of topspin and counter backspin loop and block</li> <li>• Third ball attacking using Forehand drive/smash/loop</li> <li>• Combination of strokes (service and attack) and singles play</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>
7	<ul style="list-style-type: none"> <li>• Revision of Singles play (third ball attack) – Part 1</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>
RECESS WEEK			
8	<ul style="list-style-type: none"> <li>• Revision of Singles play (third ball attack) Part 2</li> <li>• Revision of Doubles – Rules and flow of games Part 1</li> </ul>	2, 3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>
9	<ul style="list-style-type: none"> <li>• Revision of Doubles – Rules and flow of games Part 2</li> </ul>	2,3	<ul style="list-style-type: none"> <li>• Refer to readings and reference list</li> <li>• Demonstration &amp; Practice in Situation Games</li> </ul>

10	<ul style="list-style-type: none"> <li>Revision of Doubles – Rules and flow of games Part 3</li> </ul>	2,3	<ul style="list-style-type: none"> <li>Refer to readings and reference list</li> <li>Demonstration &amp; Practice in Situation Games</li> </ul>
11	<ul style="list-style-type: none"> <li>Practical Assessment</li> </ul>	1,2,3	
12	<ul style="list-style-type: none"> <li>Theory Review</li> </ul>	1,2,3	
13	<ul style="list-style-type: none"> <li>Theory Quiz</li> </ul>	1,2,3	

## Appendix 1: Practical (Skills & Gameplay) Assessment (60%)

The skills and gameplay will be based on 100%, and the final percentage will be converted to 60% for the skills and gameplay assessment component.

Criteria	A+, A, A-	B+, B	B-, C+, C	D+, D	F
<b>Skills and Gameplay</b>	Performs <b>all</b> the table tennis (technical and tactical) skills <b>consistently</b> with confidence and attention to the quality of movement required in a table tennis game.	Performs <b>most</b> of the table tennis (technical and tactical) skills <b>consistently</b> with confidence and attention to the quality of movement required in a table tennis game.	Performs <b>most</b> table tennis (technical and tactical) skills <b>most of the time</b> with confidence and attention to the quality of movement required in a table tennis game.	Performs <b>some</b> table tennis (technical and tactical) skills <b>some</b> of the, time with confidence and attention to the quality of movement required in a table tennis game.	Unable to perform any of the table tennis (technical and tactical) skills with confidence and attention to the quality of movement required in a table tennis game.

**Appendix 2: Participation (10%)**

<b>Criterion</b>	<b>8-10 points</b>	<b>6-7 points</b>	<b>3-5 points</b>	<b>0-2 points</b>
Pre-class readings and/or participation in activities during class	Completes all the required readings & online activities and/or actively participates in all activities during class.	Completes most of the required readings & online activities and/or actively participates in most of the activities during class.	Completes some of the required readings & online activities and/or actively participates in some of the activities during class.	Does not complete the required readings & online activities and/or does not participate in activities during class.