

Proposal Curriculum for Table-Tennis Sport for Students of Faculty of Physical Education

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Abstract: The research aims to establish a proposal curriculum for table-tennis sport for intended sample (100 young men+50girls) grade one students of Faculty of Physical Education, represents 100% of the research community in order to identify: the most appropriate basic motor skills of table-tennis and methods of performance, cognitive build about (the performance and legalistic motor skills, sport rules, the types playing and competitions kinds of table Tennis sport) by using descriptive analytical approach and experimental approach designed one-pool, through research tools such as: data collection instruments, interview with 20 experts (academics lecturers and qualified professional trainers) and questionnaire (prepared by the researcher to appoint 14 table Tennis motor skills, designed 14 motor skills teaching units, establishing up-to-date cognitive tests (80-yes, no - questions), 12 motor skills performance test, over one semester. Conclusions depended on statistics (percentage, average, correlation and t test,). The proposed Curriculum was an appropriate curriculum for teaching basic motor skills for the table Tennis sport. Teaching units for table Tennis motor skills which used to acquire motor skills performance conciliate to achieve proposed the aims of the curriculum. Cognitive test, motor skills performance tests which used to measure the performance levels were appropriate too.

Key words: Curriculum • Cognitive • Table Tennis • Motor skills • Measurements

INTRODUCTION

This approach is considered a seminar including courses and other educational skills as well as interest different growth of students and enabling them to acquire appropriate expertise through interaction with the environment [1]. Also the term curriculum is called on a range of courses, known as the core curriculum of the school, which is on the experiences of organization revolves around the achievement of specific goals in specific time and has developed the platform for physical education and now has all the activities practiced by the student in the lesson and the activity of internal and external [2].

So, it was to be a learning method or form or medium determines the pedagogical approach appropriate for each table-tennis motor skill so as not to overlook the use of teaching aids and age group of the learner and define the role of both the teacher and the learner accurately within

the educational unit. Through research and exploration researcher found that reliance on the diversity of styles of teaching to teach motor skills for the sport of speed may be more positive to confirm the importance of creative ways of modern education which helps learners to think creatively and have the learner a greater role in the educational process, prompting the researcher to make this research, which seeks to develop a proposal curriculum for the table-Tennis sport to students of the Faculty of Physical Education, Beni Suef University.

Research Problem: Through expert of the researcher as racket sports lecturer, table-tennis international umpire, notice that there is no appointed curriculum for Table tennis sport as general and specially for Faculty of Physical Education University, Beni Suef university for that the researcher tried to establish new proposed curriculum for table tennis sport to first-grade student's in physical education faculties in Egypt.

Research Aims:

- Research aimed at developing for the table tennis sport in the Racquet Sports subject for the first graders, Faculty of Physical Education, Beni Suf University to identify:
- Basic skills for the Table tennis sport and the proposed decision as the content of the course.
- Modes of basic skills performance as the content of the proposed curriculum.
- The most important knowledge about the performance of legalistic skills, systems of play, types of play in the table tennis sport.
- Preparation of educational modules for basic table tennis skills as the content of the proposed curriculum.
- The effectiveness of the proposed education program to teach basic skills with the decision of Table tennis sport at the level of students of the Faculty of Physical Education.
- Play the individual contests the use of tests to measure the level of student performance of basic skills of the proposed decision Table tennis sport
- Prepare tests to measure the skills performance of students in double play in the proposed content of the skills course proposal.
- Up-to-date table tennis sport cognitive

Research Hypotheses: Proposed curriculum for table tennis sport in the racket sports games for grade one students at the Faculty of Physical Education, Beni Suf University, commensurate with the requirements of the article and the needs of students and contributes to the knowledge of the first-grade students, Faculty of Physical Education, Beni- Suif University of the following:

- Basic skills for the table tennis sport and as the content of the proposed mode decision.
- Modes of delivery of basic skills as the content of the proposed decision proposed study.
- The most important knowledge about the performance of legal skills and systems of play.
- Types of play in table tennis sport.
- Learning units proposed for the basic skills for the sport of speed positively affect the education of the proposed basic skills for table tennis sport.
- There are significant differences between the two measures pre and post for telemetric of the research sample.

- Play the individual competitions are valid tests to measure the level of student performance of basic skills of the proposed decision table tennis sport.
- Tests measuring the students performance of in the proposed skills of double playing valid tests to measure the students skills performance of the to double play y proposed decision within the proposed table tennis sport .
- There are significant differences between the cognitive test scores pre and post for the post test for students of the Faculty of Physical Education on table tennis sport knowledge.

Abdul Aziz [3] performed a study aimed at identifying the effect of a training program using a launcher balls to improve the skills of defense near the table at table tennis researcher used the experimental method (design groups) on a sample of deliberate hit (7) for player of the City Club of victory under 18 years. The results showed a positive statistical training program using a ball launcher used in improving the skill level of skills of defense near the table.

Hassanein [4] studied the effectiveness of proposed program to develop accuracy and speed of some of the skills of offensive and defensive on the technical performance of table tennis players. Researcher used the experimental method (design groups) on a sample intentional (12 players) for Club of Young Muslims (experimental group) and the Tram Club (control group) in Alexandria, Egypt under 15.18 years. The results showed a positive statistical training program used in the development of accuracy and speed of some offensive and defensive skills on the technical performance of the experimental group compared with the control group.

Shaaban [5] studied the effectiveness of proposed program training for the development of timing motor skill rotation the top of the ball on the effectiveness of performance for beginners table tennis, the researcher used the experimental approach (design of the two groups) on a sample of deliberate hit (30 youth team players under 15 years)from the Tanta Sports Club, divided into two groups (experimental, control). The results showed a positive statistical training program used in the improvement in motor timing of the experimental group ranged between 19.31: 59.17 % and there is a positive relationship between the growth of motor timing and effectiveness of the performance table tennis for beginners and find the equation for the effective performance of the youth team table tennis in terms of timing for the motor skill of spinning the top.

The effectiveness of performance amount = fixed + regression coefficient \times degree timing motor .

Ali and Hamouda [1] compiled a curriculum for archery sport for students of Physical Education college and study its impact on learning motor skills and level of knowledge about the sports of archery researchers used approaches are survey and experimental sample consisted of (90 students) of students from the second row, Faculty of Physical Education Beni Suef University and resulted in the following:

- There is a need for an appropriate course to achieve the proposed objectives of the archery study as one of the sports included in the course of individual sports in faculties of physical education.
- Effectiveness of the proposed education program to perform basic skills in the archery sport.
- Curriculum and content had a positive impact on the level of knowledge of students about the archery sports.

MATERIALS AND METHODS

Approach: The researcher used two types of research approaches:

- Descriptive analytical method
- The experimental method and design of one group as it's suitable and objectives for the study.

Society and the Research Community Sample:

- The group of experts associated with the tennis sports in general and sport-speed in particular, has been divided into three groups: ten members of the faculty experts in curriculum Department of Curriculum and Teaching Methods of Physical Education and a doctorate degree holders who have passed on their work 5 years at least. Ten lecturers in tennis in Egyptian faculties of physical education and a doctorate degree holders who have passed on their work 5 years at least to identify their opinion about questionnaires containing planning schedule for the proposed mode decision for the table tennis sport and distribution of course content over the weeks in the semester for the academic year 2008 - 2009.

- First-grade students, Faculty of Physical Education, Beni Suef University are the research sample, 150 students (98 male students and 52 female students and this number represents 100% of the research community) were subjected to the application program and the course of the Table-tennis motor skills of the proposed curriculum .Table 1 shows the homogeneity of the research sample by variables age, cognitive test degree, physical ability level and proposed table-tennis motor skills level.

It is clear from Table 1 that there is no statistical significant differences between the averages of measurements. Research sample sequence value (2.412, -2.878) for young girls and (2.375 , -2.717) young men is bloke up between ± 3 , so it is homogeneous .

Educators working in the field of sport, who promptly went to work at least 10 years, with a total of twenty experts, participated in data collection.

