

# **M.P.E – 206 (B) GAME OF SPECIALIZATION – TABLE – TENNIS**

## **UNIT – I      TRAINING LOAD AND ADAPTATIONS**

- 1.1 Important motor components
- 1.2 Structure and process for improvement of performance
- 1.3 Various training methods and principles of training load
- 1.4 Cause and symptoms of overload
- 1.5 Management of overload

## **UNIT –II     SCIENTIFIC CONSIDERATIONS FOR HIGH PERFORMANCE**

- 2.1 Anatomical considerations
- 2.2 Physiological considerations
- 2.3 Biomechanical considerations
- 2.4 Psychological considerations
- 2.5 Scientific research reviews

## **UNIT –III    COMPETITION PLANNING AND PERIODIZATION**

- 3.1 Long term and short term planning for competition
- 3.2 Cyclic process of training : micro and macro cycles
- 3.3 Preparation of training schedules
- 3.4 Tactical efficiency
- 3.5 Build-up and main competitions

## **UNIT –IV    TEST. MEASUREMENT AND EVALUATION**

- 4.1 Introduction , importance of test, measurement and evaluation in table tennis
- 4.2 Fitness tests
- 4.3 Skills tests
- 4.4 Knowledge tests
- 4.5 Periodical assessment of performance

## **UNIT- V    TEACHING LESSONS**

- 5.1 Means & methods
- 5.2 Teaching lessons , Process of classroom teaching
- 5.3 Preparation of teaching lesson- plans: characteristics & principles
- 5.4 Stage of teaching
- 5.5 Use of teaching aids

## **PRACTICALS**

1. Practical applications of tactics and strategies
2. Training means for development and measurement of strength , speed endurance , flexibility and Coordinative abilities
3. Observing and assessing the video / tournament recording / movie and preparing a report
4. Teaching lessons

## **RRFERENCES**

### **Table tennis**

- Jain, Deepak, Teaching And Coaching- Table Tennis, Delhi: Khel S. K., 2001.
- Narang, P., Play & Table Tennis, Khel Sahitaya Kendra, 2005.
- Narang, P., Play and Learn Table Tennis, New Delhi: k s K 2003.
- Parker, D., Take Up Table Tennis Springfield Books Ltd., 1989.
- Simpson, Peter, Successful Table Tennis, London : Charloes Letts,1980.
- Taylor, R., Sports Action – Table Tennis, London ,1989.
- Thani , Lokesh Skills and Tactics Table Tennis, Delhi: Sports ,1998.