



# Los Angeles Mission College

Department of  
Kinesiology  
13356 Eldridge Ave  
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## KIN 266 Badminton

### Course Syllabus

Semester & Year: Fall , 2013
Units: 1
First Day of Class: August 27, 2013
Final Grades Posted by: December 19 <sup>th</sup> , 2013
Class Days & Times: T & TH 10:50am-11:50am
Final Exam: December 12, 2013 10am-12pm
Holidays: 9/2/13, 11/11/13, 11/28/13-12/01/13

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Office: HFAC 103E
Office Hours: M & W 11am – 1:30pm

### Course Description

This course is designed to teach all skill levels. Basic strokes, footwork, and serves are introduced and expanded upon. Includes instruction on single and doubles strategy, rules, etiquette, and safety. Recreational and competitive play will be part of the class experience

### Student Learning Outcome

At the completion of this course the successful student will have demonstrated a variety of badminton skills and they will enhance their fitness level by engaging in badminton play.

### Course Objective

At the conclusion of the course, the student will be knowledgeable in:

1. The rules and their interpretations: to include scoring, play, game situations and etiquette for players and spectators.
2. Skills that demonstrate ability and execute a variety of strokes.
3. Large group activities and on-court, off-court drills.
4. Strategies of play and drills for singles and doubles play.
5. Types of competition and recreational tournaments.
6. Involvement in competitive play with other class members.
7. Evaluation of knowledge and physical skills
8. Development of fundamental skills, racket control, footwork, and fitness

### Grading Procedures

A	90-100%	360-400
B	80-89%	320-259
C	70-79%	280-319
D	60-69%	240-279
F	0-59%	001-239

1. 25% of grade – Improvement 100 pts. (based on pre and post tests and scoring rubric)
2. 75 % of grade - Class Participation (30 classes x10=300 pts.)

10 points = Full participation per class includes consistently taking part in lecture and activities while following set standards and rules. This includes completing and handing in assignments by deadlines, being on time, leaving when dismissed, and dressing appropriately.

### Participation:

10 points = full participation per class.  
8-9 points = most, but not all are demonstrated

- 6-7 points = some are demonstrated
- 4-5 points awarded if few are demonstrated
- 0 points earned if participation behaviors are not demonstrated

### **Class Information**

**Before you are allowed to participate in the class you MUST be present for the orientation and sign the mandatory waiver form. There are no exceptions.**

### **Waiver Forms**

You must print, sign and turn in a waiver form before you are allowed to participate in class. If you are a minor, you will need to have your parent or legal guard sign the waiver form. The waiver form can be downloaded at <http://www.lamission.edu/fitness/docs/HFAC%20Waiver%20Form%201.6.pdf>

### **SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

### **Warm-ups**

All class meetings will begin with a light warm up. There will be no participation in classroom activities without participating in these warm up activities. This is to decrease your chance of injuring yourself.

### **Cell Phones**

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

### **Be Punctual**

I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quiz has been given out.

### **Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points. Your personal fitness results will suffer if you have erratic attendance.

### **Make Up Policy**

There will be no make-up sessions for this class.

### **Equipment**

1. Proper shoes are required
2. Towel
3. Bottle of water

### **Dress Code**

All students are required to adhere to the dress code provided in the orientation. No jeans, cargo pants, or street clothes of any kind. Workout clothing is mandatory to participate in the class. Each student has access to a locker during class time. Please bring your own lock.

### **Gym Policies**

1. No guests or children allowed.
2. Only clean exercise shoes are to be worn.
3. No gum, food or drinks. The exception is water in an unbreakable bottle.
4. If you feel dizzy or sick stop working and please notify the instructor.

*To reduce the risk of injury, consult your doctor before participating in this or any other exercise program. The instructions and advice presented are in no way intended as a substitute for any medical counseling you have received.*

## Badminton Scoring Rubric

<b>Guide Skill/Strategy</b>	<b>Highly skilled (5pts.)</b>	<b>Proficient (4pts)</b>	<b>Fairly Proficient (3pts)</b>	<b>Novice (2pts)</b>	<b>Weak – Working toward Novice (1pt)</b>
<b>Serve</b>	Serves accurately 9/10 times	Serves accurately 7/10 times	Serves accurately 5/10 times	Serves accurately 3/10 times	Serves accurately 1/10 times
<b>Clear Shot</b>	Hits a clear shot consistently in a game	Hits a clear shot occasionally in a game	Hits a clear shot occasionally in a drill	Almost can hit a clear shot baseline to baseline	Attempts to hit a clear shot ¾ of the court
<b>Drop Shot</b>	Uses a drop shot consistently in a game	Hits a drop shot occasionally in a game	Hits a drop shot occasionally in a drill	Almost can hit a drop shot near the net	Attempts to hit a drop shot within 10 feet of net
<b>Smash</b>	Uses a smash shot consistently in a game	Hits a smash shot occasionally in a game	Hits a smash shot occasionally in a drill	Almost can hit a smash shot forcefully into opponent's court	Attempts to hit a smash shot with force
<b>Lunge</b>	Uses a lunge consistently to cover the court during a game	Uses a lunge occasionally to cover the court during a game	Uses a lunge occasionally to cover the court during a drill	Almost covers the court by using a lunge	Attempts to use a lunge to cover the court in a drill
<b>Double's Strategy</b>	Uses a front/back or side by side strategy consistently to cover the court	Uses a front/back or side by side strategy occasionally to cover the court	Uses a front/back or side by side strategy occasionally to cover the court during a drill	Almost covers the court by using a front/back or side by side strategy	Attempts to cover the court by using a front/back or side by side strategy
<b>Rules</b>	Uses rules accurately during a game most of the time	Uses rules accurately some of the time during a game	Uses rules accurately about half of the time during play	Seldom uses rules accurately during play	Rarely accurately uses the rules about