Data Collection Instruments

Analysis of Documents: By checking the references and scientific research, similar racket games curriculum dealing with racket sport, Egyptian Table Tennis Federation files, follow through local and international competitions as international umpire

Personal Interview: An interview was held with 20 of experts (academics lecturers and qualified professional trainers) to use their opinions and accepts about questionnaires (prepared by the researcher) to appoint 14 table tennis motor skills, designed 14 motor skills teaching units and performance table tennis motor skills tests (Facilities 1-4).

Questionnaire

The Researcher Prepared 4 Questionnaires To:

- Appoint 13 basic table tennis motor skills.
- 13 motor skills teaching units
- 12 Performance table tennis motor skills tests.
- Up-to-date cognitive test (80 -yes, no - questions)

Cognitive Test: The researcher has to prepare a test for factored into these questions would include information on the history of the game and the technical aspects of the skills as well as some points of law-table tennis sport-related skills in question (Facility 4).

Table 1: Degree of dispersion among the research sample between the average measurement tribal group experimental research variables and capabilities in physical, cognitive and motor skills (homogeneity of the research sample). n = 150

S	Tests	Female (50)					Male (100)				
		Average	Median	standard division	Sequence	Sequence error	Average	Median	standard division	Sequence	Sequence error
1	Age	17.324	17.00	.2786	-.238-	.337	17.37	17.40	.2197	-.035-	241
2	Cognitive test	6.8000	7.000	1.665	-1.54-	.337	6.800	7.000	1.657	-1.51-	241
3	Physical ability	7.7880	7.450	.7084	1.029	.337	7.890	7.500	.8049	.778	241
4	50-meter sprint	2.4518	2.510	.1348	-.813-	.337	2.540	2.560	.0324	-.941-	241
5	600 m run	18.980	15.00	24.65	.444	.337	15.00	15.0	1.324	.250	241
6	arms ability(30 seconds)	14.540	14.00	2.350	-2.88-	.337	14.00	15.00	2.355	-2.77-	241
7	trunk ability (30 seconds)	14.180	14.00	2.255	.600	.337	14.07	14.00	2.292	.702	241
8	Agility(standing from sprawl)	1.2000	1.000	.6388	-.196-	.337	1.680	2.000	.8022	.648	241
9	30 seconds	1.4400	1.000	.5771	-.420-	.337	1.600	2.000	.7651	.414	241
10	Table-tennis	1.6600	2.000	.4782	-.697-	.337	1.690	2.000	.5446	-.426-	241
11	Forehand serve	1.4800	1.000	.5047	.083	.337	1.460	1.000	.5584	.338	241
12	Backhand serve	1.5600	2.000	.5013	-.249-	.337	1.540	2.000	.5755	-.159-	241
13	Spin Forehand serve	1.6000	2.000	.4947	-.421-	.337	1.600	2.000	.4927	-.414-	241
14	Spin Backhand serve	1.4400	1.000	.5013	.249	.337	1.440	1.000	.4989	.245	241
15	Forehand serve blocking	1.3800	1.000	.6355	-.024-	.337	1.450	1.000	.6417	.190	241
16	Backhand serve blocking	1.1200	1.000	.3286	2.412	.337	1.120	1.000	.3260	2.375	241
17	Forehand Push strike	1.1200	1.000	.3286	2.412	.337	1.120	1.000	.3260	.4822	241
18	Backhand Push strike	1.3600	1.000	.4847	.602	.337	1.360	1.000	2.375	.592	241
19	Backhand smash strike	1.2000	1.000	.4046	1.547	.337	1.200	1.000	.4022	1.523	241
	repeat performance by										
	Forehand strike (10 seconds)										
	repeat performance by										
	backhand strike (10 seconds)										

Table 2: Poll of experts and the percentages to the approvals of views in the scientific content of the proposed curriculum for table-tennis sport of first graders faculties of physical education. n = 20

S	Content	percentage	percentage	percentage	Educational unite	Lecturer time	percentage		
	A knowledge on the aspects of Table-Tennis sport	content relevance to students training mode of delivery time estimate important 1 practical performance to identify practical and technical aspects of the basic skills. 2 - Learn the steps teaching basic psychomotor skills. 3 - Identifying common errors and repair of motor skills	PROPOSED Table-tennis motor skills tests						
1	Definition game and the way practice and types of competitions	95	The ready stand and racket hold skill	90	Cognitive test.	90	Teaching The ready stand and racket hold skill	90	98.3
2	history of the Table-Tennis sport	95	Forehand serve	90	The ready stand and racket hold skill test	81	Teaching Forehand serve test	90	96.6
3	The importance of Table-Tennis sport	90	Backhand serve	90	Forehand serve test	88.3	Teaching Backhand serve	90	96.6
4	Goals Table-Tennis sport	85	Spin Forehand serve	90	Backhand serve test	91.6	Teaching Spin Forehand serve	90	91.6
5	Standards for the pitch and play tools	95	Spin Backhand serve	90	Spin Forehand serve test	98.3	Teaching Spin Backhand serve	90	93.3
6	The impact of sport on the lives of its practitioners: --	80	Forehand serve blocking	90	Spin Backhand serve test	90	Teaching Forehand serve blocking	90	95
7	Organization and management of Table-Tennis II sport competition	95	Backhand serve blocking	90	Forehand serve blocking test	91.6	Teaching Backhand serve blocking	90	96.6

S	Content	percentage		percentage		percentage	Educational unite	Lecturer time	percentage
8	legal requirements to perform the basic skills for the Table-Tennis sport	90	Forehand Push strike	90	Backhand serve blocking test	88.3	Teaching Forehand Push strike	90	91.6
9	Duties of the match officials.	90	Backhand Push strike	90	Forehand Push strike test	91.6	Teaching Backhand Push strike	90	91.6
10	rules of the game and competitions in the Table-Tennis sport	95	Forehand smash strike	90	Backhand Push strike test	98.3	Teaching Forehand smash strike	90	93.3
11	Security and safety	85	Backhand smash strike	90	Forehand smash strike	90	Teaching Backhand	90	95
12	Egyptian achievements in this sport and the world champions	90	counter Forehand strike (10 seconds)	90	Backhand smash strike test	91.6	Teaching counter Forehand strike (10 seconds)	90	96.6
13			counter backhand strike (10 seconds)	90	counter Forehand strike (10 seconds) test	88.3	Teaching counter backhand strike (10 seconds)	90	91.6
14					counter backhand strike (10 seconds) test	91.6			

Table 3: Indication of differences - Test (v) - a group of other distinguished and outstanding skill in the tests in question (true test). n = 20

			Undifferentiated		distinct measurement				
S	tests	test unit	average	sd	average	sd	differences between averages	t-test	
1	The Proposed Motor Skills								
	Forehand serve	degree	4.9	.74	1.9	.73	3.0	8.21*	
2		Backhand serve	degree	5.3	.67	1.8	.63	3.5	21.0*
3		Spin Forehand serve	degree	5.1	.73	1.5	.52	3.6	16.3*
4		Spin Backhand serve	degree	5.1	.87	1.5	.52	3.6	1.07*
5		Forehand serve blocking	degree	5.8	1.03	1.6	4.2	1.03	*12.86
6		Backhand serve blocking	degree	5.8	1.03	1.6	.516	4.20	12.86*
7		Forehand Push strike	degree	5.3	.94	1.4	.51	3.9	12.4*
8		Backhand Push strike	degree	4.6	.69	1.6	.69	3.00	9.0*
9		Forehand smash strike	degree	4.3	.94	1.10	.31	3.20	11.01*
10		Backhand smash strike	degree	4.60	.69	1.6	.51	3.00	10.06*
11		counter Forehand strike (10 seconds)	degree	4.30	.48	1.20	.42	3.10	31.00*
12		Counter backhand strike (10 seconds)	degree	4.40	.51	1.10	.73	3.30	15.46*
13	Cognitive test	degree	56.8	3.36	2.90	.74	53.9	46.95*	
14	Physical								
	Abillities	50-meter sprint	degree	6.29	.11	7.41	.33	1.12	13.02*
15		600 m run	degree	2.24	.047	2.53	.040	.283	14.73*
16		arms ability	degree	23.0	1.15	16.4	1.07	6.60	17.78*
17		trunk ability	degree	22.6	1.26	13.7	.82	8.90	19.42*
18		agility	degree	22.5	2.06	14.1	1.79	8.40	18.57*

Value (t test) cross tab when n = 20 and the degree of freedom (19) and significant (0.05) = 1.729

Table 2 shows that the percentage of expert opinion confirms the approval of their views to the tests proposed to measure the knowledge level, performance skills level for the Table-Tennis ranged percentages (between 88.3% and 98.3%) to the approval

of their views and proposed tests. The content of the skills covered research study as well as the age group of the research sample and the test contained 80 questions. Collection of knowledge depended on the answer by right or wrong.

Table 4: Correlation coefficient between the two applications

s	tests	First applications		Second applications		correlation coefficients
		average	sd	average	sd	
1	The Proposed					
	Motor Skills					
	Forehand serve	8.1000	.73786	8.3000	.48305	.530
2	Backhand serve	8.6000	.51640	8.4000	.51640	.250
3	Spin Forehand serve	8.5000	.52705	8.4000	.51640	-.408-
4	Spin Backhand serve	8.3000	.48305	8.3000	.67495	.034
5	Forehand serve blocking	8.3000	.48305	8.5000	.84984	*.677*
6	Backhand serve blocking	8.4000	.51640	8.6000	.69921	.492
7	Forehand Push strike	8.3000	.67495	8.0000	.81650	.202
8	Backhand Push strike	8.1000	.87560	7.5000	.70711	*.090-
9	Forehand smash strike	7.4000	.51640	6.5000	.52705	*.816**
10	Backhand smash strike	7.0000	.66667	6.7000	.82327	.000
11	counter Forehand strike (10 seconds)	6.4000	.69921	6.6000	.69921	*.591
12	Counter backhand strike (10 seconds)	6.6000	.69921	6.7000	.67495	.424
13	Cognitive test	33.20	55.9000	2.84605	56.8000	3.35989
14	Physical					
	Abillities					
	50-meter sprint	7.2480	.37785	7.2600	.37286	*.998**
15	600 m run	2.5310	.04040	2.5340	.02757	*.944**
16	arms ability	16.4000	1.07497	16.1000	.73786	.504
17	trunk ability	13.8000	.91894	14.1000	1.10050	*.571
18	agility	14.4000	1.71270	14.9000	1.37032	.066

Educational Units: The preparation of modules used in the process of teaching motor skills, one of the variables of the axis and going on and activate the course proposed (independent variable) in question and therefore the researcher to examine the many references and studies of Arab and foreign, with the theme curriculum and courses of study and preparation of modules for access to the best content for these educational units and that fit the circumstances and the nature of the sample and the level of skills selected. The researcher aimed to prepare educational units working on the development of their level of skill and knowledge in the light of the proposed course content for the sport in the course.

Pre-Test: The researcher has sought to measure the level of student performance for the skill learning the application of the proposed modules. The researchers used the proceeds skill tests for the speedball sport of - and after obtaining the opinion of experts in the sport of speed ball to determine the required level of each skill (Facility 2). Speedball in the same age group to sample study and Tables 5 and 6 show the coefficient of honesty and consistency of the tests of physical and skill under discussion.

Table 3 shows that there are significant differences between the Group of non-practitioners and a group of practitioners in physical tests and skill and Cognitive test in question for the group of practitioners, where the value of calculated t test was greater than the value of (t test) spreadsheet at the level of 0.05, which refers to the true tests of discrimination between the two groups.

Stability: To calculate the stability of physical tests, the researcher used the method of application testing and re-applied and on a sample of ten students and time interval of three days between the two applications.

Search Experience: The application of the experience of research in the period from 10/25/2008-1/8/2009 comprehensive pre and post tests of the level of skill, where she learned the experimental group, traditional manner using model demonstration and explanation while running educational unit. And knead by lectures connected by a week the group a time of 90 minutes.

Procedures for the Application Modules:

- Students do light warming up and then prepare physically and parents includes a preliminary

exercises for the skill learned and contribute to the development of working muscles during performance of the skill learned.

- After explaining the skill it was learned and then giving model levels of education to acquire the skill.

Statistical Treatment: The researcher used the following statistical treatments during the stages of research:

The arithmetic mean, standard deviation, median, convolution to calculate the coherence, the correlation coefficient of Pearson for the stability tests, T - test for significant differences between the groups distinctive and non-discriminatory, the practice of this type of sport and non-practicing and significant differences between the indices pre and post tests for the experimental group.

Facilities

Facility 1: Poll of experts about the requirements on which the proposed building platform for the students of Faculty of Physical Education, Beni Suef University.

The researchers study entitled " proposed curriculum for table tennis sport for students of colleges of Physical Education" and what were the requirements for complete information and facts about the topic poll you about the requirements underlying the construction of the curriculum, as well as steps programs course for the sport of table tennis for students at the first Faculty of Physical Education, Beni Suef University. The researcher is hoping to follow if you would as follows:

- Read the words of the questionnaire carefully before opinion.
- Tick the corresponding box in front of you saw the balance of the pillars of the proposed estimate for the words of the opinion poll.
- Saw you on the occasion of the balance of the proposed estimate.

Expert opinion

I agree completely:

I see the amendment to:

I do not agree to change the overall objective to:

-----Second: the division of goals: -

- Suggest or write statements that support the idea of the study and had to update the information on the subject of study.
- Motion axes or phrases you feel you are important to achieve the goals of the curriculum.
- Fill in personal data is optional at the bottom of the page.

The researcher thanks you for sincere assistant in order to complete the study procedures and to contribute to scientific research, hard work.

Yours respectfully,

Dr. Medhat Ali Aboseree.

Assistant Professor, Department of Curriculum and Teaching Methods,

Faculty of Physical Education, Beni Suef University

Personal data (optional):

Name / Academic Qualifications /.....

Position /..... Years of experience /.....

General objective:

The Proposed Decision Aims to Achieve the Following

Objective: A program for the course for the sport of table tennis - for students at the first Faculty of Physical Education, University of Beni Suef and thus move towards deployment across this region, the Egyptian experience of the sport in which to ignore the lack of appreciation due to the scarcity of staff of the players and coaches talented students to academics who are able to deploy these Olympic sport that Egypt take the lead role at Arab, African and this leads to the preparation of graduates, teachers and coaches who contribute to the formation and training and supervision of sports teams and clubs, youth centers and schools to maintain educational levels of primary and junior high and high schools.

To Achieve the Overall Objective of the Researcher Suggests Divided into the Following Procedural Goals: Requests researcher from you when you approve your proposal on the target or any amendment to the distinguished adjusting grateful if you would put in the phase following each goal.

1: Expert opinion in the scientific content of the decision of the Platform for table tennis for students of first grade physical education faculties n = 20

M	Goals	Assessing scale				Percentage
		Agree	May be	Not agree	degree	
		3	2	1	60	%
	A - cognitive objectives: -					
	Student to acquire a group of concepts and information related to: -					
1	History and goals and the importance of table tennis	20	-	-	60	100
2	Organization and management of table tennis competitions.	15	3	2	53	88
3	legal requirements to perform the basic skills for the sport of table tennis in.	17	2	1	56	93
4	The duties of the match referees.	18	1	1	57	95
5	Specifications legal tools to play and measurements of the pitch.	19	1	-	59	98
6	Types of play and competitions in the sport of table tennis.	20	-	-	60	100
7	Egyptian achievements in the sport and to identify models of Champions supervising the Egyptians and the world.	15	2	3	52	86
8	Influence the practice of table tennis to: (a health perspective of the individual - socially - economically - the psychological point).	19	1	-	59	98
	Other goals of knowledge:					
1						
2						

2: Expert opinion in the scientific content of the decision of the Platform for table tennis for students of first grade physical education faculties n = 20

