PHYED 77.3 Course Outline as of Fall 2009

CATALOG INFORMATION

Dept and Nbr: PHYED 77.3 Title: BADMINTON - ADV.

Full Title: Advanced Badminton

Last Reviewed: 1/9/2024

Units		Course Hours per Week	k N	Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	12	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00 Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 34.3

Catalog Description:

Conclusion of the study of badminton at the advanced level including advanced badminton activities, with emphasis on refinement and strategic use of skills through competitive play.

Prerequisites/Corequisites:

Recommended Preparation:

Course Completion of KINDV 2.2 (or PHYED 77.2 or PE 34.2 or PE 159.2)

Limits on Enrollment:

Schedule of Classes Information:

Description: Conclusion of the study of badminton at the advanced level including advanced badminton activities, with emphasis on refinement and strategic use of skills through competitive play. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINDV 2.2 (or PHYED 77.2 or PE 34.2 or PE 159.2)

Limits on Enrollment: Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: Area Effective: Inactive: CSU GE: Transfer Area Effective: Inactive:

IGETC: Transfer Area Effective: Inactive:

CSU Transfer: Transferable Effective: Fall 1981 Inactive:

UC Transfer: Transferable Effective: Fall 1981 Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, the student will be able to:

- 1. Prepare the body for the sport of badminton through the use of stretching techniques, agility drills, and core development.
- 2. Analyze each fundamental stroke of badminton: clear, smash, and drop.
- 3. Execute game strategies used in both singles and doubles play.
- 4. Perform basic through advanced skills for singles and doubles play.
- 5. Demonstrate techniques used for various types of shots and returns.
- 6. Practice the rules and etiquette of the sport of badminton.

Topics and Scope:

- I. Review of rules and etiquette for the sport of badminton
 - A. Singles
 - B. Doubles
 - C. Tournament play
- II. Badminton skills
 - A. Strokes
 - B. Footwork
 - C. Strategy
- III. Advanced skills and strategies
 - A. Around the head strokes
 - B. Smash/Drive shots
 - C. Drop shots and net strokes
 - D. Defensive footwork
 - E. Side by side and up-back combinations for doubles play
- IV. Tournament play competition
 - A. Men's, women's and coed singles tournament
 - B. Men's, women's and coed doubles tournament
 - C. Rules
 - D. Etiquette

- V. Fitness for badminton
 - A. Stretching and preparing muscle groups used in the sport of badminton
 - B. Strength developing exercises such as:
 - 1. Push-ups
 - 2. Squats
 - 3. Lunges
 - 4. Abdominal exercises
 - C. Conditioning
 - 1. Aerobic (e.g. jogging)
 - 2. Anaerobic (e.g. springs, lines)

Assignment:

Outside of class for average of one hour per week per unit:

- 1. Practice stretching and conditioning exercises and drills taught during the scheduled class time
- 2. Attendance at local high school matches
- 3. Reaction paper in response to high school matches

In class assignments:

- 1. Class competitions (singles and doubles)
- 2. Class performances and Performance Exams: Assessment of techniques taught throughout the semester
- 3. Study video tape and analyze technique
- 4. One quiz and final exam

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Reaction paper

Writing 5 - 11%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams, Singles & Doubles matches, tournament comp.

Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items

Exams 10 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category 40 - 60%

Representative Textbooks and Materials: Instructor prepared materials