

PHED 37: BEGINNING BADMINTON: SINGLES & DOUBLES

Foothill College Course Outline of Record

| Heading | Value |
|-------------------------|--|
| Effective Term: | Summer 2023 |
| Units: | 1 |
| Hours: | 3 laboratory per week (36 total per quarter) |
| Advisory: | This course is included in the Individual Sports family of activity courses. |
| Degree & Credit Status: | Degree-Applicable Credit Course |
| Foothill GE: | Area VII: Lifelong Learning |
| Transferable: | CSU/UC |
| Grade Type: | Letter Grade (Request for Pass/No Pass) |
| Repeatability: | Not Repeatable |

Student Learning Outcomes

- Be able to identify and implement the major strokes in badminton
- Know and implement the rules of badminton in a game situation.

Description

Strategy and competition for both singles and doubles in badminton play.

Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of badminton
2. Practice basic fundamental skills
3. Recognize offensive and defensive strategy
4. Utilize proper footwork and racquet grips
5. Demonstrate basic overhead and underhand strokes
6. Increase levels of fitness and hand-eye coordination

Course Content

1. Terminology, equipment, and rules of badminton
 - a. Racquets and types of shuttlecocks
 - b. Dimensions—type of play
 - c. Etiquette and general play
2. Basic skills
 - a. Grips—forehand and backhand
 - b. Arm and wrist positioning
 - c. Underhand and overhead strokes
 - d. Footwork
3. Strategy
 - a. Singles
 - b. Doubles

- c. Offensive
- d. Defensive

Lab Content

Lab content includes demonstrations of the following:

1. Forehand
2. Backhand
3. Serve
4. Return
5. Rally

Special Facilities and/or Equipment

1. Badminton racquet and shuttlecocks.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

- Individual and team participation
- Sportsmanship
- Critical thinking in competitive game play
- Demonstration of rules and etiquette of badminton
- Participation and demonstration of game fundamentals

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

- Explanation
- Demonstration
- Video

Representative Text(s) and Other Materials

Wadood, Tariq. [Badminton Essentials](#). 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Optional writing exercises based on recommended reading

Discipline(s)

Physical Education