

<b>Subject</b>	<b>Individual sports (Table Tennis-Fitness)</b>		
<b>Type</b>	Type	Semester	ECTS
	MANDATORY (M)	II	3
<b>Lecturer</b>	Dr.Sc..Blerta Abazi		
<b>Goals and objectives</b>	<p>The aim of the course is to enable students to develop an understanding of the basic concepts of table tennis and fitness  Introducing students to table tennis and Fitness.  To enable students to demonstrate the exercises correctly.  To enable students to be able to transmit the acquired knowledge and skills to others, respectively to learn the methodology of learning table tennis and fitness exercises.</p>		
<b>Learning outcomes</b>	<p>After completing this course (subject), the student will:</p> <ul style="list-style-type: none"> <li>✓ Perform basic exercises independently;</li> <li>✓ Demonstrate the technical and tactical elements of table tennis</li> <li>✓ To know how to pass on the acquired knowledge and skills to others.</li> <li>✓ To know how to organize individual and team table tennis competitions.</li> <li>✓ Recognize the impact of certain exercises on the locomotor system</li> <li>✓ Know the techniques of performing fitness exercises;</li> </ul>		
<b>Content</b>	<b>Java</b>	<b>Topics</b>	
	1	<b>Syllabus Presentation</b>	
	2	History of table tennis	
	3	Basic posture: Ballless and ball movements	
	4	Hit drive	
	5	Pimple stroke	
	6	Service	
	7	Rules of the game of table tennis	
	8	<b>Mid-exam – 1</b>	
	9	Fitness as a sport and its forms	
	10	Exercises with body load-without tools and props	
	11	Exercises with external loads	
	12	Cardio fitness, types of programs, props and equipment	
	13	Exercise program for strength development	
	14	Exercise program and extension and flexibility	
15	<b>Mid-exam – 2</b>		
<b>Teaching/learning methods</b>	Activity	Weight (%)	
	Lectures	30%	
	Laboratory	30%	
	Research	20%	
	Independent and group learning	20%	
<b>Methods of Evaluation</b>	<b>Methods of evaluation:</b>	%	
	Participation	10%	
	a) Medium-term exam-1	30%	
	b) Medium term exam - 2	30%	
	Project and seminars	300%	
<b>Sources</b>	<b>Sources</b>	<b>Number</b>	
	Lectures	1	
	Presentations	1	
	Web of Science	1	
	PubMed	1	
	Scopus	1	
<b>ECTS Workload</b>	<b>Activity</b>	<b>Weekly hours</b>	<b>Workload</b>
	Lectures	1	12
	Lab	1	12
	Course project	n/a	16
	Individual and group work	n/a	35

<b>Literature</b>	<ul style="list-style-type: none"> <li>○ Bahtiri, A.: Të mësojmë të luajmë pingpong, “KUES Eurosporti”, Prishtinë, 2006..</li> <li>○ Seemiller, A: Si të luajmë pingpong (përkthim), “KUES Eurosporti”, Prishtinë, 2007</li> <li>○ Concepts of fitness and wellness: a comprehensive lifestyle approach, 2016, USA</li> <li>○ Core Fitnes, Paul Collin, 2010,UK</li> <li>○ Strenght training anatomy. Human kinetics III, Delavier F. 2009</li> </ul>
<b>Ethical standards</b>	<p>This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.</p>
<b>Contact</b>	<p>Blerta.abazi@<a href="mailto:blerta.abazi@ubt-uni.net">ubt-uni.net</a></p>