

CATALOG INFORMATION

Dept and Nbr: KINDV 2.3      Title: ADVANCED BADMINTON  
Full Title: Advanced Badminton  
Last Reviewed: 1/9/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly: PHYED 77.3

**Catalog Description:**  
Students will be learn theory and practice of advanced level badminton skills, techniques, and tactics of competition.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of KINDV 2.2

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will be learn theory and practice of advanced level badminton skills, techniques, and tactics of competition. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Course Completion of KINDV 2.2  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
----------------------	--------------	------------	-----------	-----------

<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
---------------------	--------------	------------	-----------	-----------

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Play badminton at an advanced level.
2. Demonstrate advanced level techniques and strategies in body positions and court movements.
3. Apply the rules and etiquette of competitive badminton.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Apply advanced stretching techniques, agility drills, and core development in preparation for badminton play.
2. Perform advanced level badminton skills and body position.
3. Analyze advanced badminton shots that include the clear, smash, and drop.
4. Execute advanced game strategies used in both singles and doubles play.
5. Perform advanced skills for singles and doubles tournament play.
6. Demonstrate advanced techniques of shots and returns.
7. Apply the rules and etiquette of the sport of badminton.

### **Topics and Scope:**

- I. Review of Rules and Etiquette for the Sport of Badminton
  - A. Singles
  - B. Doubles
  - C. Tournament play
- II. Badminton Skills
  - A. Strokes
  - B. Footwork
  - C. Strategy
- III. Advanced Skills and Strategies
  - A. Around the head strokes
  - B. Smash/drive shots
  - C. Drop shots and net strokes
  - D. Defensive footwork

- E. Side by side and up-back combinations for doubles play
- IV. Tournament Play Competition
  - A. Men's, women's and coed singles tournament
  - B. Men's, women's and coed doubles tournament
  - C. Rules
  - D. Etiquette
- V. Fitness for Badminton
  - A. Stretching and preparing muscle groups used in the sport of badminton
  - B. Strength developing exercises
    - 1. Push-ups
    - 2. Squats
    - 3. Lunges
    - 4. Abdominal exercises
  - C. Conditioning
    - 1. Aerobic (e.g. jogging)
    - 2. Anaerobic (e.g. springs, lines)

**Assignment:**

1. Class competitions and tournaments (singles, doubles and match play)
2. Class performances
3. Performance exams
4. Video tape analysis and critique
5. One quiz and final exam
6. Demonstrated badminton etiquette and compliance with current rules of competition

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Video tape analysis and critique

Writing  
5 - 10%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams, class competitions (singles, doubles, match play and tournaments)

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Quiz and final exam

Exams  
10 - 20%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Class participation and attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Badminton Training Book: Improve Your Badminton Skills. Thomas Remmers. Independently Published. 2023