COURSE DESCRIPTION CARD - SYLLABUS

Course name
Table tennis [C_CS>TS30]

Course

Field of study
Aviation

Year/Semester
1/2

Area of study (specialization)
Air Transport Safety

Profile of study
general academic

Level of study
first-cycle

Course offered in
polish

Form of study
full-time

Requirements
elective

Number of hours

Lecture
0

Laboratory classes
0

Other (e.g. online)
0

Tutorials
0

Projects/seminars
0

Number of credit points

0,00

Coordinators

Lecturers

Prerequisites

Sports outfit, own racket

Course objective

The purpose of table tennis classes is to familiarize students with the following topics: 1. Historical outline of the discipline: the world, Poland, achievements of Polish table tennis. 2. types and categories of competitions in table tennis, basic systems of games used in recreational tournaments. 3. methods , principles, forms useful in teaching table tennis technique. For those interested in individual development, we propose to broaden the scope of exercises by participation in training of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.
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Course-related learning outcomes

Knowledge:
Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.
Knowledge of the principles of conducting exercise classes.
Skills:
The ability to independently assess the situation during classes based on regulations and rules in a specific

discipline.
Ability to independently conduct a warm-up based on the assumptions of the class program.
The ability to adapt difficulties to individual needs during classes.
The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.
Competencies:
The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.
The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.
The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit for the course is given by active and regular participation in classes. Absences without the obligation to make up and excuse are possible in leaving a maximum of 2 classes with 30 hours in a semester. Students are required to make up the remaining unexcused absences and short-term sick leave in consultation with their instructor. It is possible to make up two classes per week. Physical education classes may be attended a maximum of one per day. Classes must be made up on a different day from the program classes.

Programme content

1. Rules of the game of Table Tennis
2. Selection of table tennis equipment (racket, ball, outfit).
3. Correct grip of the racket
4. Ready attitude at the table, footwork, fun ways of getting used to table tennis, learning how to serve.
5. Forehand sweep
6. Backhand sweep.
7. Forehand half volley.
8. Backhand half volley.
9. Forehand, backhand shot.
10. Individual game for points.
11. Doubles games.
12. Mixed games.
13. Forehand block combined with a forehand and backhand shot.
14. Backhand block combined with a forehand and backhand shot.
15. Forehand topspin attack.

Teaching methods

Activity in class
Demonstration
Practical exercises

Bibliography

1). Grubba Andrzej - Learning table tennis in a weekend.Warsaw.1996,Wiedza i Życie.

2). PZTS - .rules of the game.www.PZTS.pl

Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00