PHYED 77.1 Course Outline as of Fall 2009

CATALOG INFORMATION

Dept and Nbr: PHYED 77.1 Title: BADMINTON - BEG. Full Title: Beginning Badminton Last Reviewed: 1/9/2024

Units		Course Hours per Week	ľ	Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	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 34.1	

Catalog Description:

Introduction to badminton with emphasis on fundamental skills, strategies, and court etiquette.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Introduction to badminton with emphasis on fundamental skills, strategies, and court etiquette. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment: Transfer Credit: CSU;UC. Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	L		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area	l		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, students will be able to:

- 1. Analyze the fundamental strokes and game strategy used in the sport of badminton.
- 2. Perform the basic skills for singles and doubles play.
- 3. Demonstrate knowledge of rules and scoring for singles and doubles play.
- 4. Exercise proper court etiquette for the sport of badminton.
- 5. Prepare specific muscle groups used in badminton through agility drills and stretching techniques.

Topics and Scope:

- I. Strokes
 - A. Serves
 - 1. Singles
 - 2. Doubles
 - B. Clears
 - 1. Underhand
 - 2. Forehand
 - 3. Backhand
 - 4. Overhead
- II. Strategy
 - A. Offensive singles
 - B. Offensive doubles
 - C. Defensive singles
 - D. Defensive doubles

III. Rules

- A. Court dimensions
 - 1. Singles
 - 2. Doubles
- B. Scoring
 - 1. Singles

- 2. Doubles
- IV. Etiquette
 - A. Courtesies
 - 1. Drills and practice
 - 2. Match play
 - B. Do's and don't's
- V. Footwork
 - A. Agility
 - 1. Forward
 - 2. Back (turn and run)
 - 3. Lateral (crossover)
 - B. Stance and alignment
 - 1. Server
 - a. Singles
 - b. Doubles
 - 2. Returner
 - a. Singles
 - b. Doubles
- VI. Fitness for badminton
 - A. Stretching muscle groups related to the activity of badminton
 - B. Strength exercises such as:
 - 1. Push-ups
 - 2. Squats
 - 3. Lunges
 - 4. Abdominal exercises
 - C. Conditioning
 - 1. Aerobic (e.g. jogging)
 - 2. Anaerobic (e.g. sprints, lateral line drills, bursts)

Assignment:

Outside of class for one hour per week per unit: Practice stretching and conditioning exercises and drills taught during the scheduled class time. In class assignments:

- 1. Class competitions (singles and doubles)
- 2. Class performances and Performance Exams: Assessment of techniques taught throughout the semester.
- 3. 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.

None, This is a degree applicable course but assessment tools based on writing are not included because 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

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

Class performances, Performance exams, Singles and doubles matches

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

Multiple choice, True/false

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

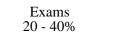
Attendance and participation, etiquette

Representative Textbooks and Materials:

Instructor prepared materials

Problem solving
0 - 0%

Skill Demonstrations
20 - 40%



Other Category 40 - 60%