

# PE G150: BADMINTON

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lab Hours 36)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course is designed for men and women who are interested in instruction and practice in the fundamental skills to successful performance in badminton. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Apply the necessary techniques needed to develop proficiency in the fundamental skills of badminton.
3. Assemble individual skills and apply them in conjunction with those of their teammates in a constantly changing competitive situation.
4. Demonstrate an ability to apply an understanding of the rules of badminton in a game environment.
5. Interpret advanced offensive and defensive strategies and evaluate which strategies apply to individual situations where an opponent is counter-attacking with advanced strategies.
6. Synthesize the necessary skills for a group of individuals to train together to achieve a common goal.

## Course Objectives

- 1. Demonstrate correct kinesiological principles relevant to efficient movement on badminton court.
- 2. Practice correct kinesiological principles as they relate to specific skills taught.
- 3. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.
- 4. Develop a self analysis of his/her own skills based on principles taught during class.
- 5. Demonstrate knowledge of strategy and rules relevant to a positive human movement experience for this physical education course.
- 6. Appraise the physical, mental, and psychological benefits of participation.

## Lab Content

A. Kinesiological principles  
1. Point of contact, as it relates to angle of shot  
2. Affect of gravity  
3. Speed of shuttle as it relates to length of lever  
4. Mechanical principles as they relate to execution of specific skills  
5. Use of flexion, extension, hyperextension and rotation to enhance power and accuracy  
B. Kinesiological principles will be related in the following skills:  
1. Forehand grip  
2. Clear  
3. Drive  
4. Net drop  
5. Doubles serve  
6. Singles serve  
7. Smash  
8. Block  
9. Backhand grip  
C. Strategies appropriate to badminton  
1. Singles  
2. Doubles  
3. Doubles system of play  
a. side-by-side  
b. Up-and-back  
c. rotation/combination  
D. Knowledges  
1. Rules and scoring  
2. Singles and doubles strategy and tactics  
3. Etiquette, player and spectator  
4. Mechanical and kinesiological principles of skill execution as they relate to each student's performance  
5. Terminology  
6. Safety precautions  
E. Psychological benefits of human movement in a social environment  
1. Improved verbal and written communication  
2. Improved self confidence because of positive reinforcement from classmates and professor for well executed course specific skills  
F. Physiological benefits that are inherent in participation in badminton are improved cardiovascular fitness, strength, agility, and flexibility.

## Method(s) of Instruction

- Lab (04)

## Reading Assignments

1. The following are assignments where the learner will:  
A. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.  
B. Develop a self analysis of his/her own skills based on principles taught during class.  
C. Be involved in a work group environment in preparation for the final exam.  
2. The following are skill demonstration requirements:  
A. Skills tests at mid-term and final.  
B. Self analysis of his/her own skills based on principles taught during class.

## Writing Assignments

1. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.  
2. Develop a self analysis of his/her own skills based on principles taught during class.  
3. Apply kinesiological and mechanical principles during "on court play".  
4. Apply kinesiological and mechanical principles of movement when answering questions on the final exam.

## Out-of-class Assignments

The following are required homework assignments where the learner will:  
A. Write an analysis of another student's skill based on kinesiological principles of movement.  
B. Develop a self analysis of his/her own skills based on principles taught during class.  
C. Be involved in a work group environment in preparation for the final exam.

## Demonstration of Critical Thinking

## Required Writing, Problem Solving, Skills Demonstration

1. Analyze another student's movements that are based on the kinesiological principles relating to specific skills taught.  
2. Develop a self analysis of his/her own skills based on principles taught during class.  
3. Apply kinesiological and mechanical principles during "on court play".  
4. Apply kinesiological and mechanical principles of movement when answering questions on the final exam.

## **Eligible Disciplines**

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## **Other Resources**

1. Court shoes, appropriate attire for efficient movement