

# KIN 101: BADMINTON

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Development of skills necessary to participate in a game of badminton. Course will improve skills through supervised instruction. 18 lecture hours, 18 lab hours.

## Course Objectives

- demonstrate the basic fundamental strokes of badminton
- execute proper footwork for court coverage
- explain the rules of the game
- formulate strategy for singles, doubles and mixed doubles

## Major Course Content

1. Elementary
  - a. Orientation - History
  - b. Basic Strokes
    - i. serve
    - ii. clear
    - iii. drop
    - iv. smash
    - v. footwork
  - c. Rules, terminology & etiquette
  - d. Strategy in singles and doubles play
2. Intermediate
  - a. Review basic skills
  - b. Intermediate skills
    - i. drives (forehand, backhand)
    - ii. cross court drop
    - iii. hairpin
    - iv. round-the-head clear
    - v. round-the-head drop
  - c. Rules
  - d. Strategy for intermediate play in singles, doubles and mixed doubles

1. Skills
2. Strokes
  - a. serve
  - b. clear
  - c. drop
  - d. smash
3. Footwork
  - a. front/back
  - b. chase
  - c. fore- and backhand
4. Rules, terminology & etiquette
  - a. Self-officiating
    - i. Introduction, close of game procedures
    - ii. Court boundaries
    - iii. Singles/ doubles serving patter
5. Singles, doubles and mixed doubles
  - a. Body Language
  - b. Court Position (Singles)
    - i. Receiving service
    - ii. Short and long shot return pattern
  - c. Court Position (Doubles)
    - i. Front/Back play position
    - ii. Side/Side play position
    - iii. Calling plays

## Suggested Reading Other Than Required Textbook

Instructor Developed Handouts

## Examples of Required Writing Assignments

Summary of video of collegiate and elite play. Analysis of basic strokes and footwork for badminton.

## Examples of Outside Assignments

Review of Court Strategy for singles and doubles. Player etiquette and rules.

## Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture

## Lab Content

Guided Instruction and Observation