

# Bemidji State University

## PHED 1490: Skills for Life: Badminton

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of badminton. Students will demonstrate a knowledge of badminton history, scoring, and rules and regulations in singles and doubles play. Racket grips, strokes, footwork and tactics will be discussed and practiced. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction and Court Walk through, Setting up nets
2. Review of Singles and Doubles Courts, Stance Grip (Forehand and Backhand) Scoring
3. Beginning Serving - Underhand & Rules (king of the court)
4. Serves and Underhand Drop Shot
5. Overhead Drop Shot
6. Overhead Strokes Singles round robin)
7. Clears
8. Smash shot
9. Drive shot
10. Doubles Strategies and Round Robin
11. Seeding games
12. Doubles Tourney
13. Mixed Doubles

#### **D. LEARNING OUTCOMES (General)**

1. have the ability to explain and demonstrate the four fundamental shots in badminton as well as have the ability to explain the rules and scoring of badminton
2. analyze their own current physical activity behavior and compare it to a national standard such as the 2008 National Physical Activity Guidelines
3. demonstrate the ability to express their thinking in writing with a one-two page paper in which they compare their current level of physical activity to 2008 National Physical Activity Guidelines for Adults.
4. examine the importance of, i.e how they value regular physical activity in their lifestyle.
5. develop skills that lead to wellness.
6. have the ability to define and explain the various terminology of badminton. The understanding of singles and doubles strategies will be monitored through direct observation of student participation.
7. demonstrate an ability to physically perform the skills required for participation in the sport of badminton. Evaluation will be in the forms of skills test, a rules exam, and a final exam.
8. orally demonstrate the rules of badminton.
9. demonstrate the ability to analyze badminton skills and offer suggestions for improving (problem solve) skill in a beginner.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted