

PE - 133abc - Off-season Training for Women's Intercollegiate Badminton Team

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 133abc

Descriptive Title:* Off-season Training for Women's Intercollegiate Badminton Team

Course Disciplines:*

Coaching

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

Catalog Description:*

This course provides instruction and practice in the advanced techniques of badminton. All students will engage in an off-season program emphasizing instruction, game tactics, skill development, strength training, and conditioning.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

High school varsity experience or equivalent skill

Enrollment

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: 03/20/2000

Transfer UC: Yes
 No

Effective Date: Fall 2001

General Education
ECC:

Area 5 - Health and Physical Education

Term: Fall 2000

Other:

CSU GE:

Area E - Lifelong Understanding and Self-Development

Term: Fall 2009

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Forehand Overhead Clear

Student will be able to develop and demonstrate the forehand overhead clear to both the backhand and forehead corners of the badminton

SLO #2 Forehand, Overhead Drop Shot

Students will develop and demonstrate the forehand, overhead drop shot from both deep corners of the badminton court.

SLO #3 Forehand Underhand Clear

Student will develop and demonstrate the underhand clear (forehand) from a drop shot to the net, returning the shot deep, to the back of their opponent's court.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

1. Demonstrate comprehension of game rules during badminton practice and competition.
2. Analyze individual and team tactics of an opponent and evaluate appropriate strategies to counter tactical strengths and weaknesses.
3. Evaluate the effectiveness of theories related to the server's position on the outcome of the serve in singles and doubles competition.
4. Demonstrate improvement in badminton skills, tactics and enforcement of rules in both, singles and doubles competition.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:

- I. Overhead Stroke Practice (7 hours, lab)**
 - A. Clear
 - B. Drop-shot
 - C. Smash
- II. Backhand Stroke Practice (7 hours, lab)**
 - A. Clear
 - B. Drop-shot
 - C. Smash
- III. Service Practice (7 hours, lab)**
 - A. High serve
 - B. Low serve
 - C. Flick serve
- IV. Net Play (7 hours, lab)**
 - A. Drop-shot
 - B. Cut-drop shot
 - C. Cross count drop shot
- V. Singles and Doubles Strategy (4 hours, lab)**
 - A. Attacking
 - B. Defending
- VI. Drives (6 hours, lab)**
 - A. Forehand
 - B. Backhand
 - C. Introduce tournament competition
- VII. Tournament Competition (8 hours, lab)**
 - A. Singles
 - B. Doubles
- VIII. Conditioning (8 hours, lab)**
 - A. Strength training
 - B. Cardiovascular training

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate the major difference in the arm and wrist motion between the three different overhead, forehand drop shots:
 A. Straight drop shot
 B. Deep clear
 C. Attacking smash

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Explain strategies of defensive formations against an attacking offense in doubles.

Critical Thinking Assignment 2: After reviewing and analyzing serving mechanics of the high deep service and flick service, identify faults and provide any corrective action.

D. Other Typical Assessment and Evaluation Methods

Other Evaluation Methods:

If Other:

XII. Instructional Methods

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

Instructional Methods:

If other: Video analysis of each athlete's skill performance during training and competition
 Structural drills that encourage skill performance through repetition and self-analysis
 Video demonstrations of skills performed by elite athletes

XIII. Work Outside of Class

Work Outside of Class

If Other: Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a

“discipline standard”.)

Up-To-Date Representative Textbooks: Laws of Badminton, United States Badminton Association, 2019.

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings: Handouts on Techniques, i.e., strokes, serves, returns, positioning, laws

D. Other Required Materials

Other Required Materials: Badminton racquets
Shuttles

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite: High school varsity experience or equivalent skill

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules, regulations, tactics, techniques, and conditioning for the sport of badminton.

Understanding of the rules, regulations, tactics, techniques, and conditioning for the sport of badminton.

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

STEP 2: Click  Save All Changes.

STEP 3: Launch proposal by clicking  in the top left corner of this page.

STEP 4: Click on the  at the top of the Proposal Toolbox to submit proposal for review.

STEP 5: When the "Your Decision" box appears, click Approve and "Make My Decision" to move the proposal forward in the process.

Course Created by: John Britton

Date: 01/05/2000

Board Approval Date: 03/20/2000

Last Board Approval Date:

Last Reviewed and/or John Britton
Revised by:

Date: 03/21/2019