

# Complex coordination kinds of sport

## (Table tennis)

### Working program of the discipline (Syllabus)

Details of the discipline	
The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<a href="https://do.ipk.kpi.ua/course/view.php?id=2162">https://do.ipk.kpi.ua/course/view.php?id=2162</a> <i>Educational department of table tennis</i>

#### Curriculum of the discipline

##### 1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Complex coordination sports (table tennis)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Complex coordination sports (table tennis)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Complex coordination sports (table tennis)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;

3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

#### **The content of the discipline**

- Topic 1. Information support for table tennis classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of table tennis
- Topic 4. Improving the technique of performing table tennis exercises.
- Topic 5. Monitoring and assessing the level own physical fitness.
- Topic 6. Improving physical qualities by means of table tennis.
- Topic 7. Testing the level of physical fitness

#### **4. Educational materials and resources**

##### **Basic educational literature:**

##### **Educational manuals:**

1. Physical education. Material and technical support of the game of table tennis [Electronic resource]: methodical recommendations for studying the discipline for students of the educational department of table tennis / KPI. Igor Sikorsky; compilers. L.G. Grishko, I.V. Novikova, V.K. Shcherbachenko, O.M. Chichenova. - Electronic text data (1 file: 1.45 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen. URI (Unified Resource Identifier):

<https://ela.kpi.ua/handle/123456789/19854>

2. Methodical recommendations for the organization and conduct of training sessions in the department of table tennis NTUU "KPI" [Electronic resource] / NTUU "KPI"; compilers. LG Grishko, OM Chichenova, VK Shcherbachenko. - Electronic text data (1 file: 448 KB). - Kyiv: NTUU "KPI", 2014. - 58 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier) <https://ela.kpi.ua/handle/123456789/10156>

##### **Additional literature:**

1. Physical education: Course of lectures on the discipline for students of all specialties / Uklad. Vykhyayev Y. M., Davydenko V. Yu., Boyko GL, Karpyuk I. Yu. - K.: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. OF Tverdokhlib, MG Masalkin, Y. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; OF Tverdokhlib, AI Sobolenko, MM Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen. URI: (Unified Resource Identifier) <https://ela.kpi.ua/handle/123456789/20606>

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachova, NV Kuzmenko, NV Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachev. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university  
URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; complairs. SE Tolmacheva, NV Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university  
URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. NV Gradusova, NV Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university  
URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

## Educational content

### 5. Methods of mastering the discipline (educational component)

**Practical lesson № 1.** Tasks: 1. To provide theoretical knowledge on the organization of the system of physical education in KPI. Igor Sikorsky.

2. Get acquainted with safety precautions and rules of conduct in practical table tennis lessons.

Tools: interactive materials.

Conducting an express survey.

**Practical lesson № 2.** Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS). Provide theoretical knowledge on the development of table tennis as a sport and the main provisions of the rules of the game.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS), indicators from the "Diary of student self-control".

Conducting an express survey.

**Practical lesson № 3.** Tasks: 1. To teach the player's racks and movement techniques in table tennis.

2. Teach the technique of juggling the ball with the right (palm) and left (back) side of the racket and how to hold the racket.

3. Promote the development of physical quality agility through exercise.

Tools: interactive materials. Moving game. Throwing the ball from the open palm with the right and left hand, juggling the ball with the racket in a static position and in motion. Stuffing the ball with the racket near the wall on the right and left side of the racket. Stuffing the ball with a racket with a non-playing hand, in a static position.

Conducting an express survey.

**Practical lesson № 4.** Tasks: 1. To teach the technique of performing a push from the left and giving a push from the left diagonally.

2. Contribute to the development of speed and strength skills through exercise. Playing near the wall with a push from the left. Movement with additional steps, lunges, jumps in the main and left racks. Moving games.

Conducting an express survey.

**Practical lesson № 5.** Tasks: 1. To teach the technique of performing a push with the right and a push with the right on the diagonal.

2. Promote the development of physical quality flexibility through doing exercises.

Tools: interactive materials. Throwing the ball from the open palm and simulating a serve by pushing to the right and hitting from the right diagonally. Juggling the ball on both sides of the racket

while moving in the right and left racks. Moving games. Movement by additional steps in the left rack with imitation of a blow by a push from the left.

Carrying out of the express interrogation.

**Practical lesson № 6.** Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of giving a push from the left and a push from the left in a straight line.

3. Promote the development of physical quality strength through exercise.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS). Moving games. Juggling the ball on both sides of the racket as you move lunges to the right and left. Imitation of a technical blow by a push from the left in a straight line. Imitation of a technical blow by a push from the left. The game "accurate player" (any object is placed on the table, a student tries to hit it with a ball after 3 attempts) by a push from the left.

