

101-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	桌球專項L1	Serial No. / ID	2572 / CDC1008
Dept.	共同教學中心	School System / Class	大學日間部8年2班
Lecturer	王子寧	Full or Part-time	專任
Required / Credit	Required / 1	Graduate Class	NO
Time / Place	(一)12 / K309	Language	Chinese

Introduction

There were three purpose of this class:

the first was to learn the philosophy of table tennis, the second was to learn the correct practice method for table tennis skill, the third was to improve the heath of students.

Outline

chapter 1-practice table-tennis pen-hold backhand skills.

chapter 2-practice table-tennis forehand stroke skill.

Prerequisite

Students should be equipped with basic fitness.