

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS**

**PA 1310  
Physical Activity Course  
Level I (BADMINTON)**

**Course Outline Fall 2008**

**I. General Information**

**Instructor:** Harry Stevens  
**Office:** K 219  
**Phone:** 780 539-2974  
**Class Time:** September 4 to Dec 4; T, R, 16:00- 17:20

**Credit:** 1.5 Credits  
Equivalent to PAC 131 (1.5 credits)--U of A.  
Jr. PEAT (1.5 credits)-- U of C.  
PHAC 2635 (1.5 credits)-- U of L.

**II. Course Objectives**

1. To develop the basic psychomotor skills of the game of badminton.
2. To introduce students to a number of theoretical aspects including the common concepts of the sport of badminton.
3. To promote participation and development of a positive attitude toward the life long sport of badminton.
4. To create a safe/fun learning environment.

**III. Resources**

OptionalText: Grice, Tony; Badminton, Steps to Success, Windsor, Ontario; 1996

#### **IV. Class Format**

The mark breakdown for the course will be as follows:

Learning Behavior/Quiz	10%
Assignment(s)	10%
Final Exam	20%
Basic skills assessment and game play	<u>60%</u>
	100%

**Assignments:** Details on assignments will be made available by the second week of classes.

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**Attendance** at lectures and class participation are important components of courses. Students serve their interests best by regular attendance. Those who choose not to attend must assume whatever risks are involved. Students who miss class due to medical reasons **MUST** present medical verification to their instructor. Last day to withdraw with permission from this course is November 6, 2008.

#### **V. Course Evaluation**

Alpha Grade of A+ and A equates to 4.0 equivalence, this is the highest level of achievement and therefore classifies as **excellent**.

1. In terms of **badminton ability** this would require the student to be able to demonstrate the following strokes, in testing situations, in game play, and in practice. These items are valued at 10% each, for a total of 60 %.

serve (long)  
 serve (short)  
 forehand clear  
 smash  
 drop shot  
 game playing ability

All of these strokes should be executed with consistency regardless of the pace or placement of the incoming shuttle.

2. In terms of **badminton knowledge**, the student should be able to show their understanding of the rules, history, strategies, skill progression, warm up activities, lead up games, common concepts and learning strategies of badminton. This will be measured in 3 ways, a short quiz, a written final exam, and assignments. Each of these should receive a grade of A+ or A to support a high degree of understanding of these components of the game of badminton. (30%)
3. Finally the student seeking the excellent rating should be able to illustrate **good learning behavior**, by being appropriately dressed, punctual, good attendance, considerate towards others, having a good work ethic, and helping to create a good learning environment. This will be determined from the student attendance records, and in-class observation of each student. (10%)

The three elements of evaluation are weighted to indicate the emphasis placed on each element. If the weighting's create an unreasonable chance of success then the student, through consultation with the instructor, can change the percentages by adding elements like a second assignment like a video analysis, a research paper, or a practical teaching session. The 10 - 20 % of marks reallocated will hopefully realign the weighting's to the student's benefit. Students seeking this kind of evaluation need the instructor's approval prior to Oct 10. **Practice** outside of class time is **highly recommended**. The test items will not be allowed retakes, including the assignments. **Please** ask if you are not clear as to what is expected of you in regards to how you will be evaluated in this class.

## **Badminton SCHEDULE 08**

<b>Sept 4</b>	<b>Introduction to the Sport of Badminton</b>
9	history, equipment, grip, and practice requirements, training
11	footwork
16	forehand, Long Serve, clears forehand, mini games clock format
18	Clears and Combination drills and Rules
23	Rules and Tournament and Quiz
25	Singles strategies and video assignment
30	Short serves and net shots
<b>Oct 2</b>	<b>Overhead Shots: forehand and backhand</b>
7	Review and Practice
9	Drop Shot
14	Smash
16	Mini singles tournament
21	Drive: flat and sidearm
23	Doubles strategies, video clips and assignment
28	Review and Practice
30	Doubles play
Nov 4	Testing
6	Tournament
11	Remembrance Day GPRC Closed
13	Testing
18	Tournament
20	Tournament
25	Tournament
27	Tournament
<b>Dec 2</b>	<b>Written test (classroom D308)</b>
4	Videos and presentations