

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-I 103X4  
Course Title: Badminton  
Units: 1  
Lecture: None  
Lab: 3 hours  
Prerequisite: None

B. Catalog and Schedule Description:

Introduction in the skills, techniques, strategy, etiquette, and rules of badminton. The course is designed to improve physical fitness, and to teach carryover skills. Each course includes beginning, low intermediate, high intermediate and advanced levels of instruction.

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

**III. EXPECTED OUTCOMES FOR STUDENTS:**

- A. On successful completion of level one of this course, the student should be able to:
1. Demonstrate beginner-level skills in the game of badminton
  2. Interpret the rules and strategies of the game to compete in a singles competition
  3. Interpret rules and strategies of the game to compete in a doubles competition
  4. Interpret rules and strategies of the game to compete in a mixed competition
  5. Demonstrate proper badminton etiquette
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate-level skills in the game of badminton
  2. Demonstrate low intermediate-level strategies of singles and doubles play
  3. Discuss the importance of cardiovascular fitness to successful badminton play
  4. Play low intermediate-level badminton for 20 minutes without a break
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate-level skills in the game of badminton
  2. Demonstrate high intermediate-level strategies of singles and doubles play
  3. Develop a cardiovascular training program for advanced badminton players
  4. Play high intermediate-level badminton for 30 minutes without a break
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced-level skills in the game of badminton
  2. Demonstrate advanced-level strategies of singles and doubles play
  3. Lead a class discussion on the progression of skills and cardiovascular training needed to reach advanced level of badminton play
  4. Play advanced-level badminton for 45 minutes without a break

**IV. CONTENT:**

- A. Introduction
1. Course orientation
  2. Class procedures and policies
  3. Safety issues
  4. Short history
  5. Warm-up and cardiovascular fitness
- B. Equipment
1. Types of racquets

2. Types of shuttlecocks
3. Nets and standards
4. Shoe selection
- C. Court explanation
  1. Lines
  2. Areas
  3. Singles court
  4. Doubles court
- D. Basic rules of the game
  1. Players – singles or doubles
  2. Toss
  3. Scoring
  4. Serving
  5. Serving rotation
  6. Setting
  7. Faults during serving and receiving
  8. Faults during play
  9. Let
  10. Court conduct
- E. Basic skills
  1. Grips, forehand and backhand
  2. Ready position
  3. Court positioning
  4. Footwork
  5. Serves, backhand short serve, forehand short serve, high long serve
  6. Underhand and overhead clear
  7. Forehand and backhand drive
  8. Drop shot and hairpin drop
  9. Overhead smash
- F. Strategies and tactics
  1. Offense singles and doubles
  2. Defense singles and doubles
  3. Angle of return
  4. Crosscourt shots
  5. Return of serve
  6. Side by side formation for doubles
  7. Up and back formation for doubles
  8. Rotation for doubles
  9. Mixed doubles strategy

**V. METHODS OF INSTRUCTION:**

- A. Demonstrations
- B. Lecture
- C. Discussion
- D. Films and videos

**VI. TYPICAL ASSIGNMENTS:**

- A. Read and critique an article on beginning badminton strategy
- B. Write a cardiovascular training program for advanced badminton players
- C. Take a 25 question partner graded quiz on rules and strategy. Evaluate results with partner.

**VII. EVALUATION:**

Methods of evaluation

1. Methods of evaluation for first semester students
    - a. Beginning level skill tests
    - b. Written assignments on basic rules, etiquette, and safety
    - c. Written final exam
  2. Methods of evaluation for second semester students
    - a. Low intermediate level skill tests
    - b. Written assignments on basic strategy and cardiovascular fitness
    - c. Written final exam
  3. Methods of evaluation for third semester students
    - a. High intermediate level skill tests
    - b. Written assignments on intermediate strategy and cardiovascular fitness
    - c. Written final exam
  4. Methods of evaluation for fourth semester students
    - a. Advanced level skills test
    - b. Written assignments on advanced strategy and cardiovascular fitness
    - c. Written final exam
- B. Frequency of Evaluation:
1. Skills testing and writing assignments every three-four weeks
  2. Final exam at end of semester
- C. Typical exam questions:
1. Diagram a badminton court and label the lines and areas of the court
  2. Explain the difference between the singles service court and the doubles service court
  3. "B" team is serving, one hand down with the score 4-5. "B" server serves and play begins. The serving team scores. The score is \_\_\_\_\_.

**VIII. TYPICAL TEXT(S):**

Golds, Mark, Badminton, Crowood PR., 2002.

Paup, Donald C. and Furnhall, Bo, Skills, Drills, and Strategies for Badminton, Holcomb Hathaway Pub., 2000.

Kim Sunny, Badminton Today, Wadsworth Publishing, 2001.

- IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Workout clothing – shirt and shorts or tights or sweatpants; athletic shoes; and towel