

101-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	運動健康管理實務-桌球	Serial No. / ID	1970 / BSM1028
Dept.	運動事業管理學系	School System / Class	大學日間部3年2班
Lecturer	張志銘	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	No
Time / Place	(四)56 / K106	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.Singles competition rules introduced with the actual practice
9.Doubles competition rules introduced with the actual practice

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