

**ATHL 56 Course Outline as of Fall 2010****CATALOG INFORMATION**

Dept and Nbr: ATHL 56 Title: WOMEN'S VAR BADMINTON

Full Title: Women's Varsity Badminton

Last Reviewed: 3/24/2003

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17.5	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

**Catalog Description:**

Practice for and participation in intercollegiate Badminton competition, emphasizing skills, fundamentals and strategies.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Practice for and participation in intercollegiate competition; emphasizing skills, fundamentals and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon the completion of this course, the student will:

1. Develop advanced level skills and fundamentals for competition.
2. Implement the appropriate playing strategy needed to defeat an opponent in a competitive singles and doubles match.
3. Develop conditioning and skills necessary for competition.
4. Analyze principles and theories of the mental aspects of being a competitive player.

### **Topics and Scope:**

- I. Pre-season Practice Routine
  - A. Physical conditioning
  - B. Evaluation of basic fundamentals-strokes, footwork, serves, etc.
  - C. Evaluation of basic playing strategies for singles and doubles
  - D. Evaluate personal nutrition-related to performance
  - E. Review basic rules of Badminton
  - F. Review of individual responsibilities as a team member
  - G. Playing strategy review and practice
  - H. Individual fundamentals review
  - I. Analyze mental aspects of competitive play
  - J. Pre-season tournament play
- II. Conference Competition
  - A. Analyzing competition
  - B. Practice and review playing strategies
- III. Post-conference competition
  - A. Conference Tournament-qualifying individual players for Community College State tournament in singles and doubles
  - B. Individual and team evaluation

### **Assignment:**

1. Practicing serves for accuracy
2. Conditioning through running and strengthening exercises
3. Scrimmaging against team members for strategy practice
4. Practicing positioning, return accuracy and footwork
5. Class discussions on value of proper nutrition for energy management during matches

**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.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

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

None

Problem solving  
20 - 30%

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

Contests Participation

Skill Demonstrations  
40 - 50%

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

A test on the rules of Badminton will be conducted

Exams  
5 - 10%

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

Attendance

Other Category  
20 - 35%

**Representative Textbooks and Materials:**

NCAA Badminton Rule Book