Course Description/Purpose

Course content for physical education activities will include: selection of clothing, equipment, terminology, basic fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to learn badminton skills and the knowledge and understanding of concepts related to those skills. Students will benefit from today's emphasis on lifetime individual sport and recreational activities while receiving one hour elective credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree.

Major Units

- Basis for Physical Fitness
  Components of Physical Fitness

- Badminton Equipment and Clothing

- Fundamental Badminton Skills

- Rules of Play/Scoring/Etiquette

- Playing the Game
  Mental Aspect
  Offensive and Defensive Strategies
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive** Each student will be expected to *Identify/Recognize* . . .

- selection and care of equipment;
- specific terms and definitions related to badminton;
- rules of play related to badminton;
- strategies of badminton play.

**Performance** Each student will be expected to *Demonstrate/Practice* . . .

- prompt and regular attendance;
- safety rules at all times;
- timely completion of badminton skills;
- the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of badminton play.

**Attitudinal** Each student will be expected to *Believe/Feel/Think* . . .

- that through pre- and post-evaluation, the student's attitudes will be evaluated relating to all game aspects of badminton;
- realize the positive benefits exercise has on one's health;
- a positive attitude and high energy level are essential for success.