

**KINDV 2.1 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KINDV 2.1 Title: BEGINNING BADMINTON  
 Full Title: Beginning Badminton  
 Last Reviewed: 8/28/2017

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 77.1

**Catalog Description:**

Introduction to badminton with emphasis on fundamental skills, strategies, and court etiquette.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to badminton with emphasis on fundamental skills, strategies, and court etiquette. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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:**

Upon completion of the course, students will be able to:

1. Demonstrate beginning badminton skills and techniques during game play.
2. Demonstrate and apply shot combinations and game strategies.
3. Demonstrate knowledge of badminton rules and etiquette.

### **Objectives:**

Upon completion of the course, students will be able to:

1. Analyze the fundamental strokes and game strategy used in the sport of badminton.
2. Perform the basic skills for singles and doubles play.
3. Demonstrate knowledge of rules and scoring for singles and doubles play.
4. Exercise proper court etiquette for the sport of badminton.
5. Prepare specific muscle groups used in badminton through agility drills and stretching techniques.

### **Topics and Scope:**

#### **I. Strokes**

##### **A. Serves**

1. Singles
2. Doubles

##### **B. Clears**

1. Underhand
2. Forehand
3. Backhand
4. Overhead

#### **II. Strategy**

- A. Offensive singles
- B. Offensive doubles
- C. Defensive singles
- D. Defensive doubles

### III. Rules

#### A. Court dimensions

1. Singles
2. Doubles

#### B. Scoring

1. Singles
2. Doubles

### IV. Etiquette

#### A. Courtesies

1. Drills and practice
2. Match play

#### B. Do's and don't's

### V. Footwork

#### A. Agility

1. Forward
2. Back (turn and run)
3. Lateral (crossover)

#### B. Stance and alignment

1. Server
  - a. Singles
  - b. Doubles
2. Returner
  - a. Singles
  - b. Doubles

### VI. Fitness for Badminton

#### A. Stretching muscle groups related to the activity of badminton

#### B. Strength exercises such as:

1. Push-ups
2. Squats
3. Lunges
4. Abdominal exercises

#### C. Conditioning

1. Aerobic (e.g. jogging)
2. Anaerobic (e.g. sprints, lateral line drills, bursts)

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Practice stretching and conditioning exercises and drills

In class assignments:

1. Class competitions (singles and doubles)
2. Class Performances
3. Performance Exams
4. One quiz and one final exam

### **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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**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 and doubles matches)

Skill Demonstrations  
20 - 40%

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

Quiz and Final Exam: Multiple choice, True/false

Exams  
20 - 40%

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

Attendance and participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**  
Instructor prepared materials