

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer course X A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 110 Beginning Badminton

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Designed for recreational and competitive skill levels: beginning and advanced beginner. A development of mental and physical skills such as: interpreting rules and regulations, tactics and strategies, sport etiquette and sport specific motor skills.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. analyze and explain badminton terms.
2. evaluate his/her mental and physical motor skills specific to a task.
3. demonstrate proper body mechanics and techniques.
4. analyze and develop a personal game plan.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Forehand, backhand and serving grips
2. Basic strokes:
 - a. serve
 - b. service return
 - c. forehand and backhand drive
 - d. overhead clear forehand and backhand drive
 - e. dropshots
3. Advanced strokes:
 - a. backhand serve
 - b. smashes
 - c. attacking shots
4. Singles and doubles movement patterns
5. Court and net dimensions

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING:

Grice, Tony. Badminton Steps to Success. Champaign: Human Kinetics Publishers, Inc., 1996.

REQUIRED WRITING:

1. Diagram a badminton court and net with dimensions.
2. Write out a (two-page) specific tactical and strategic game plan.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read, and study handouts, lecture notes, and text. Prepare written assignments, practice skills, and study for exams. Observe badminton match at another facility.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 60% participation
10% Written Assignments
30% Exams

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit:
4.

If yes, identify specific provision of Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON:

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SIGNATURES: