

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** INDV 121.3 **TITLE:** Badminton III
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:
 Advanced instruction in badminton with an emphasis on strategy, footwork, doubles team work, and singles game. 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 advanced level.
 2. Demonstrate various skills applicable to the sport of badminton at the advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
At the advanced level:
 1. Demonstrate and apply an understanding of the rules of badminton
 2. Use critical thinking skills in demonstrating an understanding of advanced level strategies involved in badminton
 3. Demonstrate competence at the advanced level in forehand and backhand drives, clears, smashes and drops.
 4. Demonstrate advanced level skills in backhand and forehand short serves in doubles; demonstrate an ability to long serve to the deep alley in singles
 5. Demonstrate advanced level skills in overhead and net drops, clears, smashes, and drives
 6. Demonstrate competence in footwork in all directions during game play; demonstrate the advanced level skill of the switch step in retreating shots
 7. Demonstrate critical thinking in analyzing fitness test results

6. **COURSE CONTENT:**
Lab Content:
At the advanced level:
 1. Grips used in advanced level badminton- panhandle, forehand, backhand
 2. Footwork used in advanced level badminton- dominant foot leads, crossover or slide steps, retreating, switch step
 3. Shots used in advanced level badminton- drops, drives, clears, smash, jump smashes, serves
 4. Advanced level strategy- singles, doubles, court coverage (front and back, sides, rotating)
 5. Advanced 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. Activity
 - C. Discussion

- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): Lectures, handouts and discussions on the rules of badminton. Lectures, handouts and demonstrations on advanced level strategies in both singles and doubles play [Instructor-guided sessions using critical thinking skills to apply advanced level strategy to game-situations]. Demonstrations on proper badminton grips. Demonstrations and lectures on shot-making at an advanced level (drop, clear, drive, smash, jump smash, serves). Demonstrations and drills for advanced 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 advanced intermediate-level strategies and skills.
- Written exam on various fitness/wellness topics
- Post-fitness test self-analysis of results; application of advanced intermediate-level fitness/wellness concepts to improve health

Reading Assignments:

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

Other Outside Assignments:

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 advanced 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 advanced 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 advanced level footwork.

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