

**Douglas
College**

D : :

EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

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. Dem 9.96 0 0

tennis

EFFECTIVE: SEPTEMBER 2004 CURRICULUM GUIDELINES

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

CURRICULUM GUIDELINES