

A Proposed Project to Activate the Involvement of Table Tennis for Everyone (for all) in Jordan

Ismat El Kurdi,
Jordan Table Tennis Association, PO Box 1104, Amman, Jordan

Introduction

It is well known that the technological development in respect to various kind of equipment and facilities affect positively the sport performance for elite athletes and negatively the health and physical fitness status for the majority of people. This advanced technology makes life easier and creates problems regarding leisure time. However, studies in recreation found that table tennis as a game increases the level of physical and health fitness by virtue of enjoyment and satisfaction it is evident that people feel better after practicing any activity, because the brain secretes a tranquilizer-like substance after about ten minutes of continuous exercise.

Thus, people may depend on practicing table tennis as part of their recreation programme.

In Jordan, table tennis is practiced by different people especially those who are competing under the JTT Federation, schools, colleges and universities. The number of participants are not great due to the lack of evaluation criterion and self motivation and other reasons. In fact the participants may increase if certain programmes become available and a recreation value is understood.

This was the case when the Crown Prince Award in Jordan enhanced a philosophy based on encouraging young people to improve their own standards, to share the excitement and satisfaction of achievement, and above all, to enjoy their efforts. In another way, the programme is not competitive, with each individual seeking to improve their own standards in which the participants goal can be to achieve one of three levels, Bronze, Silver and Gold.

The author also has the opportunity to develop an evaluation criterion for table tennis.

One on the recreational activity programme in the CPA. The information below derived from a scientific research project which was carried out on the elite table tennis players in Jordan.

Although the proposed project was made for youth from 10 to 25 years of age, it is flexible to incorporate a wider range of age group.

Purpose

The purpose of this project was to establish a methodology to evaluate table tennis fundamental skills based on three levels, the beginners, intermediate, and advanced, as this would:

- 1) To increase the number of participants to practice table tennis as a recreation sport.
- 2) To discover the talent of players in order to become part of the national team in Jordan, and play table tennis competitively.

Table 1 Primary Skills

Primary skill	Beginners	Intermediate	B: Backhand F: Forehand
			Advanced
A) Grip	Shake hand	Shake hand	Shake hand
B) Stance	Square stance	Side stance	F & B stance
C) Basic strokes	B push F push	B drive F drive with & without spin	B drive F drive Fast & with & without spin
D) Drive	F drive B drive	F drive B drive	F drive B drive with spin
E) Defensive strokes	B spin(chop) F spin(chop) Close to table	B spin F spin Middle distance	F loop B loop away from table
F) Offensive strokes	Slow F loop Slow B loop	Slow F loop Slow B loop	Fast F loop F smash
G) Serve strokes	Various kind of serve without spin	Various kind of with and without spin	Various kind serve with

Table 2 Method of evaluation

A. Grip	Counting the number of ball rebounds on both sides of the bat for (30) seconds, (only the correct ones) (18-22) for beginners, (23-26) for Intermediate, and (27-30) for advance.
B. Basic drive	Measurement test of the ability of control, performing all different basic drives, each can be played for (30) seconds to hit a target on the table, then count the number of the correct drives which hit a target on the table, (18-22) for beginners, (23-26) for Inter, and (27-30) for advance.
C. Serve	The participant should serve a certain number of serves to various places on the table in which the ball must pass over the net and under an already fixed rope above the net. Each participant should serve at least 5 times using both sides of the bat. The test will count the serve that hits the target.
D. Offensive	Measurement of the ability of control in offensive strokes and defensive. The tester performs the offensive stroke on both sides of the bat until it reaches the shaded area from the opposite side of the table. Count the (30) seconds. (18-22) for beginners, (23-26) for Inter and (27-30) for advance.

A Proposed Project to Activate the Envolvement

Table 3 Method of evaluation of Physical Fitness elements.

A) Muscular Power	This can be evaluated by performing Vertical Jump (optimum) Height +30 cm for Beginners, +35 cm for Intermediate, and +40 cm for Advanced.
B) Co-ordination	This can be examined by performing exercises which form a circle, optimum +3 Circle in 10 seconds for Beginners, 9 seconds for Intermediate, and 8 seconds for Advanced.
C) Agility	This can be evaluated by sprinting (two ways) optimum 15 m in 10 seconds for Beginners, 9 seconds for Intermediate, and 8 seconds for Advanced.
D) Muscular Endurance	This can be evaluated by – push up – exercises optimum 10 times in 15 seconds for Beginners, 12 times in 20 seconds for Intermediate, and 15 times in 25 seconds for Advanced.
E) Cardiovascular Endurance	This can be evaluated by Running, optimum 400 m in 2 min. for Beginners, 1.45 min. for Intermediate, and 1.30 min. for Advanced.

Table 4 Point system

The elements	Beginners	Intermediate	Advance
A) The Basic skills	10	15	20
B) Physical fitness	5	6	8
C) The back ground of table tennis knowledge	3	5	6
D) Attendance and practice	8	10	12
	26	36	46

- 3) To improve the learning mechanism of table tennis.

Content of Project

This project consists of two major aspects related to table tennis performance.

The primary skills of table tennis, and the method of evaluation, Table 1 and 2 (Gardon, S. 1, Simpson, P. 2), and the parameters of physical fitness related to table tennis players, and its evaluation, Table 3 (Hassnian, M.S. 3).

The primary skills and physical fitness parameters selected in this project were read and approved by experts in physical education and coaching.

Analytical Procedures

The author adopted the criteria used in the Crown Prince Award and developed it as the method called the "point system" to evaluate both, the skills, and the physical fitness elements (Tabl 4).

The point system includes other factors to be evaluated such as knowledge, back ground of the participant, his attendance and the number of practices.

Each participant meeting the minimum number of the proposed point system for each level should move to the next level and get the prize. Participants should practice for six months before the next evaluation. If the participant could not maintain his level he could start from the beginning so he/she can maintain the enthusiasm for improving his/her ability. Then he/she will have one more year for transferring his/her level to the next level.

Recommendations

1. It is recommended that coaches, teachers, and interested people involved in this project should assist them in guiding their talents.
2. It is recommended that table tennis may be considered as a recreation activity for every one (for all) young and old, and irrespective of gender..