

Las Positas College
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Course Outline for KIN BD1

BADMINTON 1

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN BD1 — BADMINTON 1 — 0.50 - 2.00 units

Introduction to the fundamental techniques of badminton (for example, the forehand and backhand serve, service return, and lob shots). Course will also include grip, footwork, rules, equipment and court dimensions.

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Physical Education

Family: Kinesiology Badminton

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Execute and demonstrate the fundamental badminton grips as defined by a USBA checklist
- Demonstrate the forehand and backhand service techniques
- Exhibit proficiency in the forehand clear technique
- Execute the forehand drop shot
- Demonstrate the forehand smash.
- Exhibit proficiency in the forehand drive
- Identify the badminton court lines, areas and dimensions
- Identify basic scoring methods

V. CONTENT:

- Review and demonstrate the following badminton skills
 - Forehand and backhand grips
 - Footwork requirements of serves, drive shots, drop shots, clears and smashes
 - The technical requirements of the forehand drive shot, forehand and backhand serves, forehand drop shots, the forehand clear and forehand smash
- Review the badminton court lines, areas and dimensions
 - External dimensions of court
 - Height and positioning of net
 - Length and width of singles court
 - Length and width of doubles court
 - Service areas for singles and doubles
- Review basic scoring methods
 - Rally scoring
 - Location of serve & service return depending on the score

VI. METHODS OF INSTRUCTION:

- Demonstration** - Of correct techniques for fundamental forehand and backhand shots as well as service techniques
- Individual, small group, and entire class drills and activities to enhance student skills I. Forehand II. Backhand III. Serve
- Research** - The basic rules of badminton, including scoring methods and court dimensions
- Handouts which illustrate the correct techniques for the fundamental forehand and backhand shots as well as service techniques
- Student participation in game situations

VII. TYPICAL ASSIGNMENTS:

- The student will identify fundamental badminton techniques.
 - Following this, students will be asked to teach these techniques to their peers.
- Officiate a Badminton game during a class to illustrate understanding of fundamental rules and scoring methods.

- C. Students will be asked to design activities/drills which will test the following skills; forehand and backhand service techniques, forehand clear, forehand drop shot, forehand smash, and forehand drive.

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - Final exam
- B. Projects
 - One project over the course of the semester
- C. Class Participation
 - Expected at every class meeting
- D. Other
 - 1. Technical understanding of skills performed
 - 2. Written final exam covering rules, forehand shots, serving techniques, and scoring methods.

IX. TYPICAL TEXTS:

- 1. Golds, M. (2017). *High Performance Badminton* (1st ed.). Marlborough, Wiltshire: The Crowood Press..
- 2. Wadood, T. (2017). *Badminton Essentials* (1st ed.). Oslo, Norway: Total Health Publications.
- 3. Plitt, S. (2017). *Badminton for Beginners* (1st ed.). Scotts Valley, California: Create Space Publishing.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Basic athletic clothes
- B. Badminton racket is optional
- C. Court footwear approved by instructor (non-marking sole)