Conducting an express survey.

**Practical lesson № 7.** Tasks: 1. To teach the technique of performing a push by pushing on the right and hitting by pushing on the right in a straight line.

2. Promote the development of physical quality of endurance through exercise.

Tools: interactive materials. Moving games. Juggling the ball on both sides of the racket while moving lunges to the right - left. Imitation of a technical blow by a push on the right in a straight line. Imitation of a technical blow by a push on the right in a straight line. The game "accurate player" (any object is laid out on the table, a student tries to hit it with a ball after 3 attempts) by a push from the left.

Conducting an express survey.

**Practical lesson № 8.** Tasks: 1. To teach how to move in a combination game on the "triangle" by pushing left and right.

2. Promote the development of physical quality of endurance through physical exercises. Imitation of feeds by push to the right and left in the directions. Relay. The game "sun" pushes left and right diagonally.

Conducting an express survey.

**Practical lesson № 9.** Tasks: 1. To teach the technique of undercutting on the left and serving on the left with the lower rotation of the ball diagonally.

2. Promote the development of physical quality of dexterity through physical exercises. Imitation of a technical blow "trimming" on the left diagonally. The game is played simultaneously with two balls by kicks from the left and undercuts. Dexterity exercises.

Conducting an express survey.

**Practical lesson № 10.** Tasks: 1. Determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of kicking on the right and rolling on the right diagonally and in a straight line.

3. Promote flexibility through exercise.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS). Imitation of a technical blow roll on the right on a diagonal and a straight line. Imitation of the serve on the right with the upper rotation of the ball in a straight line and diagonally. Movement with additional steps and lunges in the near and far zones. Flexibility exercises.

Conducting an express survey.

**Practical lesson № 11.** Tasks: 1. To teach the technique of striking the right undercut and giving the right with the lower turn diagonally.

2. Promote the development of physical quality of dexterity through exercise.

Tools: interactive materials. Moving games. Juggling the ball with the right (palm) side of the racket with movement in the right rack. Imitation of the undercut impact on the right diagonally with a different trajectory. Imitation of the feed with the lower rotation on the right. Educational game.

Conducting an express survey.

**Practical lesson № 12.** Tasks: To teach the technique of performing a right-hand undercut and a

right-hand feed with a lower turn in a straight line.

2. Promote the development of jumping through exercise.

Tools: interactive materials. Jumping rope. Jumps with turns of 180°. Imitation undercuts on the right and left. Game "sun" undercuts on the right in a straight line. Educational game on the tasks of the lesson.

Conducting an express survey.

**Practical lesson № 13.** Tasks: 1. To teach the technique of serving and hitting the left diagonal and straight. Promote the development of physical quality of speed through exercise.

Tools: interactive materials. Shuttle running, moving along the tennis table, running. Imitation of rolls on the right and left. Imitation roll on the left diagonally and straight. Game "sun" rolls to the left diagonally and straight. Educational game according to the tasks of the lesson.

Conducting an express survey.

**Practical lesson № 14.** Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of striking the "stand" on the right and left.

3. Promote the development of physical quality of strength through exercise.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS). Imitation of the impact on the right and left in movements in directions. Exercise to develop strength.

Conducting an express survey.

**Practical lesson № 15.** Tasks: 1. To teach the technique of kicking right and left in a combination game on the "triangle".

2. Contribute to the development of endurance through exercise.

Means: interactive materials, movement with imitation of additional steps, with lunges, jumps at the table. Cross country, skipping rope.

Conducting an express survey.

**Practical lesson №16.** Objectives: 1. To promote the manifestation of basic physical qualities. pull-ups on the crossbar (people).

Conducting an express survey.

**Practical lesson № 17**

Performing a modular test

**Practical lesson № 18.** Conduct a credit.

## 6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

## Policy and control

### 7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

*The amount of incentive points may not exceed 10 points.*

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

### Types of control and rating system for evaluation of learning outcomes (RSO)

#### 1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

#### 2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

#### 3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

*The final student's rating cannot exceed 100 points!*

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

<b>Student Score</b>	<b>University Score</b>	<b>Student rating points</b>	<b>University grade</b>
95 – 100		Excellent	
85 – 94		Very Good	
75 – 84		Good	
65 – 74		Satisfactory	
60 – 64		Sufficient	
< 60		Unsatisfactory	

### **9. Additional information on the discipline (educational component)**

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

#### **Working program of the discipline (syllabus):**

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Physical Education \_\_\_\_\_ (Minutes № 3 from 26. 11 2020 \_\_\_\_\_)

Approved by the Methodical Council of the University \_\_\_\_ (Minutes № 5 from 14.01.2021 \_\_\_\_\_)