

Course Plan

Semester : second	Academic Year:2020
Level:	Major: Medical
Course Title: physical education (2)	Department: General courses (physical education)
Course Code: 616337	University Professor: 1- parivash,shekarchizadeh
Location of Teaching the Course: Movahedy gym	Credit Hours:8-10 Tuesdays
Prerequisite: ----	Credit Units: (Prac.)
Hours and Days of Call: 10-12saturday,2-4 Monday and Tuesday	Tel: 09132052390
Office Address: General courses department ,school Management and Medical Information in Isfahan University of Medical sciences	Email: shekarchizadeh@mng.mui.ac.ir
Name of Student Representative and Cellphone Number:	Number of Students :

The General Purpose of the Lesson:

Activity and Enhance students' Physical Fitness

Proprietary Goals:learning The sport of badminton

Learning Outcomes (Objectives):

Recognize the Badminton Techniques

Improving your **Badminton Techniques** is the key to your success in winning badminton matches.

- 1- badminton matches
- 2- Students will understand the importance of rules
- 3- Assessment Tools:

(The Assessment Tools that will be Used to Test Students Ability to Understand the Course Material and Gain the Skills and Competencies Stated in learning Outcomes)

Assessment Tools	From 20
Mid Exam (Theory)	-
Final Exam	18
Practical	-
Class Activities	2
Total Marks	20

References (Text Books): Badminton books and navid system Sub Sources:
Student's Responsibilities:
Attendance Rules: Only one absent is acceptable Sports Clothing and Sneakers are essential Department' s Attitudes :
Mid Exam Date: _ Final Exam Date: June

Course Syllabus (practical)

Preparation of the Students before the Beginning of the Class for (Adaptation)	University Professors	Course Topics	Time (Hour) Every Monday	Date
Related to Sports Clothing and Supplies - Safety and Health Tips in Physical	parivash,shekarchizadeh	Badminton Techniques	8-10	The First session
Training	parivash,shekarchizadeh	History Of Badminton and provide additional information about the material of rocket and badminton shuttle	8-10	session 2
Training in court	parivash,shekarchizadeh	BADMINTON GRIP 1-Forehand 2-Backhand Grip 3-explain about court	8-10	session 3
Use this badminton serve during singles play	parivash,shekarchizadeh	Types of Badminton Serve (only hitting) rocket and badminton shuttle	8-10	session 4

3 Or 4 days Training In week	parivash,shekarchizadeh	High Serve Holding the shuttle by the feathers and let it drop slightly in front of you.	8-10	session 5
Training in court In week	parivash,shekarchizadeh	High Serve (Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head).	8-10	session 6
3 Or 4 days Training In week	parivash,shekarchizadeh	Badminton Clears (are the most common and important of all badminton strokes that can be played overhead or underarm. Sides).	8-10	session 7
3 Or 4 days Training In week Training in court	parivash,shekarchizadeh	Badminton Footwork, Training - Agility Exercises	8-10	session 8
3 Or 4 days Training	parivash,shekarchizadeh	<u>Match</u> Improving your Badminton Techniques is the key to your	8-10	session 9

		success in winning badminton matches		
3 Or 4 days Training	parivash,shekarchizadeh	Low Serve forehand (Use this badminton serve when you want your opponent to lift the shuttle)	8-10	session 10
3 Or 4 days Training	parivash,shekarchizadeh	Low Serve Backhand low serve in badminton technique	8-10	session 11
3 Or 4 days Training _	parivash,shekarchizadeh	Underhand forehand	8-10	session 12
3 Or 4 days Training	parivash,shekarchizadeh	Underhand backhand	8-10	session 13
3 Or 4 days Training	parivash,shekarchizadeh	badminton singles rules court lines	8-10	session 14
3 Or 4 days Training	parivash,shekarchizadeh	badminton singles rules and regulations	8-10	session 15
3 Or 4 days Training (except class)	parivash,shekarchizadeh	Exam test	8-10	session 16
	parivash,shekarchizadeh	Exam Session	8-10	session 17