

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