



# Session 1

**C-PE 3 (3 units)**

**PATHFIT 3 - *Nature and Development of  
Table Tennis***

**Fall Semester 2024**



# Session 1

## Session Objectives:

1. Trace the significant history of Table Tennis and its development over the years.
2. Introduce or re-introduce the equipment used in competitive Table Tennis.



# Session 1

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## **Brief History and the Development of Table Tennis**

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# Table Tennis

- *as a miniature of Lawn Tennis and Badminton*



Figure 1: What is Table Tennis?  
(Source: Kayne, R. 2024.:Online)



Figure 2: Artificial grass tennis court: what are the 5 strong advantages?  
(Source: TigerTurf A Tencate Company. 2022.:Online)



Figure 3: Attacking Play: Badminton Player Movement on Court. (Source: Patel, N. 2018.:Online)



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# Comparative description of Table Tennis to Lawn Tennis and Badminton

- *Played on a flat and safe surface*
- *Playing courts are divided into two (2)*
- *A net is placed across the playing court.*



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## Mode of Playing Table Tennis

- *It is played for all-male, all-female or a combination of both.*

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## Mode of Playing Table Tennis

### Female



### Male



### Mixed Doubles



Figure 4: Best European Table Tennis Ever. (Source: Elco table. 2018.:Online)

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## Mode of Playing Table Tennis

### Singles



Figure 5: Best European Table Tennis Ever. (Source: Elco table. 2018.:Online)

### Doubles





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## Brief History and the Development of the Game

*Where it all started?*

- Table Tennis** - was originated in the year 1880 in England.
- considered as a parlor game of the elite people.
  - named **gossima**, **whiff-whaff** and **pingpong**.



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## Brief History and the Development of the Game

### **International Table Tennis Federation (ITTF)**

- the governing body of Table Tennis.
- ITTF helped popularized table tennis as a sport.
- included in the Olympic games in 1988.

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## Brief History and the Development of the Game

### Philippine Table Tennis Federation (PTTF)

- national governing body of table tennis in the Philippines that is recognized by the Philippine Olympic Committee (POC).



Figure 6: Philippine Flag Gif. (Source: Cadiz, M. ND.:Online)



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## Brief History and the Development of the Game

### Changes in the 20<sup>th</sup> century

- Introduces the 40mm ball from 38mm.
- Expedite system was enforced
- Paralympic Games.



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## Brief History and the Development of the Game

### Changes in the 21<sup>th</sup> century

- The ITTF implemented a new scoring system, with the best of seven games played to 11 points each.



