

## 99-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	體育三下:桌球H2	Serial No. / ID	2425 / CDC1624
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	Required / 0	Graduate Class	NO
Time / Place	(三)34 / 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