

Lecture Contact Hours: 16-18; Homework Hours: 32-36;
Laboratory Contact Hours: 16-18; Homework Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 060B – INTERMEDIATE BADMINTON

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Continuation of ES 060A with an emphasis on playing strategy and match play in singles and doubles.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 060A or equivalent

Entrance Skills

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Demonstrate fundamental grips, footwork, and racquet work leading to the development of competency in the forehand stroke, backhand stroke, service stroke and volley: long serve, clear, drop, dink, smash, short serve, drive.
- 2) Demonstrate knowledge of the correct rules of play and scoring
- 3) Demonstrate a basic understanding of the strategy in the game of singles and doubles for court coverage during play.

Course Content

- 1) Explaining and practicing the grip, footwork and swing to increase pace for forehand, backhand, serves, overhead clear, drop and smash
- 2) Introduction and practice of advanced skills:
 - a. Around-the-head strokes
 - b. Underhand drop and clear
 - c. Feinting
 - d. Court coverage for doubles: up/back, side/side and rotation
- 3) Practicing match play strategy that provides an advantage for player(s) by playing singles and doubles
- 4) Reviewing rules for singles and doubles play

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and general badminton etiquette practiced at various different levels of the game.
- 2) Demonstrate appropriate court coverage strategies (singles and doubles) in a competitive class tournament setting including up/back, side/side and rotation.
- 3) Display individual performance skills for singles and doubles play including around the head strokes, underhand drop and clear, and feinting.
- 4) Assess the relationship between physical fitness and good health and apply the skills gained in class to promote good health and fitness throughout the lifespan.

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

- 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 measures students' proficiency and improvement in the following: around the head strokes, underhand drop and clear and feinting.
- 3) Objective assessment of students' 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 health throughout the lifespan.

Special Materials Required of Student

Proper attire, court shoes

Minimum Instructional Facilities

- 1) Indoor badminton courts with lines and nets
- 2) Badminton rackets, shuttlecocks

Method of Instruction

- 1) Lecture and demonstration
- 2) Laboratory practice

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 (representative example): Ryan, Jacob. *Badminton Keep Calm and Smash*. 1st edition. Independently published, 2022.
- 2) Supplemental: None

Exit Skills

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

- 1) Demonstrate pace, control and competency in the forehand, backhand, serves, overhead clear, drop and smash including:
 - a. Around-the-head strokes.
 - b. Underhand drop and clear.
 - c. Feinting.
 - d. Court coverage for doubles: up/back, side/side and rotation.
- 2) Demonstrate strategy involved in single and doubles play that provides and advantage for the player(s)
- 3) Demonstrate the grip, footwork and swing to increase pace for forehand, backhand, serves, overhead clear and smash

Student Learning Outcomes

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

- 1) Demonstrate individual performance skills such as: forehand, backhand, serves, overhead clear, drop and smash, around-the-head strokes, underhand drop and clear, feinting for singles and doubles play.
- 2) Describe the rules of play, codes of behavior and general badminton etiquette practiced at various different levels of the game.
- 3) Apply match play strategy that provides an advantage for player(s) by playing singles and doubles.