

Las Positas College
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Course Outline for KIN 39C

OFF SEASON INTERCOLLEGIATE WOMEN'S BADMINTON

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 39C — OFF SEASON INTERCOLLEGIATE WOMEN'S BADMINTON — 1.00 units

An introduction to the discipline of physical education through the sport of badminton. Emphasis is on developing the mental, physical, and tactical aspects of badminton play necessary to compete at the tournament and competitive level. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Basic physiology, nutrition, flexibility, strength and endurance techniques relative to badminton will be discussed.

1.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Kinesiology

| | <u>MIN</u> |
|---------------------|------------|
| Lab Hours: | 54.00 |
| Total Hours: | 54.00 |

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. 1. Demonstrate improvement of physical strength, endurance, agility and speed. 2. Independently analyze the values of various workouts. Formulate and assess solutions to attaining physical abilities which enable them to compete in intercollegiate badminton.

V. CONTENT:

I. FLEXIBILITY EXERCISES

- A. Active Range of motion
- B. Passive Range of Motion

II. WEIGHT TRAINING

- 1. Free Weights
- 2. Machine Weights

III. AEROBIC ACTIVITIES

IV. ANAEROBIC ACTIVITIES

V. CONDITIONING DRILLS

- 1. Stationary Bicycles
- 2. Treadmills

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

You will present and demonstrate proper serving techniques for a practice and game setting. You will describe each serving technique as well as provide a demonstration to the class. You will create a workout utilizing the FIIT (Frequency,

Intensity, Time, Type) principle. A pre-test and a series of follow-up tests will be conducted in which you will modify your workout through the semester. You will create a daily workout log which will be submitted a week before the class ends.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Work
3. Lab Activities

B. **Frequency**

Students will be evaluated throughout the semester.

IX. TYPICAL TEXTS:

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

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Badminton Equipment: 1. Racquet 2. Sneakers 3. Apparel