

KINDV 2.3 Course Outline as of Fall 2018

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:**  
Theory and practice of advanced badminton that includes advanced techniques and tactics of tournament competition. This class will include drills, practice, and intensive review of rules and tournament play. Students will be required to attend one high school badminton match outside of the scheduled class time.

**Prerequisites/Corequisites:**

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

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Theory and practice of advanced badminton that includes advanced techniques and tactics of tournament competition. This class will include drills, practice, and intensive review of rules and tournament play. Students will be required to attend one high school badminton match outside of the scheduled class time. (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, with the ability to perform beginning through advanced techniques.
2. Demonstrate ideal body position
3. Apply the rules and etiquette of competitive badminton.

### **Objectives:**

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

1. Prepare the body for the sport of badminton through the use of advanced stretching techniques, agility drills, and core development.
2. Perform all skills with advanced level 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 basic through advanced skills for singles and doubles play.
6. Demonstrate advanced techniques used for various types of shots and returns.
7. Practice 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 such as:
  - 1. Push-ups
  - 2. Squats
  - 3. Lunges
  - 4. Abdominal exercises
- C. Conditioning
  - 1. Aerobic (e.g. jogging)
  - 2. Anaerobic (e.g. sprints, lines)

### 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:

#### Outside of class:

- 1. Practice stretching and conditioning exercises and drills one and one-half hours per week.
- 2. Attendance at a local high school match
- 3. Reaction paper in response to high school match

#### In class assignments:

- 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.

|   |
|---|
| Reaction paper and video tape analysis and critique |
|---|

|                    |
|--------------------|
| Writing<br>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: multiple choice, true/false and matching items

Exams  
10 - 20%

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

Class participation, attendance and attending a high school badminton match outside of class

Other Category  
40 - 60%

### **Representative Textbooks and Materials:**

Skills, Drills and Strategies for Badminton (The Teach, Coach, Play Series) Paup, Donald, C. & Fernhall, Bob. Holcomb Hathaway Publisher. 2000 (classic)