朝陽科技大學 096學年度第1學期教學大綱
Table Tennis 桌球

當期課號	0058	Course Number	0058
授課教師	趙國元	Instructor	,
中文課名	桌球	Course Name	Table Tennis
開課單位	選項體育課群(日)	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	桌球桌、桌球拍、球	Teaching Materials	Table Tennis,Table Tennis Racket,Table Tennis Ball
成績評量方式	出席率30 期中測試基本體能30% 期末測試基本體能與球類運動40%	Grading	Participation 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁	_		
教學內容	1.認識球拍種類,打法類型不同 2.推檔球 3.正手攻擊 4.單打比賽規則 5.雙打比賽規則 6.比賽、出賽單填寫藝術 7.各種比賽制度的認識	Syllabus	1.know legde racket tapy 2.backhand 3.forehand attack 4.single play rule 5.double play rule 6.write competition rule umpire 7.knowledge various write competition rule

尊重智慧財產權，請勿非法影印。