This course is designed for men and women who are interested in instruction and practice in the fundamental skills to successful performance in badminton. UC credit limitations. See counselor.
1. synthesize the necessary skills for a group of individuals to train together to achieve a common goal.
2. interpret advanced offensive and defensive strategies and evaluate which strategies apply to individual situations where an opponent is counter-attacking with advanced strategies.
3. demonstrate an ability to apply an understanding of the rules of badminton in a game environment.
4. assemble individual skills and apply them in conjunction with those of their teammates in a constantly changing competitive situation.
5. apply the necessary techniques needed to develop proficiency in the fundamental skills of badminton.

COURSE OBJECTIVES:
1. Demonstrate correct kinesiological principles relevant to efficient movement on badminton court.
2. Practice correct kinesiological principles as they relate to specific skills taught.
3. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.
4. Develop a self analysis of his/her own skills based on principles taught during class.
5. Demonstrate knowledge of strategy and rules relevant to a positive human movement experience for this physical education course.
6. Appraise the physical, mental, and psychological benefits of participation.

COURSE CONTENT:

LECTURE CONTENT:

LABORATORY CONTENT:

A. Kinesiological principles
1. Point of contact, as it relates to angle of shot
2. Affect of gravity
3. Speed of shuttle as it relates to length of lever
4. Mechanical principles as they relate to execution of specific skills
5. Use of flexion, extension, hyperextension and rotation to enhance power and accuracy

B. Kinesiological principles will be related in the following skills:
1. Forehand grip
2. Clear
3. Drive
4. Net drop
5. Doubles serve
6. Singles serve
7. Smash
8. Block
9. Backhand grip

C. Strategies appropriate to badminton
1. Singles
2. Doubles
3. Doubles system of play
   a. side-by-side
   b. Up-and-back
   c. rotation/combination

D. Knowledges
1. Rules and scoring
2. Singles and doubles strategy and tactics
3. Etiquette, player and spectator
4. Mechanical and kinesiological principles of skill execution as they relate to each student's performance
5. Terminology
6. Safety precautions

E. Psychological benefits of human movement in a social environment
   1. Improved verbal and written communication
   2. Improved self confidence because of positive reinforcement from classmates and professor for well
      executed course specific skills

F. Physiological benefits that are inherent in participation in badminton are improved cardiovascular
   fitness, strength, agility, and flexibility.

METHODS OF INSTRUCTION:

   A. Lab:
   B. Direct Study/IS:
   C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments

1. The following are assignments where the learner will:
   A. Analyze another student's movements that are based on the kinesiological principles relating to
      specific skills taught.
   B. Develop a self analysis of his/her own skills based on principles taught during class.
   C. Be involved in a work group environment in preparation for the final exam.

2. The following are skill demonstration requirements:
   A. Skills tests at mid-term and final.
   B. Self analysis of his/her own skills based on principles taught during class.

Out-of-class Assignments

The following are required homework assignments where the learner will:
A. Write an analysis of another student's skill based on kinesiological principles of movement.
B. Develop a self analysis of his/her own skills based on principles taught during class.
C. Be involved in a work group environment in preparation for the final exam.

Writing Assignments

1. Analyze another student's movements that are based on the kinesiological principles relating to
   specific skills taught.
2. Develop a self analysis of his/her own skills based on principles taught during class.
3. Apply kinesiological and mechanical principles during "on court play".
4. Apply kinesiological and mechanical principles of movement when answering questions on the
   final exam.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Written Assignments
Essay Examinations
Objective Examinations
Report
Projects (ind/group)
Problem Solving Exercises
Skills Demonstration

Demonstration of Critical Thinking:
Required Writing, Problem Solving, Skills Demonstration:

1. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.
2. Develop a self analysis of his/her own skills based on principles taught during class.
3. Apply kinesiological and mechanical principles during "on court play".
4. Apply kinesiological and mechanical principles of movement when answering questions on the final exam.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Court shoes, appropriate attire for efficient movement

LIBRARY:

Adequate library resources include:
Comments:

Attachments:

Attached Files