

# PHED 37B: ADVANCED BADMINTON: SINGLES & DOUBLES

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
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 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Ability to demonstrate the advanced skills of badminton.
- Show and increased knowledge of the advanced skills of game play with increasing knowledge of offensive and defensive strategies at an advanced level.

## Description

Focus on the strategies of singles and doubles play. Introduction to serving long and short, forehand smashes, drop shots, angle play, and doubles formations. Emphasis on fitness, flexibility, and nutrition. How to design a point, set, and match is a main focus.

## Course Objectives

The student will be able to:

1. Identify the equipment, rules, and etiquette of badminton
2. Practice advanced fundamental skills
3. Recognize offensive and defensive strategy
4. Utilize proper footwork and racquet grips
5. Demonstrate advanced 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
9. Understand why fitness, flexibility, and nutrition are vital to playing badminton at a high level
10. Understand how constructing points will lead to winning sets, and the match

## 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. Advanced 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
  - e. Conditioning drills
  - f. Point construction
  - g. Hydration and nutrition

## Lab Content

1. Forehand
2. Backhand
3. Serving long and short
4. Overhead smashes
5. Drop shots
6. Doubles rotation
7. Angle play
8. Point construction for singles and double play
9. Using flexibility as an advantage

## 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  
Fitness 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 exercises based on recommended reading

## **Discipline(s)**

Physical Education