

CATALOG INFORMATION

Dept and Nbr: PHYED 77.1 Title: BADMINTON - BEG.
Full Title: Beginning Badminton
Last Reviewed: 1/9/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 34.1

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: 4 Times in any Comb of Levels

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:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and 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:

Outside of class for one hour per week per unit: Practice stretching and conditioning exercises and drills taught during the scheduled class time.

In class assignments:

1. Class competitions (singles and doubles)
2. Class performances and Performance Exams: Assessment of techniques taught throughout the semester.
3. One quiz and 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, Singles and doubles matches

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

Attendance and participation, etiquette

Other Category
40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials