

Las Positas College
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Course Outline for KIN BD

BADMINTON

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN BD — BADMINTON — 0.50 - 2.00 units

Basic fundamentals of badminton including the forehand, backhand and serve. Includes singles and doubles strategy. Open to all levels of skill.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- Execute and demonstrate the grips and the correct footwork as defined by a USBA checklist;
- Execute and demonstrate the correct placement of the forehand, backhand, and serve;
- Demonstrate an increase in the level of physical conditioning necessary for badminton, based on a shuttle run performance test;
- Identify the badminton court lines, areas and dimensions based on an oral and, written exam;
- Execute and demonstrate the correct placement of the clear, clear, drop, and the smash;
- Demonstrate team play, sportsmanship and other social values related to singles and doubles competition.
- Demonstrate basic knowledge of the game including care of equipment, etiquette, basic rules, and definition of terms.

V. CONTENT:

- Pre-season conditioning
- Early season team preparation
- Information concerning practice and intercollegiate competition
- Review components of the following badminton skills
 - The backhand, flick, drive or short serve
 - The forehand and backhand shots
 - The forehand and backhand clear shots
 - Backhand drive shot
 - Forehand drop and backhand drop shots
 - Return of the smash
- Review checklist for footwork
 - Keep your feet moving; stay on your toes.
 - Use your eyes. Try to see the shuttlecock as soon as it comes off your opponent's racket.
 - Move to the shuttlecock while you continually watch it.
 - Cross over with your front foot (if you have time) just before contact.
 - After hitting the shuttlecock, recover quickly, and balance the court by taking either a front/back or a side by side positioning.

VI. METHODS OF INSTRUCTION:

- Lecture** -
- Demonstration** -
- Discussions concerning strategies involved in playing singles and doubles
- Handouts that show the correct grip for the forehand, backhand and serve
- Student participation in game situations
- Individual, small group, and entire class drills and activities to enhance student skills I. Forehand II. Backhand III. Serve

VII. TYPICAL ASSIGNMENTS:

- Read chapters 4 and 5, and be able to orally review with a group the material covered in those chapters. B. After the instructor gives a short lecture on chapters 4 and 5 regarding the footwork and forehand, he/she will review the components of forehand and backhand strokes. Students will then demonstrate and discuss each of these components for each shot, and will be asked to explain why this helps to develop the proper timing for badminton . C. Do a warm-up of the

major muscles. Explain to the class or small group which muscles are utilized while playing badminton. Discuss and demonstrate this further in small groups. D. Students will be asked to explain and demonstrate the components of good footwork.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Physical evaluation of skills performed
 - b. Skill improvement
 - c. Participation in class activities and on the court
 - d. Written final exam covering rules, etiquette, footwork, forehand, backhand, serving, singles and doubles

B. **Frequency**

IX. TYPICAL TEXTS:

1. Bloss, M. and R. Stanton Hales *Winning Edge Series.*, McGraw Hill, 2001.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Basic athletic underclothes
- B. Badminton racket is optional
- C. Court shoes or shoes approved by instructor