

# KIN A145: BADMINTON LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5,1 Total Units
Hours	18-36 Total Hours (Lecture Hours 4.5-9; Lab Hours 13.5-27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Develop skills necessary to participate in the game of badminton. Skill development will include instruction on: rules, grip, strokes, etiquette, and basic strategies to compete in singles and doubles. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate an understanding of the etiquette and rules of badminton, including court lines, equipment, penalties and scoring.
2. Execute proper training techniques needed to improve beginning level skills in preparation for effective badminton competition.
3. Self-analyze errors in badminton and identify methods of adjustment to enhance basic, beginning stroke performance.

## Course Objectives

- 1. Demonstrate knowledge of rules and etiquette.
- 2. Demonstrate basic beginning skills and strategies of the game.
- 3. Demonstrate basic grip of all forehand and backhand shots (drive, clear, drop, smash, net, serve, return of serve).
- 4. Demonstrate proper stance of all basic forehand and backhand shots.
- 5. Demonstrate proper swing motion of all basic forehand and backhand shots.
- 6. Demonstrate proper contact point of all basic forehand and backhand shots.
- 7. Develop an appreciation for the game.
- 8. Improve basic badminton skill levels.
- 9. Develop a beginning level of conditioning.

## Lecture Content

I. Orientation A. Course expectations B. Course evaluation II. History of the sport of Badminton III. Care and Maintenance of Equipment IV. Badminton Vocabulary V. Beginning Badminton Game Play A. Rules B. Scoring C. Etiquette VI. Beginning Stroke Development A. Drive  
1. Grip, Stance, Swing Motion, Contact Point  
2. Stroke Production 3. Movement B. Clear b 1. Grip, Stance, Swing Motion, Contact Point 2. Stroke Production  
3. Movement C. Drop 1. Grip, Stance, Swing Motion, Contact Point 2. Stroke Production  
3. Movement D. Smash  
1. Grip, Stance, Swing Motion, Contact Point nb  
2. Stroke Production 3. Movement E. Net Game 1. Grip, Stance, Swing Motion, Contact Point 2. Stroke Production 3. Movement VII. Serve Development A. Grip, Stance, Swing Motion, Contact Point B. Stroke Production C. Singles and Doubles 1. Court Position VIII. Return of Serve Development A. Grip, Stance, Swing Motion, Contact Point B. Stroke Production C. Singles and Doubles 1. Court Position IX. Shot Selection Development A. Develop proper shot selection based upon shuttle location.

## Lab Content

Application of content areas, including: Beginning Strong Development Drive Clear Drop Smash Net Game Serve Backhand Forehand Drop Lob Return of Serve Singles Doubles Court position

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstration, lecture, discussion, instructor feedback.

## Reading Assignments

Students will spend approximately 1-2 hours per week reading from the text and assigned articles

## Writing Assignments

Two to three page report that represents an individual improvement plan for skill development. Report highlighting the development of Badminton rules for the last 200 years.

## Out-of-class Assignments

Students will spend on average 1-2 hours per week on out of class assignments, including: Readings from handouts and assigned articles Investigate the rules for mens and womens badminton Investigate the historical perspectives of the sports development and current standing; Creating a list of terms, area of play, field dimensions, and outline of rules; Completing written reports.

## Demonstration of Critical Thinking

Written description of rules for mens and womens badminton. Written description of the historical perspectives of the sports development and current standing. Written list of terms, area of play, field dimensions, and outline of rules

## **Required Writing, Problem Solving, Skills Demonstration**

Two to three page report that represents an individual improvement plan for skill development. Report highlighting the development of Badminton rules for the last 200 years. Skill demonstration of beginning racket handling and hitting specific forehand and backhand strokes.

## **Eligible Disciplines**

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## **Other Resources**

1. Instructor handouts and assigned articles as needed