

Cerro Coso College
Course Outline of Record Report
 10/06/2021

KINSC121 : Badminton

General Information

Author:	<ul style="list-style-type: none"> Kimberlee Kelly King, Sarah Scott, Justus
Course Code (CB01) :	KINSC121
Course Title (CB02) :	Badminton
Department:	Physical Education
Proposal Start:	Spring 2022
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Course Control Number (CB00) :	No value
Curriculum Committee Approval Date:	Pending
Board of Trustees Approval Date:	Pending
External Review Approval Date:	Pending
Course Description:	This is a badminton course in which students develop the basic/intermediate skills necessary to play the game. Technical skills include overhead and underhand clears, the short & low serve, the high & deep serve, drop shots, and the smash. Instruction includes an emphasis on fundamental strategies and rules used in both singles and doubles play. Basic fitness and training principles are discussed as applicable to the game of badminton.
Submission Type:	New Course New individual sport offering for KINS major.
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> Kinesiology
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08)	Course Special Class Status (CB13)	Grade Options
Course is not a basic skills course.	Course is not a special class.	<ul style="list-style-type: none"> Pass/No Pass Letter Grade Methods

<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Allowed Number of Retakes 0	Course Prior To College Level (CB21) No value
Rationale For Credit By Exam/Challenge No value	Retake Policy Description Activity classes are not repeatable	<input checked="" type="checkbox"/> Allow Students To Audit Course
Course Support Course Status (CB26) Course is not a support course		

Associated Programs

Course is part of a program (CB24)

Associated Program No value	Award Type No value	Active
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Transferability & Gen. Ed. Options

Course General Education Status (CB25)
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Transferability Transferable to both UC and CSU	Transferability Status Pending
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Cerro Coso General Education Requirements	Categories	Status	Approval Date	Comparable Course
Area 7.1	Health & Wellness Wellness	Pending	No value	KINDV 2.2 Intermediate badminton, Santa Rosa JC PEAC BAD1 - Introduction to Badminton Chabot College

CSU General Education Certification	Categories	Status	Approval Date	Comparable Course
Area E.1	Lifelong Learning & Self-Development Integrated Organism	Pending	No value	Cal State East Bay KINS 100 Badminton CSULB KINS 102A Badmin

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1

Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	0
Total Student Learning Hours	54
Faculty Load	0

Credit / Non-Credit Options

Course Credit Status (CB04) Credit - Degree Applicable	Course Non Credit Category (CB22) Credit Course.	Non-Credit Characteristic No Value
Course Classification Status (CB11) Credit Course. <input type="checkbox"/> Variable Credit Course	Funding Agency Category (CB23) Not Applicable.	<input type="checkbox"/> Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	0
Activity	54
Total	54
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	0
Total	0

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
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No Value	No Value	No Value	No Value
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Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entrance Skills

Entrance Skills	Description
No value	No value

Limitations on Enrollment

Limitations on Enrollment	Description
No value	No value

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Rationale	Safety, rules of play, and appropriate technique are all part of the class lecture, which is used to share ideas and content to enhance student reading and help them further explore topics.
Methods of Instruction	
Methods of Instruction	Demonstration
Rationale	Demonstrations of game skills provide visual reinforcement of lecture ideas and fitness moves.
Methods of Instruction	
Methods of Instruction	Performance
Rationale	As skills are developed, they are performed by students, reinforcing movement patterns and game skill.
Assignments	
Students are required to learn the rules of play and safety, as well as be asked to recall various rules via quizzes as well as during live game play.	
Methods of Evaluation	Rationale

Tests	Testing of game knowledge and rules as well as a basic fitness principals.The examination can be M/C, T/F, Matching, Fill-in, or a testing vehicle of the instructor's choice.			
Participation	Since this is an activity-based class, participation is the primary indicator of students' grades. Evaluation is done utilizing a badminton, specific-skills rubric.			
Equipment				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials				
Description	Course materials will be provided in the class shell or by instructor.			
Author	No value			
Citation	No value			
Materials Fee				
No value				

Learning Outcomes and Objectives	
Course Objectives	
No value	
CSLOs	
Identify and execute the basic strokes used in badminton.	Expected SLO Performance: 75.0
Compare the various fitness principles as they relate to badminton.	Expected SLO Performance: 75.0
Employ the rules and basic strategies for both singles and doubles matches.	Expected SLO Performance: 75.0
Identify and develop required skills involving strength, flexibility, agility, and cardiovascular fitness required for badminton.	Expected SLO Performance: 75.0

Outline

Course Outline

- 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
 - f. 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

Delivery Methods

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

- Face to face

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.

No Value

Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV - Interactive Video -Other

- Message
- Chat/Instant Messaging
- E-mail
- Face-to-face meeting(s)

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

- Learning management system

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

24 (limited by court size in gym)

Emergency Distance Education Options The course will operate in remote delivery mode when all or part of the college service area is under an officially declared city, county, state, or federal state of emergency, including (check all that apply) - Online including all labs/activity hours - Hybrid with online lecture and onsite lab/activity hours - Correspondence education in high school and prison facilities - None. This course will be cancelled or paused if it cannot be held fully onsite.

- Hybrid with online lecture and onsite lab/activity hours