

A: Division: **Science & Technology** Date: September 2004

B: Department/
Program Area: **Sport Science** New Course Revision

If Revision, Section(s) Revised: **C, H, L, M, N, P, Q**

Date Last Revised: **November 23, 2000**

C: SPSC 1311 D: Performance Analysis: Tennis & Badminton E: 3

Subject & Course No.	Descriptive Title	Semester Credits												
<p>F: Calendar Description: This course will provide students with a knowledge of the theory and practice of tennis and badminton. Emphasis will be upon the student demonstrating both performance skills and strategies and understanding how to analyze the biomechanical, physiological, psychological, technical and tactical aspects of both sports.</p>														
<p>G: Allocation of Contact Hours to Types of Instruction/Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture</p> <p>Number of Contact Hours: (per week / semester for each descriptor)</p> <p>4</p> <p>Number of Weeks per Semester:</p> <p>15</p>	<p>H: Course Prerequisites:</p> <p>None</p> <p>I: Course Corequisites:</p> <p>None</p> <p>J: Course for which this Course is a Prerequisite:</p> <p>None</p> <p>K: Maximum Class Size:</p> <p>30</p>													
<p>L: PLEASE INDICATE:</p> <table border="1" data-bbox="194 1543 1518 1753"> <tr> <td><input type="checkbox"/></td> <td>Non-Credit</td> <td></td> <td></td> </tr> <tr> <td><input type="checkbox"/></td> <td>College Credit Non-Transfer</td> <td></td> <td></td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td>College Credit Transfer:</td> <td>Requested for UBC HKIN 115 <input checked="" type="checkbox"/></td> <td>Granted <input checked="" type="checkbox"/></td> </tr> </table> <p>SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>			<input type="checkbox"/>	Non-Credit			<input type="checkbox"/>	College Credit Non-Transfer			<input checked="" type="checkbox"/>	College Credit Transfer:	Requested for UBC HKIN 115 <input checked="" type="checkbox"/>	Granted <input checked="" type="checkbox"/>
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<p>Equivalent Courses:</p> <p>U.B.C. HKIN 115 & HKIN 210 U.VIC. PE 116 & 117 (0.5 Units each)</p>														

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M: Course Objectives/Learning Outcomes

On completion of this course, the student will be able to:

1. Demonstrate an understanding of the basic principles of physics and kinesiology that apply to badminton and tennis play
2. Demonstrate a practical knowledge of tennis skills
3. Demonstrate a practical knowledge of basic badminton strokes
4. Demonstrate effective movement in tennis and badminton
5. Demonstrate a theoretical and practical knowledge of warm-up and conditioning programs for tennis and badminton
6. Demonstrate a theoretical and practical knowledge of the rules, etiquette and terminology of tennis and badminton
7. Demonstrate a theoretical and practical knowledge of tennis and badminton strategy
8. Demonstrate a theoretical and practical knowledge of the ability to analyze the fundamental skills and strategies of tennis and badminton
9. Demonstrate appropriate pedagogical principles for effective instruction.

N: Course Content

1. Principles of Physics and Kinesiology in Tennis and Badminton

The student will:

- 1.1 Explain in kinesiological terms how to achieve human efficiency, power and accuracy in court movement and stroke production
- 1.2 Explain the basic physics related to contact face, ball and shuttle velocity and trajectory

2. Tennis Skills

The student will:

- 2.1 Grip the racquet appropriately for the serve, backhand strokes and forehand strokes
- 2.2 Demonstrate footwork necessary for effective and efficient movement around the tennis court
- 2.3 Hit the forehand drive
- 2.4 Hit the backhand drive
- 2.5 Hit the chop stroke
- 2.6 Serve the ball with varying pace and swerve
- 2.7 Hit the lob
- 2.8 Hit the volley
- 2.9 Hit the overhead smash
- 2.10 Hit the dropshot

3. Basic Badminton Strokes

The student will:

- 3.1 Execute forehand and backhand short service, and flick, drive and singles deep service
- 3.2 Demonstrate each of the above mentioned service returns
- 3.3 Perform basic forehand strokes, namely: defensive clear; dropshot; smash; and drive
- 3.4 Execute basic backhand strokes, namely: defensive clear, dropshot; smash; and drive
- 3.5 Perform basic round-the-head strokes, namely: offensive and defensive clear; dropshot; and smash

N: Course Content (continued)

4. Effective Movement in Tennis and Badminton

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The student will:

- 4.1 Stand ready, and move with correct foot sequences
- 4.2 Move efficiently to all parts of the court
- 4.3 Set the body for powerful and accurate strokes
- 4.4 Return to the ready position

5. Warm-up and Conditioning

The student will:

- 5.1 Demonstrate a theoretical and practical knowledge of conditioning programs for tennis and badminton players with particular emphasis on:
 - 5.1.1 warm-up techniques
 - 5.1.2 cardiovascular fitness
 - 5.1.3 endurance
 - 5.1.4 flexibility
 - 5.1.5 agility
 - 5.1.6 speed
 - 5.1.7 cool down techniques

6. Rules, Etiquette and Terminology

The student will:

- 6.1 Demonstrate a theoretical knowledge of and be able to apply the terminology and rules of tennis and badminton including variations in tiebreakers
- 6.2 Demonstrate an understanding of the etiquette and sportsmanship associated with the playing of tennis and badminton
- 6.3 Describe methods of organizing competitive experiences

7. Tennis and Badminton Strategy

The student will:

- 7.1 Demonstrate a theoretical and practical knowledge of tennis and badminton strategies with emphasis on:
 - 7.1.1 singles strategy
 - 7.1.2 doubles strategy
 - 7.1.3 variations in strategy
 - 7.1.4 recreational doubles

8. Analysis of Fundamental Skills and Strategies

The student will:

- 8.1 Demonstrate a theoretical knowledge of how to analyze basic performance skills of tennis and badminton, including skill progressions, feedback and maximizing activity
- 8.2 Demonstrate a theoretical knowledge of how to analyze basic strategies of tennis and badminton
- 8.3 Describe the physical, technical and mental dimensions of analysis

9. Pedagogical Principles

The student will:

- 9.1 Demonstrate a knowledge of the conceptual approach to instruction
- 9.2 Demonstrate a knowledge of the discovery/problem solving methodologies
- 9.3 Demonstrate a knowledge of the appropriate skill progressions
- 9.4 Demonstrate a knowledge of the tactical progressions
- 9.5 Demonstrate a knowledge of the design of drills

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O: Methods of Instruction

This course will be divided between lectures, demonstration and practical application (practice).

Lectures: These will be used to deal with most of the theoretical aspects such as mechanical principles, rules, terminology, strategies, learning and training methods and history. Audio-visual aids such as charts, video-tapes and films will be use as necessary.

Practical Application: Starting with the basics, observing pertinent mechanical principles and using skill progressions and demonstration, the students will acquire the various competencies involved in the playing of tennis and badminton. Under the constant guidance and direction of the instructor, the students will train for and practice tennis and badminton, and in the process will acquire skills on analysis and planning. Safety and adequate warm-up will be stressed at all times.

P: Textbooks and Materials to be Purchased by Students

Sadzek, T., (2004) Tennis Skills: The Player's Guide, A Firefly Book

Grice, T., (1996) Badminton: Steps to Success, Human Kinetics.

Q: Means of Assessment

Attendance and Participation	20%
Psychomotor Technique Performance	30%
Student Teaching and Project	20%
Midterm Examination	15%
Final Examination	<u>15%</u>
TOTAL	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council/Curriculum Committee Representative

Dean/Director

Registrar

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