朝陽科技大學 091學年度第1學期教學大綱
Table Tennis 桌球

當期課號	9411	Course Number	9411
授課教師	謝武進	Instructor	,
中文課名	桌球	Course Name	Table Tennis
開課單位	選項體育類(二進)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	0	Credits	0
課程目標	運動場上最秀氣，且適合亞洲國家之運動-桌球。協調、速度、敏捷集於一身的室內運動，叫人不喜愛也難。當小白球在桌面上穿梭往返跳躍時在揮拍擊球中要根據對手來球之落點、力量與旋轉，在0.6秒中迅速做出判斷並回擊球，是一種自我肯定與鬥志的運動。	Objectives	Course description: The most delicate and suitable sport to Asian countries—table tennis. It is very difficult to refuse the lovely indoor sport – table tennis, with the combination of coordination, speed, and agility all together. When the small white ball jumping back and forth on the table, the player has to make a quick decision within 0.6 second according to the jumping point, the strength and the turning way of the ball, then hit it back to the other side of the table. It is an exercise of training of being independent, self-confirm and mind-fighting.
教材		Teaching Materials	
成績評量方式		Grading	
教師網頁			
教學內容		Syllabus	

尊重智慧財產權，請勿非法影印。