M	Goals	Assessing scale				Percentage
		Agree	May be	Not agree	scale degree	
		3	2	1	60	%
	B skill objectives: - that the student to acquire basic motor skills of the following: -					
1	Racket Holding & playing ready standing	20	-	-	60	100
2	Forehand serve	20	-	-	60	100
3	Backhand serve	20	-	-	60	100
4	Spin Forehand serve	20	-	-	60	100
5	Spin Backhand serve	20	-	-	60	100
6	Forehand serve blocking	20	-	-	60	100
7	Backhand serve blocking	20	-	-	60	100
8	Forehand Push strike	20	-	-	60	100
9	Backhand Push strike	20	-	-	60	100
10	Forehand smash strike	20	-	-	60	100
11	Backhand smash strike	17	2	1	56	93
12	repeat performance by Forehand strike (10 seconds)	18	2	0	58	96
13	repeat performance by backhand strike (10 seconds)	18	2	0	58	96
	Motor skills again you can see added: -					
1						
2						

3: Expert opinion in the scientific content of the decision of the Platform for table tennis For students of first grade physical education faculties n = 20

				Assessing		
s	Goals	Agree 1	May be 2	Not agree 3	scale degree 60	Percentage %
C- Emotional goals: -						
To deepen the student's set of values and principles associated with the practice of sports in general and table tennis in particular. Including: -						
1	Self-confidence and self-esteem in	17	2	1	56	93
2	Boldness and courage	18	2	-	56	93
3	Integrity and fair play	19	1	-	59	98
4	determination and willpower	20	-	-	60	100
5	International cooperation and team spirit in	15	3	2	56	93
6	Obligation behavioral and discipline during the competition in	15	4	1	54	90
7	self-control and control of emotion in	18	1	1	57	95
8	respect the decisions of the referees	19	1	-	59	98
9	appreciation and respect for the opponent and playing seriously in	18	1	1	57	95
10	handshake and a greeting in case of defeat rival and win	20	-	-	60	100
11	Appreciation and respect for and obedience to the coach and the implementation of the directives.	15	3	2	56	93
12	Submission of technical assistance and training to colleagues in the team.	19	1	-	59	98
13	sense of belonging and loyalty to the team name and team	20	-	-	60	100
14	must submit advice and advice to the buds and the allocation of times to support them technically and morally in	13	6	1	52	86
Other proposed terms:						

4:Expert opinion in the scientific content of the decision of the Platform for table tennis for students of first grade physical education faculties, experience of the proposed decision. n = 20

S	Content	Relevance for students		Implementation style		Time Estimate		Importance of training		
		Suitable	Unsuitable	Practical	Theoretical	1hour	2hour	Important	Important to somewhat	Notimportant
1	Definition game and method of practice and the types of competitions	19	1	20	-	20	4	20	-	-
2	History of Sport Shooting Table Tennis	19	1	20	-	20	4	20	-	-
3	The importance of the three table tennis	18	2	20	-	19	5	20	-	-
4	goals sport table tennis	17	3	20	-	20	2	19	1	-
5	specifications of the pitch and play instruments	19	1	20	-	18	6	20	-	-
6	The impact of sport on the lives of its practitioners: --	15	5	20	-	15	5			
7	Health impact	-	-	20	-	-	-	18	1	1
8	Social impact	-	-	20	-	-	-	17	2	1
9	Economic impact	-	-	20	-	-	-	20	-	-
10	Cultural impact	-	-	20	-	-	-	12	4	4
11	The psychological impact	-	-	20	-	-	-	14	4	2
12	Organization and management of sport competition table tennis	15	5	20	-	19	5	20	-	-
13	legal requirements to perform the basic skills table tennis	17	3	20	-	20	4	20	-	-
14	Duties of the match referees	19	1	20	-	20	4	15	3	2
15	laws play and competitions in the sport of table tennis	19	1	20	-	20	4	18	1	1
16	Security, safety and injuries common to table tennis.	19	1	20	-	19	5	19	1	-
17	Egyptian achievements in the sport and to identify models supervising the world champions of the Egyptians and others.	13	2	20	-	19	4	15	3	2
Knowledge and Other Information: -										
1										
2										

5. Continued expert opinion in the scientific content of the decision of the Platform for table tennis For students of first grade physical education faculties experience of the proposed decision n = 20

S	Content	Relevance for students		Implementation style		Time Estimate		Importance of training		
		Suitable	Unsuitable	Practical	Theoretical	1hour	2hour	Important	Important to somewhat	Notimportant
	A technical aspects of applied and practice the skills of table tennis is my job properly applied my hours in my somewhat important to a few important Student to acquire practical knowledge and performance aspects of the technical basic motor skills following: -									
1	Practical Performance for holding racket & playing ready standing skill	20	-	20	-	2	-	20	-	-
2	Practical Performance for Forehand serve	20	-	20	-	4	-	20	-	-
3	Practical Performance for Backhand serve	20	-	20	-	4	-	20	-	-
4	Practical Performance for Spin Forehand serve	20	-	20	-	4	-	20	-	-
5	Practical Performance for Spin Backhand serve	17	3	18	-	2	-	17	2	1
6	Practical Performance for Forehand serve blocking	17	3	18	-	2	-	17	-	3
7	Practical Performance for Backhand serve blocking	20	-	20	-	2	-	15	2	3
8	Practical Performance for Forehand Push strike	19	1	19	-	2	-	14	4	2
9	Practical Performance for Backhand Push strike	18	2	18	-	2	-	13	4	3
10	Practical Performance for Forehand smash strike	20	-	19	-	2	-	19	1	-
11	Practical Performance for Backhand smash strike	20	-	20	-	2	-	19	1	-
12	Practical Performance for repeat performance by Forehand strike (10 seconds) (counter)	17	-	20	-	2	-	17	-	3
13	Practical Performance for repeat performance by backhand strike (10 seconds) (counter)	17	3	20	-	2	-	17	-	3
	Knowledge and Other Information: -									
1										
2										

6. Continued expert opinion in the scientific content of the decision of the Platform for table tennis for students of first grade physical education faculties, experience of the proposed decision. n = 10

S	Content	Relevance for students		Implementation style		Time Estimate		Importance of training		
		Suitable	Unsuitable	Practical	Theoretical	1hour	2hour	Important	Important to somewhat	Notimportant
	A learning experience for the skills of table tennis is appropriately applied theoretical applied Hour my hour is important to some extent a few important The student learns the steps of the educational basic psychomotor skills following: -									
1	steps to the educational skill for racket holding & playing ready standing	20	-	20	-	2	-	20	-	-
2	steps to the educational skill for Forehand serve	20	-	20	-	4	-	20	-	-
3	steps to the educational skill for Backhand serve	20	-	20	-	4	-	20	-	-
4	steps to the educational skill for Spin Forehand serve	20	-	20	-	4	-	20	-	-
5	steps to the educational skill for Spin Backhand serve	17	3	18	-	2	-	17	2	1
6	steps to the educational skill for Forehand serve blocking	17	3	18	-	2	-	17	-	3
7	steps to the educational skill for Backhand serve blocking	20	-	20	-	2	-	15	2	3
8	steps to the educational skill for Forehand Push strike	19	1	19	-	2	-	14	4	2
9	steps to the educational skill for Backhand Push strike	18	2	18	-	2	-	13	4	3
10	steps to the educational skill for Forehand smash strike	20	-	19	-	2	-	19	1	-
11	steps to the educational skill for Backhand smash strike	20	-	20	-	2	-	19	1	-
12	steps to the educational skill for repeat performance by Forehand strike (10 seconds) (counter)	17	-	20	-	2	-	17	-	3
13	steps to the educational skill for repeat performance by backhand strike (10 seconds) (counter)	17	3	20	-	2	-	17	-	3
	Knowledge and Other Information: -									
1										
2										

7:Continued expert opinion in the scientific content of the decision of the Platform for table tennis For students of first grade physical education faculties,experience of the proposed decision n = 20

