

1	Name of Syllabus	C. C. IN Table Tennis (404119)																																									
2	Max.Nos of Student	25 Students																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	Play ground + Class Room = 200 Sq feet																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To provide systematic training about Table Tennis																																									
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport																																									
11	Teacher’s Qualification	Certificate / Diploma in concern field.																																									
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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Theory – I and Practice - II

Fundamentals of Table Tennis

ELEMENTS OF PHYSICAL EDUCATION

1. Physical Education

(i) Definition

(ii) Meaning and Scope, Misconception about Physical Education.

2. Aims and objectives of Physical Education General outline.

1. Meaning of various terms used in physical Education:

Physical Education as Science: Brief History of allied sciences and topics.

- a) Sports Psychology
- b) Sports Medicine
- c) Sports Sociology
- d) Sports Biomechanics
- e) Fitness; conditioning and Training
- f) Sports Nutrition

Guiding Principles of Physical Education :

i) Biological Principles

- a) Growth And Development
- b) Heredity and Environment
- c) Body Types
- d) Anatomical Differences

ii) Psychological Principles:

- a) Learning
- b) Transfer of Training.
- c) Motivation

iii) Sociological Principles

- a) Cultural Influence
- b) Group dynamics
- c) Recreation

Importance of Science; Basic Science. Science required for Physical Education.

Mechanics and General Properties of matter: System of Units, Motion, Newton's law of motion and their applications, Velocity, Force, Centrifugal and centripetal with examples. centre of gravity simple pendulum.

Levers, energy, Transformation of energy; friction. Angle of Friction(only elementary), Barometer, Boiler's Law exhaust

Table Tennis

i) Brief History of the Game- table tennis related terminology

ii) Measurements and preparation of the field

iii) Fundamental Skills-racket grip, positioning, service, basic strokes, spin, attacking and defensive strokes

iv) Lead Up Games.

v) Rules of the Game

vi) Records and Awards

vii) Officials

viii) Books and Magazines

Details of Fundamental Skills of play

1. Service - Fore hand Simple Service; Back hand Simple Service
2. Push - Fore hand Simple Push; Back hand Simple Push
3. Block - Fore Hand Block; Back Hand Block
4. Counter - Fore Hand Counter; Back Hand Counter.

Common sports injuries

Contusion- signs and symptoms, prevention, treatment

Strain- signs and symptoms, prevention, treatment

Sprain- signs and symptoms, prevention, treatment

Abrasion- signs and symptoms, prevention, treatment

Bone injuries- signs and symptoms, prevention, treatment

Joint injuries- signs and symptoms, prevention, treatment

Dislocation- signs and symptoms, prevention, treatment

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification

2. Law of overload

3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
