

College of San Mateo
Official Course Outline

1. **COURSE ID:** INDV 121.1 **TITLE:** Badminton I
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
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 beginning strategies of badminton; instruction and practice in fundamentals of grip, 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. Demonstrate various skills applicable to the sport of badminton at a beginning level.
 2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning 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 a beginning level.
 2. Use critical thinking skills in demonstrating a beginning level understanding of strategies involved in badminton.
 3. Competently execute the forehand, backhand, serving grips and shot-making at a beginning level.
 4. Competently execute drop shots, clears, drives, smashes, and serves at a beginning level.
 5. Describe proper footwork for all shots at a beginning level.
 6. Exhibit critical thinking in analyzing fitness test results at a beginning level.
6. **COURSE CONTENT:**
Lab Content:
 At the beginning level:
 1. Introduction to grips used in beginning badminton- panhandle, forehand, backhand
 2. Introduction to footwork used in beginning badminton- dominant foot leads, crossover or slide steps, retreating
 3. Introduction to shots used in beginning badminton- drops, drives, clears, smash, serves
 4. Beginning level strategy- singles, doubles, court coverage (front and back, sides)
 5. Beginning 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:
 - A. Lecture
 - B. Lab
 - C. Activity
 - D. Discussion
 - E. Individualized Instruction
 - F. Observation and Demonstration
 - G. Other (Specify): Lectures, handouts and discussions on the beginning rules of badminton. Lectures,

handouts and demonstrations on beginning strategies in both singles and doubles play [Instructor-guided sessions using critical thinking skills to apply beginning strategy to game-situations]. Demonstrations on proper badminton grips. Demonstrations and lectures on shot-making at a beginning level (drop, clear, drive, smash, serves). Demonstrations and drills for beginning-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 beginning-level strategies and skills.

Written exam on various fitness/wellness topics

Post-fitness test self-analysis of results; application of beginning-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. Lab Activities
- E. Written examination
- F. Evaluation of student participation in class discussions on beginning-level rules and strategies. Evaluation of critical thinking skills as they apply to the use of beginning-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 a beginning 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):

Other:

- A. Instructor-generated handouts

Origination Date: September 2023
Curriculum Committee Approval Date: February 2024
Effective Term: Fall 2024
Course Originator: Michael Marcial