

Las Positas College
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Course Outline for KIN 39B

IN SEASON INTERCOLLEGIATE WOMEN'S BADMINTON

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 39B — IN SEASON INTERCOLLEGIATE WOMEN'S BADMINTON — 1.00 - 3.00 units

This course is for intercollegiate women's badminton competition conducted through the CCCAA. Daily practice will take place to prepare for badminton competition at the collegiate level. Students must meet California Community College eligibility requirements as established by the California Commission on Athletics.

1.00 - 3.00 Units Lab

Strongly Recommended

KIN 39A - Pre-Season Intercollegiate Women's Badminton

Grading Methods:

Letter Grade

Discipline:

- Kinesiology

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	162.00
Total Hours:	54.00	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KIN39A

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. 1. Perform basic and advanced skills techniques related to singles and doubles competition. 2. Implement rules and strategies in game situations. 3. Execute offensive and defensive strategies in game situations.

V. CONTENT:

A. Orientation

1. History of Badminton
2. Equipment and care

B. Instruction in basic badminton strokes

1. Short serve
2. Long serve
3. Overhead clears
4. Smash
5. Overhead
6. Net drops
7. Underhand clear
8. Round the head clear
9. Return of service

C. Playing the Game of Badminton

1. Rules governing the game
2. Basic strategy games of singles and doubles
- D. Tournaments
1. Singles
2. Doubles

VI. METHODS OF INSTRUCTION:

- A. **Lab** - This course will require various skills sets students will learn through active participation. Demonstrations, visualizations and instructor feedback will be used throughout the semester to ensure student comprehension. Small group discussions, peer review, and mini-lectures that are skill specific.

VII. TYPICAL ASSIGNMENTS:

1. After watching a practice film, write a plan of improvement for basic strokes and serves.
2. Create an assessment rubric for game-competitive situation.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Lab Activities

B. **Frequency**

Students will be evaluated throughout the semester.

IX. TYPICAL TEXTS:

1. Grice, Tony. *Badminton Steps to Success*. Second Edition ed., Human Kinetics, 2008.
2. Golds, Mark, and Martin Andrew. *High Performance Badminton*. First Edition ed., Crowood Press, 2016.
3. International Badminton Federation "Rules of Badminton"

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Badminton Shoes Badminton Racquet Badminton Shuttlecocks