GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 060A – BEGINNING BADMINTON

1. Course Number Course Title Semester Units Semester Hours

ES 060A Beginning Badminton 1 1 hour lecture: 16-18 hours

1 hour lab: 16-18 hours

32-36 outside-of-class hours

for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None

Recommended Preparation

None.

3. Catalog Description

Presentation of the official singles and doubles games, including the six basic strokes, footwork, strategy and etiquette. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

a. Demonstrate proficiency in the basic skills of badminton.

b. Appraise and select appropriate strategies in game situations.

c. Demonstrate knowledge of the rules of both singles and doubles.

d. Evaluate the merits of badminton relative to the development and maintenance of physical fitness.

e. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well- being.

5. Instructional Facilities

a. Indoor badminton courts with nets.

b. Badminton rackets and shuttlecocks.

**c.** White board.

6. Special Materials Required of Student

a. Court shoes.

b. Appropriate exercise attire.

**c.** Grade forms for exams and quizzes.

d. Internet access

EXERCISE SCIENCE 060A – BEGINNING BADMINTON page 2

7. Course Content

a. Basic strokes in both forehand and backhand.

b. Scoring and rules of play.

c. Basic strategies.

d. Round robin and/or ladder tournament play.

e. Lecture/discussion on the parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

a. Lecture/demonstration.

b. Individual and group practice.

c. Specific drills for skill development.

d. Films and videotape.

e. Tournament competition.

f. Lecture/discussion regarding physical fitness and life-long health.

9. Methods of Evaluating Student Performance

a. Daily observation of skill development.

b. Objective practical skills evaluation.

c. Written final exam.

d. Class participation.

e. Outside assignments.

10. Outside Class Assignments

a. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

b. Reading and/or written projects as assigned.

c. At least 1-2 hours per week in reading assignments and/or practice.

11. Texts

a. Required Text(s):

(1) Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th edition, 2012.

(2) Grice, Tony. *Badminton*. Champaign, Ill.: Human Kinetics, 2008.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills and appreciation of badminton at the beginning level.
  2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: December 20, 2013