

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 39A

PRE-SEASON INTERCOLLEGIATE WOMEN'S BADMINTON

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN 39A — PRE-SEASON INTERCOLLEGIATE WOMEN'S BADMINTON — 1.00 units

Preseason preparation for intercollegiate competition in the sport of women's badminton.

1.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	MIN
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:

- Demonstrate the fundamental skills of attacking play including drop shots, drives and smashes.
- Demonstrate the fundamental skill of serving.
- Understand and demonstrate basic offensive and defensive principles in singles and doubles play.
- Demonstrate improvement in physical conditioning.

V. CONTENT:

- Skill Instruction of Attacking Play
 - Drop Shot
 - Drive
 - Smash
- Skill of Serving
 - Backhand
 - Drive Serve
- Tactics
 - Offensive Principles
 - Defensive Principles
- Conditioning
 - Aerobic
 - Anaerobic
 - Strength
 - Power

VI. METHODS OF INSTRUCTION:

- Lab** - This course will require students to observe and develop various skills set through active participation.

VII. TYPICAL ASSIGNMENTS:

- Students will have pre, mid and post physical fitness testing during the semester
- Students will demonstrate the basic skills in drop shots, drives and smashes.
- Students will demonstrate the basic skills of serving.

VIII. EVALUATION:

Methods/Frequency

- Class Participation
Daily through participation

IX. TYPICAL TEXTS:

- Golds, Mark, and Andrew Martin. *High Performance Badminton*. First ed., Crowood Press, 2016.
- Harms, Nolan, and David Potach. *NSCA's Certified Strength and Conditioning Specialist*. 4 ed., Human Kinetics, 2017.

3. International Badminton Federation "Rules of Badminton"

X. OTHER MATERIALS REQUIRED OF STUDENTS: