

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育三上:桌球J1	Serial No. / ID	2277 / CDC1583
Dept.	共同教學中心	School System / Class	大學日間部8年3班
Lecturer	張志銘	Full or Part-time	專任
Required / Credit	Optinal / 1	Graduate Class	NO
Time / Place	(二)56 / K309	Language	Chinese

Introduction
1.To enhance the technical capacity of table tennis students
2.Cultivate the ability of students to engage in table tennis
3.To promote physical activity and healthy individuals

Outline
1.Introduces the evolution of table tennis
2.Backhand short Tuidang technical presentations and exercises
3.Backhand long Tuidang technical presentations and exercises
4.Backhand the ball short technical presentations and exercises drawn
5.Tuidang forehand short technical presentations and exercises
6.Is in hand to the ball short pumping technology and practice techniques
7.Forehand long technical presentations and exercises drawn ball
8.Backhand technical presentations and practice chipping
9.Backhand cut the ball technical presentations and exercises
10.Forehand smash technical presentations and exercises
11.Singles competition rules introduced with the actual practice
12.Doubles competition rules introduced with the actual practice

Prerequisite

1. Physical activity accessible
2. With those who love table tennis