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# Table Tennis Equipment

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## Competition Table

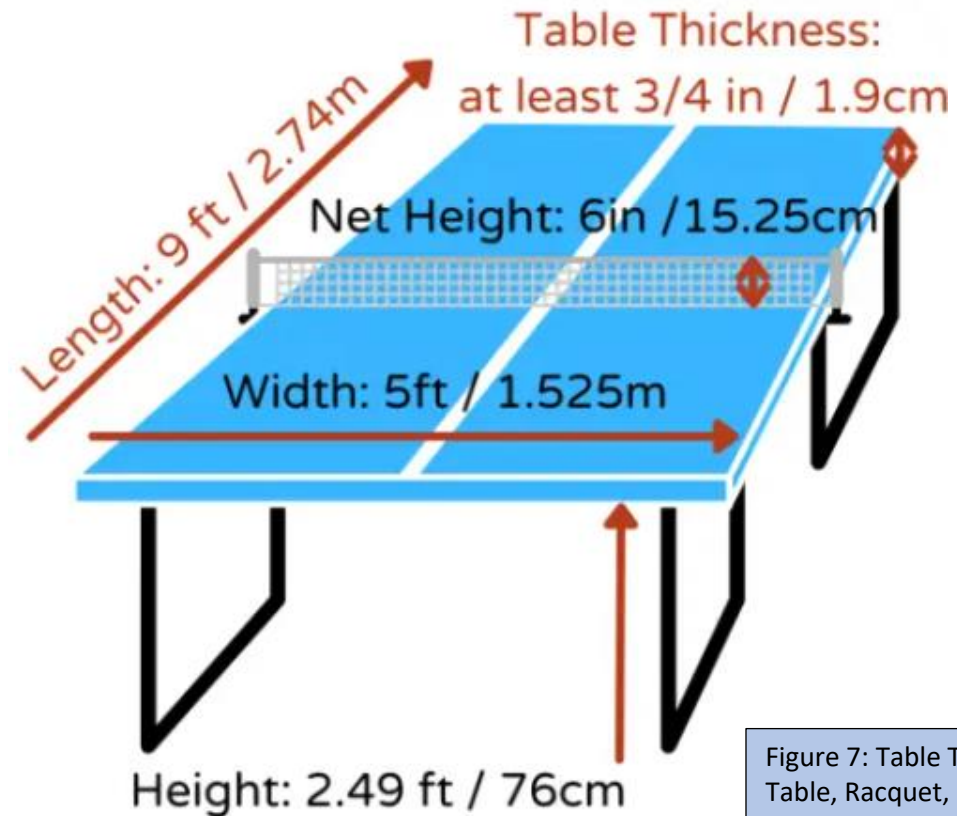
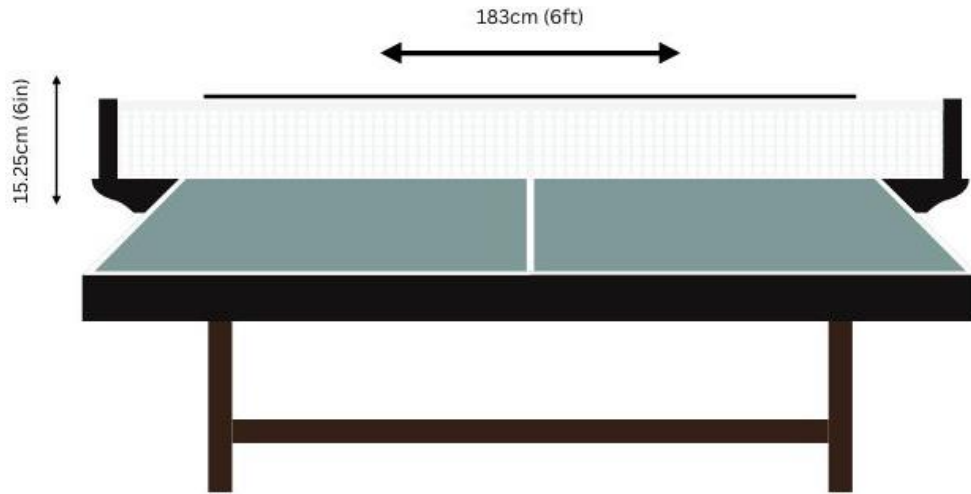


Figure 7: Table Tennis Dimensions-The size of Table, Racquet, Ball and Co. (Source: Thimo blog. ND.:Online)

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## Net and Posts

- The net assembly should be 6 feet (**1.83 metres**) long.
- The net should be suspended 6 inches (**15.25 centimetres**) above the playing surface.
- The bottom of the net should be as close to the playing surface as possible.

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## Types of Net

**Retractable nets:**  
Retractable nets lengthen  
and pull back like a  
measuring tape.



Figure 8: 7 Retractable Table tennis Nets for more Thrilling Matches. (Source: Brown, A.2024:Online)