S	Content	Relevance for students		Implementation style		Time Estimate		Importance of training		
		Suitable	Unsuitable	Practical	Theoretical	1hour	2hour	Important	Important to somewhat	Notimportant
	A common mistakes and fix them the skills of table tennis is my job properly applied my theory is important to some extent a few important To know the student common mistakes and fix them to the basic motor skills following: -									
1	Common mistakes for racket holding & playing ready standing skill	20	-	20	-	2	-	20	-	-
2	Common mistakes for Forehand serve skill	20	-	20	-	4	-	20	-	-
3	Common mistakes for Backhand serve skill	20	-	20	-	4	-	20	-	-
4	Common mistakes for Spin Forehand serve skill	20	-	20	-	4	-	20	-	-
5	Common mistakes for Spin Backhand serve skill	17	3	18	-	2	-	17	2	1
6	Common mistakes for Forehand serve blocking skill	17	3	18	-	2	-	17	-	3
7	Common mistakes for Backhand serve blocking skill	20	-	20	-	2	-	15	2	3
8	Common mistakes for Common mistakes for Forehand Push strike skill	19	1	19	-	2	-	14	4	2
9	Common mistakes for Backhand Push strike skill	18	2	18	-	2	-	13	4	3
10	Common mistakes for Forehand smash strike skill	20	-	19	-	2	-	19	1	-
11	Common mistakes for Backhand smash strike skill	20	-	20	-	2	-	19	1	-
12	Common mistakes for repeat performance by Forehand strike skill (10 seconds) (counter)	17	-	20	-	2	-	17	-	3
13	Common mistakes for repeat performance by backhand strike skill (10 seconds) (counter)	17	3	20	-	2	-	17	-	3
	Knowledge and Other Information: -									
1										
2										

8: Continued expert opinion in the scientific content of the educational units for teaching the basic skills of the proposed Platform for table tennis for students of first grade physical education faculties Experience of the proposed decision. n = 20

S	Contents	The importance of				
		Agree	May be	Not agree	Assessing scale degree	Percentage
Teaching units		3	2	1	60	%
1	module of the racket holding & playing ready standing skill	18	2	-	58	96
2	module of the Forehand serve skill	19	1	-	59	98
3	module of the Backhand serve skill	18	2	-	58	96
4	module of the Spin Forehand serve skill	18	2	-	58	96
5	module of the Spin Backhand serve skill	17	3	-	57	95
6	module of the Forehand serve blocking skill	18	2	-	58	96
7	module of the Backhand serve blocking skill	17	2	1	71	93
8	module of the Forehand Push strike skill	16	3	1	55	91.6
9	module of the Backhand Push strike skill	16	3	1	55	91.6
10	module of the Forehand smash strike skill	17	2	1	71	93
11	module of the Backhand smash strike skill	17	2	1	71	93
12	module of the repeat performance by Forehand strike skill (10 seconds) (counter)	17	2	1	71	93
13	module of the repeat performance by backhand strike skill (10 seconds) (counter)	17	2	1	71	93
	Knowledge and Other Information: -					
1						
2						

Facility 2: Cognitive Test for table tennis sport for students of the Faculty of Physical Education.

Prepared by: Dr. Medhat Ali Aboseree

Write (True False) in front of the following sentences :

S	Sentences	Answer	Correction
1	Fired right on the sport of table tennis game of ping-pong ball sound of a backgammon	True	-----
2	The red Indians the 1 st , people who played type of table tennis	True	-----
3	students of the University of Cambridge, first practiced in the modern era and they were taking turns hitting the cork stopper from across the table using Ashtray	True	-----
4	names of table tennis exotic (Wave adequately - Jusyma - pickle ball)	True	-----
5	table tennis began in 1881 in England	True	-----
6	In 1902 FA is the first union was established for the sport of table tennis	False	1927
7	first champion of table tennis Olympian Korean UNAM (Y00 Nam) and China's Chen Jing (Chin Ging)	True	-----
8	table tennis became an Olympic sport in 1984 in Los Angeles	False	Seoul, Korea 1988
9	Egypt the first Arab state has organized a world championship table tennis in Cairo 1939	True	-----
10	held every the world championship table tennis all four years	False	Two years
11	tennis rubber was invented in England 1904 with England developed good	True	-----
12	Established the (SUV) to play football to become Alselliloud made of (plastic derivatives)	True	-----
13	Established the Egyptian Federation table tennis in 1931	True	-----
14	set up the International Federation of table tennis in England in 1926	True	-----
15	Took the right President Anwar Sadat's presidency of the Egyptian Federation of Table Tennis	True	-----
16	the first referee an international table tennis Egypt Ahmed Zaki EA 1973	True	-----
17	founded the Arab Federation of Table Tennis in Alexandria in 1956	True	-----
18	official language of Arabic is not one of the official languages of the International Federation of Table Tennis	False	Official language
19	Egyptians Ahmed Ali Saleh, Sayed Sharif Lachin and Saket of the best individual players on the Arab and Africa and internationally	True	-----
20	Egyptian Nehal Musharraf and the famous millennial and Basant Osman of the best individual players on the Arab and Africa and internationally	True	-----
21	China the first counAttempt to win medals in total in the first Olympic tournament in Seoul 1988	True	-----
22	Ivor Montague English founder of the first president of the Federation International Table Tennis 1926	True	-----
23	Adham Sharara, Egypt's first president of the International Federation of Canadian nationality table tennis 1999	True	-----
24	Hungary right the first nation to win its first world championship men's and women's singles and men's team 1926	True	-----
25	table tennis is expensive compared to other sports	True	-----
26	table tennis improve production efficiency and physical	True	-----
27	table tennis requires the highest degree of mental fitness	True	-----
28	table tennis Her youngest player and the surface of the racket and a ball for exercise	True	-----
29	table tennis sport is less exposed, injury than other sports in play	True	-----
30	table tennis racket can be made selling size, shape, weight	True	-----
31	the players Wear for a Short - half sleeve shirt - a short drink - Footwear floor of a lovely	False	rubber ground fault
32	putter is composed of three parts to play - a piece of wood tennis - tennis lashes - the handle	True	-----
33	Table playing surface area (m 2.74 × 5. 152 m) and at altitudes of 76. m	True	-----
34	area of the network holes of not less than 7.5 Cm and not more than 12.5 Cm	True	-----
35	along the network of table tennis 1.83 m and presentation of .15 m and height of 15.25 cin	True	-----
36	table tennis a round shape 40 mm in diameter and weight of 2.7 gm	True	-----
37	table tennis is characterized by diversity of color and made of plastic material or cellulose	False	White or orange
38	surface of the table dark in color, level and if it dropped the ball legal high 30 Cm wore a distance of 25 cin	False	23 and not 25
39	lines of the playing surface to determine the color of white and thick (2 Cm) except the median line parallel to the pace of the two sides (2) mm width	True	-----
40	{basic skills of table tennis grip} - stand ready - movements of the feet - strikes (transmitter - offensive - defensive)	True	-----
41	types of grip (the grip of the pen - the grip of the handshake)	True	-----
42	from the start stowing gear in terms of stand (Stand at a distance of 40 cm distance from the upper surface of the table)	True	-----
43	tools to help educate young people (different heights Table - Episodes - rebounds - two networks - the scroll wheel - wooden wall - Tennis chunked - web services - thrower balls - balls outstanding	True	-----
44	(6) years of age the best stage for the beginning of learning the skills of table tennis Is the right age	True	-----

45	the attributes of the Urdu-table tennis players (Asserting - Assiduity - restraint - Independence - Self-esteem - time perception)	True	-----
46	the physical attributes required for the table tennis players res} - Speed (motor response) - Fitness - Compatibility - Flexibility - the ability muscle - skin (muscle - periodic respiratory) - muscle power	True	-----
47	The most important right of the causes of injuries in the sport of table tennis (poor organization and method of training - the surface is not appropriate - violation of sportsmanship - the technical specifications of violation of tools and equipment to play)	True	-----
48	the most common infections (Onyx - Khula - RIP - muscle contraction "push" - Bruises)	True	-----
49	proper nutrition and rationing Download the training in a scientific manner - warm enough and the most important means of prevention of injuries	True	-----
50	The right ways (the knockout than once - from twice - the way the league) of the most famous ways to organize tournaments in the sport of football speed	True	-----
51	The right committees competitions - Committee of the referees - the Medical Committee - Committee on the tools and equipment - Technical Committee - Finance Committee - the Commission for Reception and festivities - Transportation Committee the most important committees of the organization of table tennis tournament	True	-----
52	kinds of competitions in the sport of table tennis (singles - doubles - mixed doubles)	True	-----
53	table tennis match in accordance with the international law of 7 cycles consisting in three games	True	-----
54	table tennis match is made up games of 21 points	False	11-point
55	in the case of a tie 10-10 win tie-player winning the next point directly (11)	False	Two consecutive
56	also entitled to earn the draw play selection blow transmitter or receiver transmitter - or one of the parties to the table	True	-----
57	table tennis team consists of five (5) players	True	-----
58	Switched transmission strike all four points	False	2-point
59	Sides of Table- Tines must be change after the end of each half	True	-----
60	Is right to stop the drying sweat every 6 points	True	-----
61	tennis runs at least three referees	False	2 sentenced
62	Between games the coach to guide the player at any time during the course of the game	False	the time-out
63	rest between quarters for not more than 2 minutes	False	1 minute
64	returned the serve if the ball touches during the transit network set any part of the network and then touched the surface of the play rival	True	-----
65	allowed to comfort her time in five minutes rest period before the tiebreak	False	1 minute
66	allowed for the completion of the game if the player breaking his racket after replacing	False	Notify the general provision referee
67	Assistant Umpire is entitled to rule t show a yellow card (warning) in the case of violating the laws of the player to play	False	Rule table
68	area of the table tennis court 4×7 m	True	-----
69	if passed (10 minutes) did not succeed in any of the players end the game or getting to the point (9) is to stop playing and the application of the alternative method	True	-----
70	can be used by third when applying the alternative method	True	-----
71	in the way of alternative wins the point of future work in response (15) blow from the sender	False	(13)
72	to examine the rule of the game play and tennis racket up before the beginning of the game	False	Baseball playing only
73	to play doubles the performance of fellow future after transmission (6) points	False	in the future
74	number of medals in international competitions is 18 medals	True	-----
75	to play individual has the right to replace the player after the coach to show the red card for the coach to the original violation of the law	False	is not possible
76	the player wins the point if the opponent failed strike in response transmitter	True	-----
77	opponent wins the point if the sender deliberately withheld the ball from his opponent during the sent	True	-----
78	in doubles play is to change the fellow sent to the transmission is at the beginning of a new round	False	Sender to one opponent
79	players also committed competitors and shake hands with the referees before the game only	False	After the game
80	loser player must sign a registration form game after the end of the match	False	And shall notify the general provision

Facility 3: Model and the educational unit of the motor skill of the proposed curriculum for table-tennis sport

Module: the first

Time: 90 minute

Students number: 30

Cognitive Goal:

- Recognize the legality of performance skill strike transmitter
- Recognize the mistakes of the performance of the skill maintenance of tennis - Pause ready - blow transmission and methods of repair

Emotional Goal: Raise motivation and enthusiasm of the students towards the practice of a new sports activity

Skills Target: Handles on the kinds of racket and reconsider the willingness and skill transmission forehand

M	Parts	Time	Teaching style	Tools	Content	Notes
1	Introduction and warm up	10 minute	-running in place - Flexibility exercises for the joints and lengthening of the muscles large	Demonstration	Without	
2	Setup physical	20 minute	1 (parking) running back and forth 2 (parking) and the weighted vertical jump to the top. 3 (standing on the four) to walk forward. 4 (parking. Forearms, high) trunk bending down and pressure. 5 (seating height. Forearms, high) trunk bending down to touch two hands. Note: It takes two minutes per exercise.	Performance style praise And criticism.	Without	
3	Main Part	50 minute	The technical performance of the skill: - 1 - Pause and prepare: - The parking opposite sides of the table (feet appropriate distance). 2 - Develop the arms: - - Racket-bearing arm (grip handshake) the highest level surface of the table and the forearm parallel to the ground - The free open palm arm carrying the ball in the development of a higher ground level of the surface of the table. 3 - feet wide basin one of the feet (the bottom of the arm free before the other. 4 - The player to lift the ball to the highest vertical without causing rotation of the ball 5 - is the general racket hitting the ball (the situation in the direction of the front table to touch half the table in front of the sender and above to reflect the ball to touch the table, the corresponding half. 6 - The follow-up to the player hitting the ball striking the arm bend the facility and tennis in the direction towards the top of the shoulder with its trunk wrapped in the direction of movement and rotation Tennis metatarsal background to support the strike to end the transmission and follow-up process Levels of education: 1. The performance of a model of skill using records or outstanding students.	Application under the guidance teacher	Table tennis rackets - Training Balls- Table of basic training - the training table in front of a wall	

Skills Target: Continued

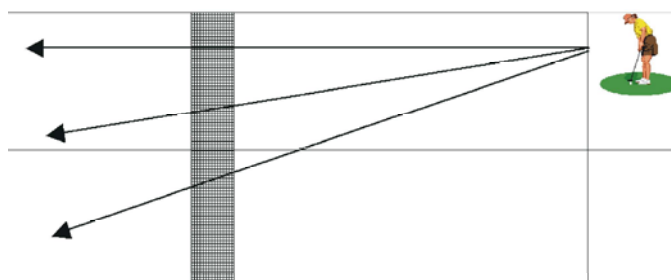
M	Parts	Time	Teaching style	Tools	Content	Notes
			<p>2. Explain the details of the skill and the conditions of the body parts involved in the implementation skill.</p> <p>3. Repeat the performance of students without imaginary tools and correct mistakes.</p> <p>4. Repeat the handshake grip of the racket, table tennis, tennis grip correct the mistakes.</p> <p>5. Repeat the handshake grip of the racket, table tennis, tennis grip correct the mistakes from standby to blow transmitter front of the situation and correct the errors in the tennis grip and the standby mode.</p> <p>6. Performance strikes the ball in the direction perpendicular to the situation of the front and back (switch between every 20 strike)</p> <p>Applied exercises:</p> <p>1 - result in the student movement, bend the facility and tennis in the direction towards the top of the shoulder with its trunk wrapped in the direction of movement and rotation Tennis metatarsal background to support the strike to end the transmission and follow-up process. Several times the performance of imaginary</p> <p>2 - perform the same movement, but the student handle the ball without hit.</p> <p>3 - Lead student skill without the ball (tennis only in front of the table.</p> <p>4 - Result in a student's skill handle bat and the ball several times. In front of a wall.</p> <p>5 - Lead student skill, gripping his bat and the ball several times. In front of the table and in front of a special player or coach.</p>			
4	Final activity	10 minute	<p>1. Standing students in the form appropriate for the teacher to the work of weights and vertical side and then the teacher remove a student for excellence in the performance of the skill and commends him in front of them in terms of performance and rapid response learning, so as to motivate the rest of the students to perform in next time better.</p> <p>2. Stand up and take the absence of records and greet.</p>			

Facility 4: Motor skills Tests used

•skill transmission forehand serve Test:

- The purpose of the test: the ability to measure the performance of transmission forehand serves correctly.
- Tools: table tennis table, tennis balls Volleyball, table tennis racket.
- Method performance: the player stands behind the line of the end of the table playing a ball holder and the performance of skill transmission forehand serve in a manner to reflect the correct transmitter set the network without the ball to touch it after touching the front half of the addressee to half a pitch to another. Conditions: for each player ten attempts.

S	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Registration: When the player takes the degree of the performance of each blow sending incorrect. Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



1. Forehand serve

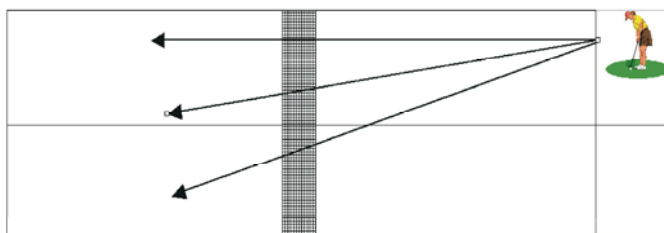
Back Hand Serve Skill Test: The purpose of the test: the ability to measure the performance of transmission knockout background (back hand serve) correctly

Tools: Table, table tennis balls, table tennis racket. Method performance: standing player behind the line of the end of the table to play on his handle the ball and the performance of skill transmission knockout background (back hand serve) in a transmission right to cross the ball set the network without touching it after touching the half opposite to the sender to half the pitch of another.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each blow sending incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



2. Back hand serve skill test:-

Forehand Spin Serve Skill Test:-

the Purpose of the Test: The ability to measure the performance of transmission forehand broken (spin forehand serve) correctly

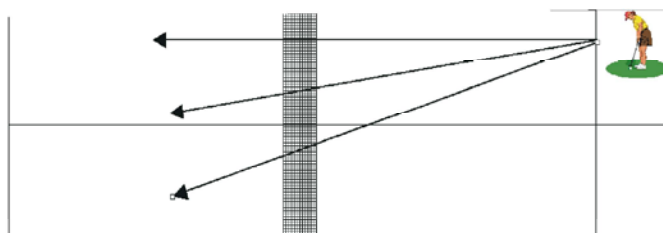
Tools: Table tennis table, table tennis balls 1, table tennis racket.

