

PHED 37B: ADVANCED BADMINTON: SINGLES & DOUBLES

Foothill College Course Outline of Record

Heading	Value
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

- 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 will be a main focus.

Course Objectives

The student will be able to:

- identify the equipment, rules, and etiquette of badminton.
- practice advanced fundamental skills.
- recognize offensive and defensive strategy.
- utilize proper footwork and racquet grips.
- demonstrate advanced overhead and underhand strokes.
- increase levels of fitness and hand-eye coordination.
- identify modified court positions.
- analyze court awareness with shot selection and placement.
- understand why fitness, flexibility, and nutrition are vital to playing badminton at a high level.
- understand how to constructing points will lead to winning sets, and the match.

Course Content

- Terminology, equipment, and rules of badminton
 - Racquets and types of shuttlecocks
 - Dimensions--type of play
 - Etiquette and general play
- Advanced skills
 - Grips--forehand and backhand
 - Arm and wrist positioning

- Underhand and overhead strokes
 - Footwork
- Strategy
 - Singles
 - Doubles
 - Offensive
 - Defensive
 - Conditioning drills
 - Point construction
 - Hydration and nutrition

Lab Content

- Forehand
- Backhand
- Serving long and short
- Overhead smashes
- Drop shots
- Doubles rotation
- Angle play
- Point construction for singles and double play
- Using flexibility as an advantage

Special Facilities and/or Equipment

Badminton racquet and shuttlecocks.

Method(s) of Evaluation

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

Method(s) of Instruction

- Explanation
- Demonstration
- Video

Representative Text(s) and Other Materials

Wadood, Tariq. [Badminton Essentials](#). Create Space Independent Publishing Platform, 2014.

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

Optional writing exercises based on recommended reading.

Discipline(s)

Physical Education