

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** INDV 121.2    **TITLE:** Badminton II  
**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester  
**Method of Grading:** Grade Option (Letter Grade or P/NP)
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU; UC  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    Rules and strategies of intermediate badminton; instruction and further practice in grips, strokes, footwork, and court coverage, drills and competition, tournaments in singles and doubles.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at the intermediate level.
  2. Demonstrate various skills applicable to the sport of badminton at the intermediate level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Demonstrate an understanding of the rules of badminton at an intermediate level.
  2. Use critical thinking skills in demonstrating an understanding of intermediate level strategies involved in badminton.
  3. Execute the forehand, backhand, serving grips and shot-making at an intermediate level.
  4. Execute drop shots, clears, drives, smashes, and serves at an intermediate level.
  5. Execute intermediate level footwork for all shots.
  6. Exhibit critical thinking in analyzing fitness test results.
  
6. **COURSE CONTENT:**  
**Lab Content:**  
**At the intermediate level:**
  1. Refinement of grips used in intermediate badminton- panhandle, forehand, backhand
  2. Footwork used in intermediate badminton- dominant foot leads, crossover or slide steps, retreating; introduction to switch step
  3. Practice on shots used in Intermediate badminton- drops, drives, clears, smash, serves
  4. Intermediate level strategy- singles, doubles, court coverage (front and back, sides, "mixed")
  5. Intermediate level fitness and wellness topics: fitness testing program and self analysis
  6. Daily skill progression drills
  7. Daily dynamic warm up activities and static stretches
  8. Skills tests
  9. Singles and doubles tournaments
  
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
    Typical methods of instruction may include:
  1. Lecture
  2. Activity
  3. Discussion
  4. Individualized Instruction
  5. Observation and Demonstration
  6. Other (Specify): Lectures, handouts and discussions on intermediate level rules of badminton. Lectures,

handouts and demonstrations on intermediate strategies in both singles and doubles play [Instructor-guided sessions using critical thinking skills to apply intermediate strategy to game-situations]. Demonstrations on proper badminton grips. Demonstrations and lectures on shot-making at an intermediate level (drop, clear, drive, smash, serves). Demonstrations and drills for intermediate-level footwork. Lectures/discussions/handouts on fitness test and general fitness principles which will allow students to use critical thinking skills in analyzing their own results. Demonstration of warm-up and stretching activities.

#### 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

##### **Writing Assignments:**

Comprehensive written exam on intermediate-level strategies and skills.

Written exam on various fitness/wellness topics

Post-fitness test self-analysis of results; application of intermediate-level fitness/wellness concepts to improve health/incorporate lifestyle changes

##### **Reading Assignments:**

Various readings from instructor-generated handouts (5-10 pages)

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Exams/Tests
4. Written examination
5. Evaluation of student participation in class discussions on intermediate-level rules and strategies. Evaluation of critical thinking skills as they apply to the use of intermediate-level strategy during game situations. Evaluation of student participation in daily skills enhancement drills. Evaluation of participation in warm-up and stretching. Evaluation of skills tests performance at an intermediate level. Evaluation of fitness test performance and student self-analysis. Evaluation of written final examination to include students' use of critical thinking skills as they pertain to strategy

#### 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

1. Kunar, Sunil. *Badminton Skills and Rules*, 2nd ed. New Delhi: KSK Publishers' Distributers, 2010

Other:

1. Instructor-generated handouts

**Origination Date:** January 2013

**Curriculum Committee Approval Date:** February 2013

**Effective Term:** Fall 2013

**Course Originator:** Mikel Schmidt