

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 060A – BEGINNING BADMINTON

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Presentation of the official singles and doubles games including the six basic strokes, footwork, strategy and etiquette.

Prerequisite

None

Course Content

- 1) Basic strokes in forehand and backhand: long serve, clear, drop, dink, smash, short serve, drive
- 2) Scoring and rules of play
- 3) Basic strategies of court coverage
- 4) Round robin and/or ladder tournament

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior and scoring for badminton, and explain how they apply to singles and doubles games.
- 2) Identify the basic strategies of court coverage for singles and doubles play and utilize these strategies to improve court play.
- 3) Display individual performance skills for singles and doubles play (including basic footwork and strokes for serve and play), and demonstrate proficiency and improvement of these skills throughout the semester.
- 4) Use the above knowledge and performance-based skills to competitively engage in class competitions and tournaments.
- 5) Assess the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout one's life.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics and strategies of play for badminton and how they apply to both singles and doubles games.
- 2) Objective skills testing that measure students' proficiency and improvement in the following: strategic court coverage, basic footwork, and strokes for serve and play including long serve, short serve, clear, drop, dink, smash, and drive.
- 3) Objective assessment of student participation and performance in class competitions and tournaments (singles and doubles) based on the following criteria: appropriate use of rules and scoring, sportsmanship and teamwork, and skills development and improvement.
- 4) In-class activities and/or homework assignments that measure students' ability to evaluate the relationship between physical fitness and good health throughout one's life.

Special Materials Required of Student

Proper attire, court shoes

Minimum Instructional Facilities

Badminton rackets, shuttlecocks, eight indoor courts

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual, group practice
- 3) Tournament competition
- 4) Films

Out-of-Class Assignments

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of competitive badminton (as seen live and in available media)

Texts and References

- 1) Required: Instructor materials
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Successful demonstrate the following beginning skills: long serve, clear, drop, dink, smash, short serve and drive.
- 2) Identify basic rules and etiquette.
- 3) Choose appropriate strategy for court coverage during play.
- 4) Participate in class round robin or ladder tournament.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Define badminton terms.
- 2) Describe badminton scoring.
- 3) Identify appropriate badminton etiquette.
- 4) Demonstrate badminton skills appropriate for competition, recreation, and fitness-enhancing play at the beginning level.