Method Performance: The player stands behind the line of the end of the table playing a ball holder and the performance of skill transmission forehand broken (spin forehand serve) in a manner to reflect the correct transmitter set the network without the ball to touch it after touching the front half of the addressee to half the pitch of another.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each blow sending incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



3. Forehand spin serve skill test

Backhand Spin Serve Skill Test: The purpose of the test: the ability to measure the performance of transmission knockout background track spin backhand serve) correctly

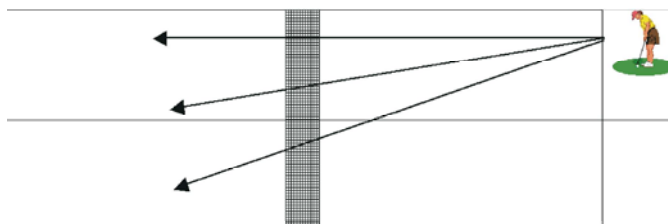
Tools: Table tennis table, tennis balls Volleyball, table tennis racket.

Method Performance: The player stands behind the line of the end of the table playing a ball holder and the performance of skill transmission forehand broken (spin forehand serve) in a manner to reflect the correct transmission Set the network without the ball touched after touching the front half of the addressee to half a pitch to another.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each blow sending incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



4. Backhand spin serve skill Test:-

Forehand Ball-pushing Skill Test

The Purpose of the Test: A measure of the ability to perform Forehand ball pushing skill strike) correctly

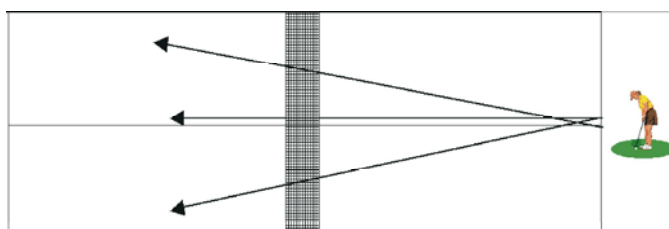
Tools: Table tennis table, tennis balls Volleyball, table tennis racket.

Method Performance: Standing player behind the line of the end of the table playing On the other hand stands for the player throws a ball to touch the half table experiment before they return it using skill Forehand ball pushing skill strike) the right way to cross the ball set the network without letting it touch the half opposite to the sender to reach a half-court to another and touch the table.

Conditions: For each player ten attempts.

Location: The player takes the degree of skill when performing correctly and in accordance with the conditions

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



5 Forehand ball pushing skill test

Backhand Ball Pushing Skill Test

The Purpose of the Test: Measure the ability to perform backhand ball push skill strike correctly.

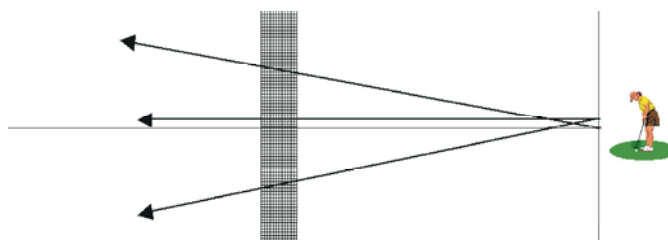
Tools: Table tennis table, table tennis balls, table tennis racket.

Method Performance: Standing player behind the line of the end of the table playing on the other hand stands for the player throws a ball to touch the half table experiment before they return it using backhand table push skill strike the right way to cross the ball set the net without letting it touch the half opposite to the sender to reach to half a pitch to another and touch the table.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each skill correctly and in accordance with the conditions

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



6 - Backhand ball pushing skill test

Forehand Smash Strike Skill Test: The purpose of the test: A measure of the ability to perform Forehand smash strike skill correctly

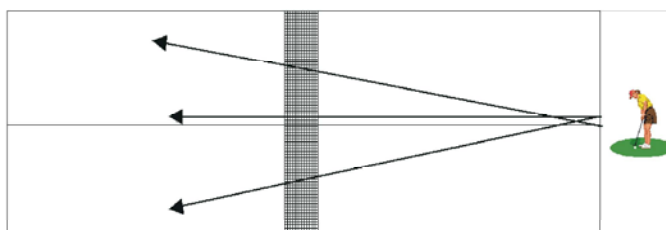
Tools: Table tennis table, table tennis balls 1, table tennis racket.

Method Performance: Standing player behind the line of the end of the table playing On the other hand stands for the player throws a ball to touch the half table overseen person high before the return it using knockout forehand smash strike correctly to reflect the ball set the network without letting it touch the half opposite to the sender to reach a half-court to another and touch the table is strong and taking into account the legal requirements.

Conditions: For each player ten Attempts.

Registration: When the player takes the degree of the performance of each crushing blow incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



7 - Forehand smash strike skill test

Backhand Smash Strike Skill Test: The purpose of the test: A measure of the ability to perform backhand smash strike skill correctly.

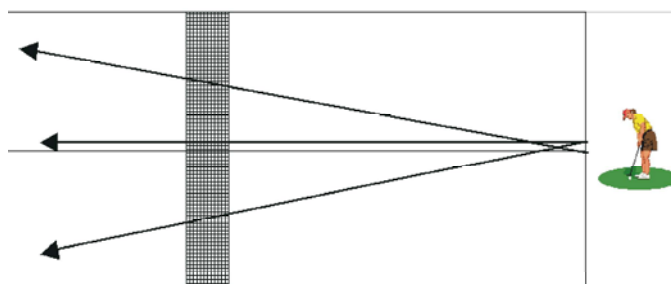
Tools: Table tennis table, table tennis balls table tennis racket.

Method Performance: Standing player behind the line of the end of the table playing On the other hand stands for the player throws a ball to touch the half table overseen person high before the return it using knockout backhand smash strike skill correctly to reflect the ball set the network without letting it touch the half opposite to the sender to reach a half-court to another and touch the table is strong and taking into account the legal requirements.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each crushing blow incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



8. Backhand smash strike skill test: -

Forehand Block Strike Skill Test: The purpose of the test: Measure the ability to perform Forehand block strike skill correctly

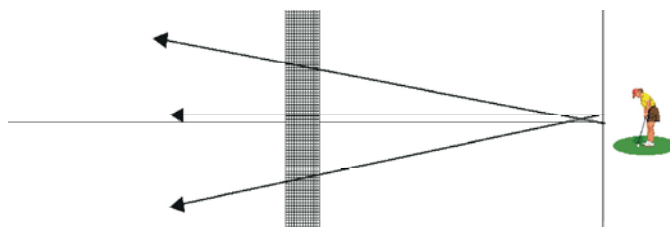
Tools: Table tennis table, table tennis balls, table tennis racket.

Method performance: standing player behind the line of the end of the table playing On the other hand stands for the player throws a ball to touch the half table overseen person high before the return it using the performance Forehand block strike skill to correctly reflect the ball set the net without letting it touch the half opposite to the sender for up to half a pitch to another and touch the table, strong and taking into account the legal requirements.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance of each crushing blow incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



9. Forehand block strike skill test

Backhand Block Strike Skill Test: The purpose of the test: A measure of the ability to perform skill rollback back backhand block strike) correctly.

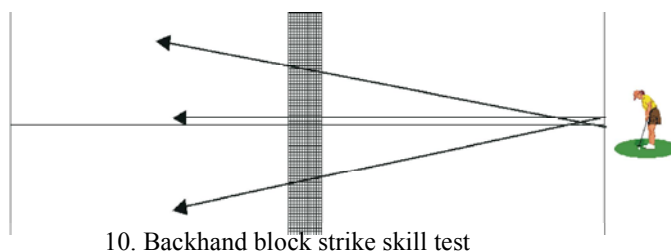
Tools: Table tennis table, table tennis balls, table tennis racket.

