

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 the following skills: long serve, clear, drop, dink, smash, short serve, 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.

Course Content

- 1) Review of the fundamentals: grip, stance, serves, backhand, 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

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 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 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: Instructor materials
- 2) Supplemental: None

Exit Skills

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

- 1) Demonstrate the following intermediate skills:
 - a. Backhand strokes.
 - b. Around-the-head strokes.
 - c. Underhand drop and clear.
 - d. Feinting.
 - e. Court coverage for doubles: up/back, side/side and rotation.
- 2) Choose correct responsive defensive and offensive strategies when given game situations in single and doubles play.
- 3) List proper equipment and attire for tournament play as well as elements of tournament etiquette.
- 4) Participate in class and/or public 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 for singles and doubles play.
- 4) Demonstrate badminton skills appropriate for competition, recreation, and fitness-enhancing play at the intermediate level.