

SYLLABUS

Lecturer's Information	
Name	May S. Flores
University	University of the Assumption

Course Information			
Course Name	PATHFIT 3- Table Tennis & Arnis	Prerequisite Course	None
Course Date	2024-08-01 ~ 2024-12-08	Course Language	English
Keyword	Table Tennis, Arnis, PATHFIT, Physical Education, Martial Arts		

Course Description (100 ~200 words)	This two-unit course introduces the basic movement patterns in both Table Tennis and Arnis. Progression of skill development will be taught in the table tennis that will cover basic skill movements from ball handling, grip, stance and body dynamics. Ball feeding drills will also be covered in this course. Arnis on the other hand will be taught meticulously from the form to striking and blocking techniques. Arnis as the National Philippine Game is considered to be one of the martial arts sports which can be described similar to fencing.
Course Goals and Objectives (Approximately 100 words)	(1) Described the nature and background of Table tennis and Arnis. (2) Executed the procedure of developmental skills in both table tennis and arnis. (3) Identified the different basic skills in table tennis and arnis and their importance to movement efficiency. (4) Applied knowledge and skills in a more complex movements.
Textbook	(The format : Title, Author/Editor, Publisher, Year of Publication) Santilices, O. (2008). New Trends in Teaching Table Tennis. Manila Rule Book in Table Tennis (2005)
References	Guerrero Arnis De Mano. (2016). Kinds of Stances- Filipino Martial Art Way. Retrieved from: https://guerreroarnis.com/resources/arnis-kali-eskrima-articles/kinds-of-stances-filipino-martial-art-way Modern Arnis-MARPPPIO. (2005). Modern Arnis Cardinal Rules of Principles in Arnis. Retrived from: https://modernarnis.com/cardinal-principles
Course Requirements and Grades	Students should: a. not incur more than 3 absences for the whole semester. b. wear the prescribed PE uniform during PE classes. c. complete the given task on time. d. complied with the performance tasks periodically for assessment of skills.

Weekly Schedule		
Week	Main Topics	Keywords
1	Nature and Development of Table Tennis	nature, development table tennis
2	Developmental Activities in Table Tennis	Activities in Table tennis
3	Basic Skills and Strokes in Table Tennis	Table tennis strokes
4	Serving the Ball	Ball service
5	Simplified Rules of the Game	Rules of the games
6	Class Competition Guide	Competition
7	Nature and Development of Arnis	Arnis
8	Baston grip, Salutation and Stances	Grip, salutation, stances
9	The 10 Striking Techniques	Striking techniques
10	The Blocking Techniques	Blocking techniques
11	Striking and Blocking Techniques	Combined skills
12	Creative Anyo	Anyo
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