



FAYETTEVILLE STATE UNIVERSITY  
SCHOOL OF EDUCATION

DEPARTMENT OF  
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

**I. LOCATOR INFORMATION:**

Semester: Fall 2009

Course No. & Name: PEDU 121 - Archery and Table Tennis

#Semester Hours of Credit: 1

Time Class Meets: \_\_\_\_\_

Instructors	Office Location	Office Phone	Email
Mr. Samuel Hanger	Modular 106A	672-2263	shanger@uncfsu.edu
Mrs. Eva Patterson-Heath	HPEC 315	672-1513	epatters@uncfsu.edu

**FSU Policy on Electronic Mail:** Fayetteville State University provides to each student, free of charge, an electronic mail account ([username@uncfsu.edu](mailto:username@uncfsu.edu)) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail.

Rules and regulations governing the use of FSU email may be found at <http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf>

**II. COURSE DESCRIPTION**

A practical study of the historical development, rules, techniques, and basic skills of archery and table tennis.

**III. TEXTBOOK**

Schmottlach, Physical Education Activity Handbook, Allyn & Bacon, 11<sup>th</sup> edition, 2005, ISBN 0-205-34401-1

**IV. SPECIFIC COURSE OBJECTIVES**

Upon completion of this course, each student should:

1. Become familiar with the terminology, rules strategy and playing techniques of table tennis and archery. This familiarity should be demonstrated in such a manner that each student demonstrates a minimum proficiency level of 70% on both written and skills test.
2. Develop an attitude of appreciation for physical activity which should be evident in his spirit of participation and group cooperation.
3. Acquire the necessary theoretical and practical formations for self-instruction in other physical activities which may be useful in future years.
4. Develop skills, knowledge and attitudes essential to satisfying, enjoyable physical recreation experiences engaged in voluntarily throughout one's lifetime.

## V. COURSE COMPETENCIES

### Table Tennis

1. List and demonstrate two methods of gripping the table tennis racquet.
2. List and demonstrate three basic strokes used in table tennis.
3. List the method of scoring in table tennis.
4. List the rules for competition.
5. List and define ten (10) pertinent table tennis terms.
6. Participate in ladder tournament, singles and doubles during last portion of class.

### Archery

1. Demonstrate one method of stringing the bow.
2. Demonstrate the method of nocking, pulling and releasing the arrows.
3. List the method of scoring.
4. List the rules for competition.
5. Skills:
  - a. Shooting ten out of 15 arrows at 20 yards, for a total of 25 points.
  - b. Shooting 15 arrows out of 20 at 30 yards, for a total of 35 points.

## VI. COURSE CONTENT

- I. Table Tennis
  - A. Brief History
  - B. Care of Equipment
  - C. Fundamental Skills
  - D. Rules
  - E. Singles and doubles playing strategy
  - F. Double strategy
    1. Up and back
    2. Side by Side
    3. Rotation
  - G. Singles strategy stressing speed and game pace variance
  - H. Ladder and/or single elimination tournament play
- II. Archery
  - A. Brief History
  - B. Selection proper tackle
  - C. Care of Equipment
  - D. Safety Rules
  - E. Fundamental
    1. Stringing
    2. Nocking
    3. Pulling
    4. Releasing
  - F. Point of Aim
  - G. Scoring
  - H. Target Archery shooting at 20, 30, 40 and 50 yards

## GRADING SCALE

92 - 100	= A
83 - 91	= B
74 - 82	= C
64 - 73	= D
Below	= F

### Items on which evaluations will be based.

Two written examinations	(10 percent each)	20 percent
Skills Test Archery		30 percent
Skills Test Table Tennis		30 percent
Participation		20 percent

## **ABSENTEE POLICY**

In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade.

Excused absences include **DOCUMENTED** emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 level.)**

## PROCEDURES

The competencies and objectives of this course will be accomplished through the following procedures:

1. Practice of various skills
2. Class discussion
3. Use of visual aids
4. Analysis of skills utilizing selected mechanical principles of human movement
5. Examinations

Note: All students are required to wear regulation physical education attire appropriate for each activity.

**VII. DISABLED STUDENT SERVICES:** In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ACA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1<sup>st</sup> Floor); 910-672-1203.