Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess Topic Name - Skill and Prowess Topic No. - Part - III (A) 4

Paper No. - A Lecture No. - 7

Lecture Title

Table Tennis- 1 FAO's

Question 1. What is table tennis?

Answer 1. Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using a small bat. The game takes place on a hard table divided by a net.

Question 2. What are the dimensions of the table of table tennis

Answer 2. The table is 2.74 m (9.0 ft) long, 1.525 m (5.0 ft) wide, and 76 cm (2.5 ft) high with any continuous material so long as the table yields a uniform bounce of about 23 cm (9.1 in) when a standard ball is dropped onto it from a height of 30 cm (11.8 in), or about 77%.

Ouestion 3. What material is used for table tennis racket?

Answer 3. Laminated wooden racket covered with rubber on one or two sides depending on the grip of the player.

Question 4. Which type of material is used for table tennis ball?

Answer 4. The Table Tennis ball is made of celluloid plastic, colored white or orange, with a matte finish. The choice of ball color is made according to the table color and its surroundings

Question 5. What is the speed of spin and speed in different surface of table tennis?

Answer 5. Various types of surfaces provide various levels of spin or speed, and in some cases they nullify spin. For example, a player may have a rubber that provides much spin on one side of their racket, and one that provides no spin on the other. By flipping the racket in play, different types of returns are possible.