

# PHED 37A: INTERMEDIATE 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

- Demonstrate the intermediate fundamentals of badminton
- Perform with increasing degree of proficiency the offensive and defensive skill of badminton.

## Description

Focus on the strategies of singles and doubles play. Includes serving long and short, forehand smashes, drop shots, angle play, and doubles formations.

## Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of badminton
2. Practice intermediate fundamental skills
3. Recognize offensive and defensive strategy
4. Utilize proper footwork and racquet grips
5. Demonstrate intermediate overhead and underhand strokes
6. Increase levels of fitness and hand-eye coordination
7. Identify modified court positions
8. Analyze court awareness with shot selection and placement

## 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. Intermediate 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

1. Forehand
2. Backhand
3. Serving long and short
4. Overhead smashes
5. Drop shots
6. Doubles rotation
7. Angle play

## 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  
Video analysis

## 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 and exercises based on recommended reading

## Discipline(s)

Physical Education