

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 125 – BADMINTON (1 CR.)

Course Description

Introduces skills, techniques, strategies, rules, and scoring. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop coordination, reaction time, and speed through participation in a singles or doubles sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Perform basic badminton strokes
- b) Explain scoring procedures, terminology and etiquette
- c) Play the game of badminton in singles and doubles

Major Topics to be Included

- a) Basic strokes, grips, serves, drop shots, smash, overheads, drives
- b) Scoring, rules and terminology
- c) Strategies in doubles and singles play