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		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