

KINI 2.1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINI 2.1 Title: BEGINNING BADMINTON

Full Title: Beginning 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: KINDV 2.1

Catalog Description:

Students will be introduced to the fundamental skills, strategies, and court etiquette of badminton.

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

Description: Students will be introduced to the fundamental skills, strategies, and court etiquette of badminton. (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:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	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. 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:

At the conclusion of this course, the student should 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:

1. Practice stretching and conditioning exercises and drills
2. Class competitions (singles and doubles)
3. Class Performances
4. Performance Exams
5. 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

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:

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