

DEVELOP ELECTIVE TABLE TENNIS CURRICULUM FOR BANKING UNIVERSITY OF HO CHI MINH CITY STUDENTS

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Abstract:

Using conventional scientific research methods, we have selected and developed the content and process of teaching Table Tennis in elective classes for students at Banking University of Ho Chi Minh City. The program consists of 4 contents: Theory, technique, physical strength and testing, taught in 90 periods during 2 semesters, thereby contributing to standardizing the curriculum of elective subjects for the Physical Education subject of the University.

Keywords: Program, student, Table Tennis, elective, Banking University of Ho Chi Minh City.

INTRODUCTION

Innovation in education and training is being paid much attention by faculties and department in general and the Physical Education Department (PE) at the Banking University of Ho Chi Minh City. In particular, the addition, innovation and adjustment of the curriculum are urgent tasks, so we have developed the program of elective Table Tennis for students at Banking University of Ho Chi Minh City.

RESEARCH METHODS

During the research, we have used the following methods: reading and analysis of documents; Interview and Statistical mathematics.

RESULTS AND DISCUSSION

1. Base of Table Tennis elective curriculum development at elective classes for Banking University of Ho Chi Minh City students

We carried out the research basing on training objectives, age, gender, psychophysical characteristics, actual physical strength as well as movement capacity by students, conditions for teaching, learning, equipment, grounds and tools of the University, the professional qualifications of teachers, the student's learning needs, the qualified conditions and the actual conditions of the University. At the same time, the research ensured the principles of ideological education, scientific, pedagogy and practice.

2. Determination of curriculum

Through referring to documents, consulting a number of curriculums of the universities in Ho Chi Minh City and interviewing experts, teachers, we have selected the content of teaching theory, practice and test and assessment of Table Tennis subject for students of Banking University of Ho Chi Minh City. They include:

Content of teaching theory:

- Origin, development process and development trend of Table Tennis;
- General principles of hitting;
- Principles of several basic techniques of Table Tennis;
- Some basic regulations and methods of organizing competitions and arbitration.

Content of teaching practice:

Technique:

- Forehand loop.
- Backhand push.
- Backhand quick-counter.
- Single spin forehand serve.
- Forehand push.
- Single spin backhand serve.

Physical strength:

- Standing long jump.
- 30 meter full standing starting run (seconds).
- Single rope skipping for 1 minute x 2 times, 2- minute rest between repetitions.

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Table 1. Process schedule of teaching elective Table Tennis for HCMC Banking University students

Teaching content	Teaching plan																													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Theory																														
Origin, development process and development trend of Table Tennis	x			x																										
General principles of hitting							x	x																						
Principles of several basic techniques of Table Tennis											x							x												
Some basic regulations and methods of organizing competitions															x															
Practice																														
Forehand loop		x				x			x		x				x			x			x		x		x					
Backhand quick-counter		x					x		x		x				x			x			x		x		x			x		
Forehand push			x			x			x						x			x			x		x		x		x			
Backhand push				x					x		x							x			x		x		x			x		
Combination of forehand and backhand push							x				x				x					x		x						x		
Single spin forehand serve				x					x		x							x			x		x		x			x		
Single spin backhand serve			x						x								x			x		x		x				x		
Physical fitness																														
30 meter full standing starting run x 5 times		x				x				x									x			x					x			
Standing long jump					x			x									x			x				x					x	
Single rope skipping for 1 minute x 2 times, 2- minute rest between repetitions			x						x					x			x						x					x		
Forehand swing with weight 1.5 kg for 1 minute x 2 times, 2- minute rest between repetitions					x								x			x						x			x		x			
Backhand swing with weight 1.5 kg for 1 minute x 2 times, 2- minute rest between repetitions			x					x						x									x			x		x		
Push up for 30 seconds x 2 times, 2- minute rest between repetitions		x				x				x					x						x			x		x		x		
Shuttle run 4x10m for 2 times, 2- minute rest between repetitions		x			x								x				x							x			x			
Free run for 5 minutes			x			x					x						x						x				x		x	
Test																														
Theory of Table Tennis (essay) with 3 questions about teaching content																														
General physical fitness by 6 tests regulated by moet																														G
Table Tennis technique practice																														G G

(Note:G stands for Good)

ARTICLES

- Forehand swing with weight 1.5 kg for 1 minute x 2 times, 2- minute rest between repetitions.

- Backhand swing with weight 1.5 kg for 1 minute x 2 times, 2- minute rest between repetitions.

- Push up for 30seconds x 2 times, 2- minute rest between repetitions.

- Shuttle run 4x10m 2 times, 2- minute rest between repetitions.

- Free run for 5 minutes.

Form of examination and evaluation:

- Test on theory of Table Tennis (essay) with 3 questions about the teaching content.

- Test on general physical fitness by 6 tests regulated by the Ministry of Education and Training.

- Practical test on Table Tennis techniques:

+ Forehand loop, 35 balls into the area 50x50cm at the end of the right court.

+ Backhand quick-counter, 30 balls into the area 50x50cm at the end of the left court

+ Combination of forehand and backhand push, 30 balls into the area 50x50cm at the center of the court, count the number of ball?

+ Single spin forehand and backhand serve, 10 balls into the area 50x50cm, count the number of ball?

Score of subject = (theoretical score + (practical score) x 2) / 3.

3. Development of Table Tennis curriculum at elective classes for Banking University of Ho Chi Minh City students

Subjects: Students in second year, love Table Tennis and have finished compulsory Physical Education

Purpose: Contribute to diversifying and enriching the activities of sports movement at the Banking University of Ho Chi Minh City, creating a healthy playground, strengthening and developing the physical fitness

Mission: Help students grasp the basic and important knowledge and techniques of the subject, enhance motor skills, foster good moral qualities and willpower

Time distribution of the curriculum:

Table tennis is taught in 90 periods, of which the theoretical test consists of 15 periods,

practical test consists of 67 periods, final test consists of 4 periods, general physical fitness test (according to 6 tests regulated by the Ministry of Education and Training) includes 2 periods and reserve includes 2 periods.

The content of the curriculum and the teaching process are presented in Table 1.

CONCLUSION

1. We have developed 04 contents of teaching elective subjects for Table Tennis including 3 theoretical contents; 07 technical contents; 08 contents of physical fitness training; Along with 03 contents of final test.

2. The study has developed the Table Tennis curriculum in the elective classes with duration of 90 periods and a schedule for two semesters to apply to teaching students, contributing to standardizing the curriculum of subjects by the Department of Physical Education at Banking University of Ho Chi Minh City.

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