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## Types of Net

**Clip-on nets:** This is a user-friendly net and post that allows an easy install-remove process.

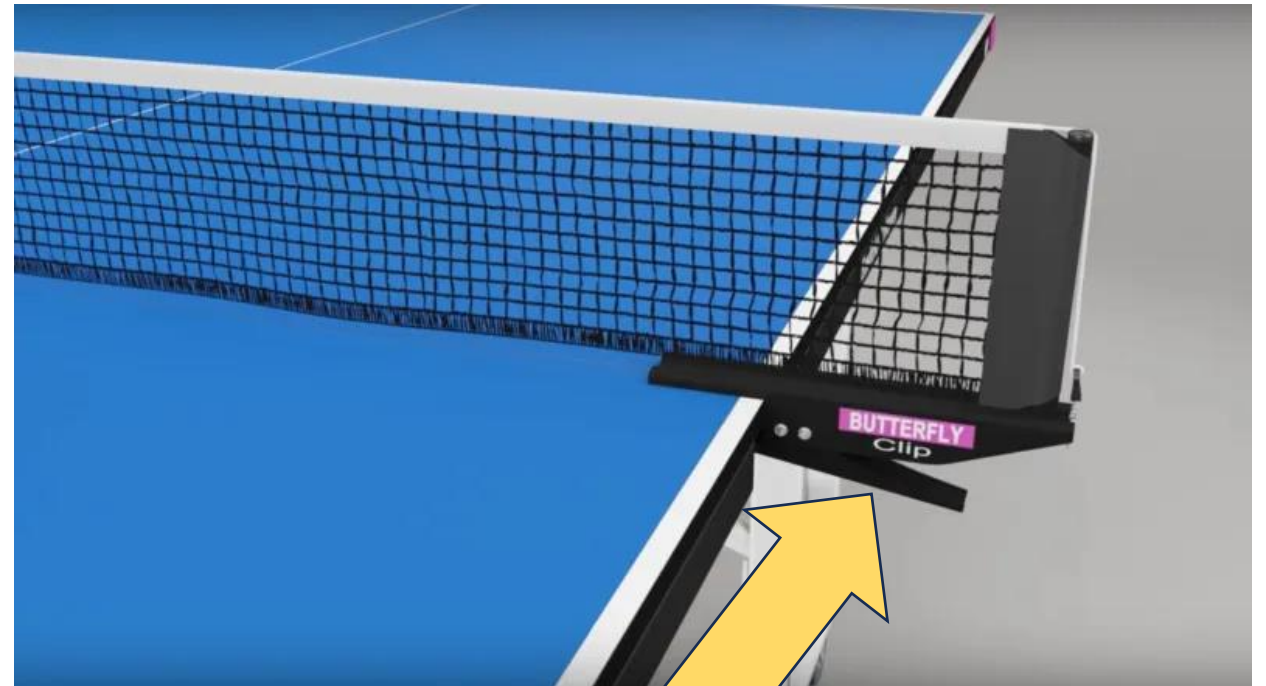


Figure 9: The 3 Best Table Tennis net and Post sets. (Source: Ping Pong On N.D.:Online)

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## Types of Net

**Clip-on nets:** This is a user-friendly net and post that allows an easy install-remove process.



Figure 10: The Best Table Tennis Nets. (Source: Larcombe, B. 2015:Online)

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## Paddle

### Length:

- Handle length: 3.75-3.93 inches / 9.6-10 cm
- racket blade length: 5.9-6.7 inches / 15-17cm
- Overall length: 9.44-10,24 inches / 24-26 cm

### Width:

- Handle width: 1-1,3 inches / 2.6-3.3 cm
- Racket blade width: 5.9 inches / 15 cm

### Thickness:

- Handle thickness: 0.8-0.9 inches / 2.1-2.3 cm
- Thickness of the bat blade: 0.63 inches / 16 mm
- Total thickness including rubber: 0.75-9.45 / 1.9-2.4 cm



Figure 11: Table Tennis Height and Dimensions/Quick Guide. (Source: Hodgson, S. 2023:Online)

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## Ball

- **Diameter:** 40 mm
- **Weight:** 0.095 oz / 2.7 g
- **Material:** Plastic
- **Color:** Matte white or orange



Figure 11: Table Tennis Height and Dimensions/Quick Guide. (Source: Hodgson, S. 2023:Online)



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## Terminologies in Table Tennis

### General Term Used:

- Score
- Rally
- Serve/Server
- Deuce
- Let Receiver



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## Terminologies in Table Tennis

### *Types of Grip:*

- Penhold grip
- Seemiller grip
- Handshake grip



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## Terminologies in Table Tennis

### *Strokes, Hits, Shots*

- Forehand
- Backhand
- Drive
- Spin



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## Terminologies in Table Tennis

### .....Strokes, Hits, Shots

- Smash
- Block
- Chop
- Push
- Drop shot



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## Terminologies in Table Tennis

### .....Strokes, Hits, Shots

- Short
- Medium long
- Dead ball



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## Conclusion:

*Table tennis at a first glance is an easy-to-play sport. This miniature sport of an equally popular net games likewise require speed, accuracy of movement, alertness and presence of mind. The need to have a proper equipment is one of the important factors that allows a player to perform at his/her best.*



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