

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** INDV 121.4    **TITLE:** Badminton IV  
**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**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:**  
    Instruction with an emphasis on expert level strategy, footwork, doubles team work, and singles games in the sport of badminton. Tournament play 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 one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at the expert level.
  2. Demonstrate various skills applicable to the sport of badminton at an expert level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:  
**At an expert level:**
  1. Demonstrate an understanding and apply in a practical setting the rules of badminton
  2. Use critical thinking skills in demonstrating an understanding of expert level strategies involved in badminton
  3. Demonstrate expert level skills in forehand and backhand drives, clears, smashes and drops.
  4. Demonstrate expert level skills in backhand and forehand short serves in doubles; demonstrate an ability to long serve consistently to the deep alley in singles
  5. Demonstrate overhead and net drops, clears, smashes, jump smashes and drives at an expert level.
  6. Demonstrate competence in footwork in all directions during game play; demonstrate the switch step at an expert level
  7. Demonstrate critical thinking in analyzing fitness test results
  
6. **COURSE CONTENT:**  
**Lab Content:**  
**At the expert level:**
  1. Use of grips in badminton- panhandle, forehand, backhand
  2. Footwork used in expert level badminton- dominant foot leads, crossover or slide steps, retreating, switch step, recovery
  3. Expert level shots used in badminton- drops, drives, clears, smash, jump smashes, serves, "flick" deep serve
  4. Expert level strategy- singles, doubles, court coverage (rotation, mixed)
  5. Expert 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:
  - A. Lecture
  - B. Activity
  - C. Discussion

- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): Lectures, handouts, and discussions on the rules of badminton. Lectures, handouts, discussions and demonstrations on expert level strategies in both singles and doubles play [Instructor-guided sessions using critical thinking skills to apply strategy to game situations]. Review of proper grips through demonstration. Demonstrations, drills and lectures on shot-making (drop, re-drop, cross court, clear, drive, smash, short serves, “flick” serves, long serves). Discussions and lectures on strategies involved in shot-making and use of different shots in singles and doubles. Review of footwork [Footwork to hit forehand shot on backhand side of the court, switch step retreat to home]. Lectures, discussions, and 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 exercises.

#### 8. REPRESENTATIVE ASSIGNMENTS

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

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

Comprehensive written exam on expert-level strategies and skills.

Written exam on various fitness/wellness topics

Post-fitness test self-analysis of results; application of expert-level fitness/wellness concepts to improve health

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

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

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

A. Class Participation

B. Class Performance

C. Exams/Tests

D. Written examination

E. Evaluation of student participation in class discussion on rules and expert level strategies. Evaluation of critical thinking skills as they apply to the use of strategy during game and tournament play. Evaluation of student participation in daily skills enhancement drills. Evaluation of participation in daily warm-up and stretching activities. Evaluation of skills test performance at expert level. Evaluation of fitness test performance and student self-analysis using critical thinking. Evaluation of written final examination to include students’ use of critical thinking skills as they pertain to short essay writing and strategy application. Evaluation of expert footwork.

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

Other:

A. Instructor-generated handouts

**Origination Date:** February 2017

**Curriculum Committee Approval Date:** April 2017

**Effective Term:** Fall 2017

**Course Originator:** Andreas Wolf