Method Performance: Standing player behind the line of the end of the table to play and the process of rollback back against a strong ball sent by the table corresponding to come back to the sender after crossing set the net to touch the table facing the existing rebuffed back backhand block strike) correctly.

Conditions: For each player ten attempts.

Registration: When the player takes the degree of the performance Backhand block strike skill incorrect

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10	Total
1	-----	-	1	1	1	-	-	1	1	1	1	7 / 10



Continuous performance forehand strikes test (10) seconds (counter forehand)

The Purpose of the Test: A measure of the ability of laboratory performance in the skill of the ongoing strikes the front (10) seconds counter forehand) correctly.

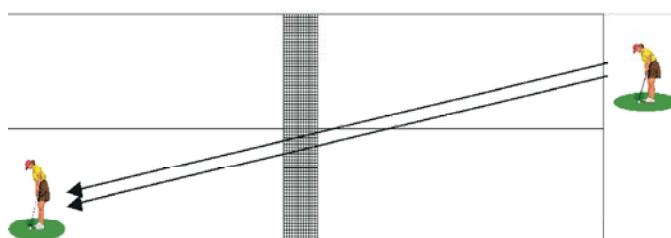
Tools: Table tennis table, table tennis balls, table tennis racket.

Method Performance: standing player behind the line of the end of the table playing, the performance continued strikes the front (10) seconds against the balls sent by the table corresponding to come back to the sender after crossing set the net to touch the table opposite and mutually non-stop until the end of time or stop exchange process.

Conditions: Each player is five attempts.

Location: The player takes the degree equal to the number of strokes in which he has exchanged with the sender

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Total
1	-----	5	6	4	7	6	/ 10



11. Continuous performance forehand strikes test (10) seconds (counter forehand)

12. Continuous performance backhand strikes test (10) seconds (counter backhand)

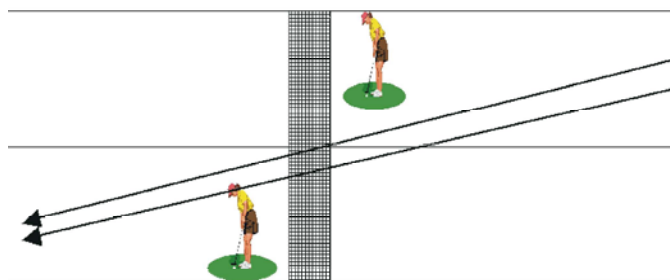
The Purpose of the Test: A measure of the ability of laboratory performance in the skill of the ongoing strikes the front 10 seconds counter backhand) correctly

Tools: Table tennis table, table tennis balls, table tennis racket.

Method Performance: Standing player behind the line of the end of the table playing, the performance continued strikes back 10 seconds against the balls sent by the table corresponding to come back to the sender after crossing set the net to touch the table opposite and mutually non-stop until the end of time or stop exchange process. Conditions: Each player is five attempts.

Location: the player takes the degree equal to the number of strokes in which he has exchanged with the sender

M	Name	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Total
1	-----	5	6	4	7	6	/ 10



12. Continuous performance backhand strikes test (10) seconds counter backhand

Table 5: Mean, standard deviation, (T) test of two measures of pre and post tests (knowledge and skill) for table-tennis sport to a group of research. N = 150

		Yuong Lady							Young Man						
		Pre- test		POST- test		differences between			Pre- test		POST- test		differences between		
S	tests	Average	S.D	Average	S.D	MEANS	T.TEST	%	Average	S.D	Average	S.D	MEANS	T.TEST	%
1	Cognitive test	6.80	1.66	59.50	4.98	52.70-	-76.83-	775	6.8	1.6	59.59	4.75	-52.79-	-113.90-	776
3	The Proposed														
	Motor Skills														
	Forehand serve	1.20	.63	4.96	.72	-3.76-	-35.73-	313	1.68	.80	4.96	.72	-3.28-	-31.09-	195
4	Backhand serve	1.44	.57	5.0	.80	-3.56-	-27.08-	247	1.6	.72	5.00	.723	-3.40-	-33.83-	212
5	Spin Forehand serve	1.66	.47	5.12	.77	-3.46-	-26.29-	208	1.69	.54	5.12	.769	-3.43-	-33.70-	202
6	Spin Backhand serve	1.48	.50	5.28	.83	-3.80-	-27.14-	256	1.46	.55	5.28	.829	-3.82-	-37.495-	261
7	Forehand serve blocking	1.56	.50	6.00	.85	-4.44-	-30.38-	284	1.54	.575	6.00	.852	-4.46-	-40.03-	289
8	Backhand serve blocking	1.60	.49	6.08	.69	-4.48-	-34.85-	280	1.60	.57	5.94	.852	-4.34-	-45.9-	271
9	Forehand Push strike	1.44	.501	.14	.88	4.72	-22.94-	327	1.44	.49	4.72	.801	-3.28-	-32.6-	227
10	Backhand Push strike	1.38	.63	.14	.90	4.56	-21.54-	330	1.45	.49	4.49	.877	-3.04-	-28.3-	209
11	Forehand smash strike	1.12	.32	.133	.90	4.44	-24.00-	279	1.12	.32	4.44	.902	-3.32-	-34.1-	296
12	Backhand smash strike	1.12	.32	.16	1.14	4.80	-22.97-	428	.90	.32	4.78	.109	-3.660-	-33.46-	406
13	counter Forehand strike (10 seconds)	1.36	.48	.12	.57	4.44	-25.52-	326	1.36	.04	4.44	.057	-3.08-	-36.27-	226
14	counter backhand strike (10 seconds)	1.20	.40	.09	.68	4.68	-34.81-	390	1.2	.04	4.68	.067	-3.48-	-49.48-	290

The value of "v" spreadsheet at 0.05 and significant degree of freedom (99) = 460 . 3

The value of "v" spreadsheet at 0.05 and significant degree of freedom (= 49 460 . 3

RESULTS AND DISCUSSION

The researcher choose (0.05) as incorporeal leveling all statistical treatments and make a comparison between pre and post tests results for proposed table-tennis motor skills cognitive test degrees.

Skills tests and unit of measuring average measurement and average tribal telemetric difference between the percentage improvement in the proportion Table indicates the former to a clear improvement in the performance of the research group on tests measuring the level of performance of the research variables of knowledge and skills in general to confirm the effectiveness of the educational program prepared to learn the motor skills the basic question that led to a clear increase in the size of the proceeds of knowledge about the Table tennis sport. Skills percentage rate of improvement ranged between 137% and 541%, indicating the appropriate course proposal to teach the skills and knowledge of Table tennis sport of the study sample.

CONCLUSION

Within the Research Objectives and Methodology Used, Research Tools Could Be Drawn as Follows:

- The course of the proposed effective used to implement the course of the tournament games (table tennis sport) for students of colleges of physical education.
- Motor skills identified by the study give students the foundation skills of the table tennis sport
- Units used commensurate with the educational process of teaching basic motor skills for the table tennis sport included in the proposal curriculum.
- Tests for measuring the level of performance by bringing an appropriate choice of the skills within the curriculum proposal.
- Suitable timetable for the implementation of course content and students to the process of acquiring knowledge and skills for the Table tennis sport

Recommendations:

- Adding the proposed curriculum of table tennis sport within the school curriculum for faculties of physical education.

- The use of T proposed tests for measuring the level of basic motor skills, table tennis sport in assessing the level of students, beginners and advanced levels of practitioners of the sport.
- The use of educational units within the curriculum to teach basic motor skills selected for the Table tennis sport in general.
- The interest in the development and dissemination of table tennis sport faculties of physical education and special programs at the level of scientific departments function as donor of curricula and teaching methods and the Department of athletic training and the level of pre-university education and all levels of education.
- Activating the practice of this sport at the level of community centers and colleges of physical education environment as a nucleus for the dissemination of sport at club level and youth centers at the State level of the importance of sport and fitness for all ages.

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