

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 060C – ADVANCED BADMINTON

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

Advanced playing techniques, strategy, knowledge and attitudes for students who wish to excel in badminton and increase aerobic capacity.

Recommended Preparation

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

Entrance Skills

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

- 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 an advantage for the player(s)
- 3) Demonstrate the grip, footwork and swing to increase pace for forehand, backhand, serves, overhead clear and smash

Course Content

- 1) Explaining and practicing of the following skills: footwork, grip and swing to attack an opponent(s) for forehand, backhand, serves, clear, drop, dink, smash, drive, around the head strokes, underhand drop and clear, feinting, and court coverage strategies (up/back, side/side and rotations)
- 2) Employing a strategy of offensive and defensive tactics in singles and doubles play that creates a disadvantage for an opponent(s)

Course Objectives

Students will be able to:

- 1) Describe the rules of play, codes of behavior, and specific badminton etiquette practiced at high level badminton competitions.
- 2) Demonstrate appropriate offensive and defensive tactics and strategies of doubles, singles and mixed doubles play that creates a disadvantage for an opponent(s).
- 3) Display improvement in individual performance skills including fundamental skills and advanced skills: clear, drop, dink, smash, drive, around the head strokes, underhand drop and clear, feinting, and court coverage strategies (up/back, side/side and rotations).
- 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 all fundamental and advanced skills of badminton, as well as offensive and defensive tactics and strategies of doubles, singles and mixed doubles badminton in a competitive setting.
- 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 homework assignments that measure students' ability to evaluate the relationship between physical fitness and health throughout the lifespan.

Special Materials Required of Student

- 1) Proper attire, court shoes
- 2) Badminton racket, shuttlecocks

Minimum Instructional Facilities

Indoor badminton courts with lines and nets

Method of Instruction

- 1) Lecture and demonstration
- 2) Lab 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): None
- 2) Supplemental: None

Student Learning Outcomes

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

- 1) Demonstrate improvement in individual performance skills including fundamental and advanced skills, e.g., forehand, backhand, serve, clear, drop, dink, smash, drive, around the head strokes, underhand drop and clear, feinting, and court coverage strategies (up/back, side/side and rotations).
- 2) Demonstrate appropriate offensive and defensive tactics and strategies of doubles, singles and mixed doubles play that creates a disadvantage for an opponent(s).