

Montgomery County Community College
 ESW 113
 Badminton
 2-1-2

COURSE DESCRIPTION:

This course is designed to develop and improve students' competence in the skills of badminton. Instruction and practice will emphasize refining the mechanics of the strokes within the basic and advanced shots of play. Students will be given the opportunity to learn and apply the game strategy to singles and doubles. The course will also focus on the health benefits of playing badminton across a lifespan. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Identify the historical heritage and recreational values of badminton.	Research Project Lecture/Class Discussions Written Assignments Written Exams	Exams Research Project
2. Explain the proper equipment and care of badminton equipment.	Demonstration Research Project Lecture/Class Discussions Written Assignments Written Exams	Exams Research Project
3. Use appropriate etiquette and various rules, tactics and strategies of badminton in singles and doubles play.	Participation Assessments Tournament Play Demonstration Lecture/Class Discussions	

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Demonstrate the fundamental skills of badminton.	Participation Assessments Tournament Play Demonstration Presentations Lecture/Class Discussions	Skill Assessments
5. Describe the rudiments of match and tournament play in badminton.	Participation Assessments Tournament Play Demonstration Presentations Research Project Lecture/Class Discussions Written Assignments Written Exams	Exams Tournament Play
6. Discuss the health and wellness benefits of badminton across a person's lifespan.	Participation Tournament Play Research Project Lecture/Class Discussions Written Assignments Written Exams	Exams Case Study

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

- A. Introduction and orientation
 1. History of badminton
 2. Cultural influences of badminton
 3. Recreational badminton versus Olympic competition
 4. Choice and care of equipment
 5. Proper attire and etiquette
 6. Court design and boundaries
 7. Appropriate warm-up activities
- B. Fundamental skills
 1. Grip on the racket
 2. Basic stance and footwork
 - a. Ready stance
 - b. Footwork
 - c. Transfer of weight
 - d. Contact point
 - e. Follow through
 3. Wrist action

4. Control of the backcourt
5. Accuracy of strokes
6. The Serve
 - a. Rules Governing any type of serve
 - b. Long high serve (singles serve)
 - c. Short low serve (doubles serve)
 - d. Drive serve
7. Strokes to be used during play
 - a. Overhead clear
 - b. Underhand clear
 - c. Backhand
 - d. Overhead drop shot
 - e. Net drop shots – hairpin and cross-court
 - f. Smash
 - g. Round the head return (advanced)
 - h. Rallying
 - i. Timing of strokes
8. Offensive and defensive court positioning and stroking
9. The use of deception in all strokes
10. Common faults
- C. Rules governing both the singles and the doubles games and matches
- D. Strategies for both the singles and the doubles games and matches
 1. Player positions
 2. Doubles formation
 3. Utilizing all quadrants of the court
- E. Experience in tournament play in both single and doubles
- F. Psychological factors
 1. Cooperation
 2. Patience – with oneself and with others
 3. Competition – health and unhealthy
 4. Confidence building and self-esteem
 5. Enjoyment
 6. Concentration
- G. Badminton across a lifespan
 1. Cardiovascular training
 2. Agility/footwork training
 3. Strength training
 4. Flexibility
 5. Nutrition
 6. Adaptations based on physical limitations

LEARNING MATERIALS:

No textbook is required. Supplemental information will be provided to the students by the instructor.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn

Date: 8/1998

Revised by: Dr. Anne Livezey

Date: 2/2009

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.

Date: 9/11/2009

Revised by: Dr. Anne Livezey

Date: 6/2012

Revised by: Dr. Anne Livezey, Monica Bach, & Amanda Wooldridge

Date: 4/2015

VPAA/Provost or designee Compliance Verification:

Victoria L. Bastecki-Perez, Ed.D.

Date: 5/2015

Revised by: Dr. Anne Livezey

Date: 1/8/2018

VPAA/Provost or designee Compliance Verification:

Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.