

Department of Kinesiology, SJSU

Office: ABS Business Office

Kin 20A Beginning Badminton

Office Hours: Appt. Only

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Spring 12

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Description: Emphasis will be on learning fundamental badminton skills and drills, basic tactics, basic strategies, etiquette, basic rules, benefits and applications of knowledge and skills in games. It is assumed that students enrolled in the class have little or no experience in basic badminton skills or knowledge.

Objectives and Learning Outcomes: Upon successful completion of the course, the students will be able to:

- a. Demonstrate an understanding of physical and mental benefits of participation in badminton for diverse populations,
- b. Demonstrate an understanding of the basic terminology, applicable history, rules, etiquette, safety, tactics, strategies, current research and practice, and applications of these cognitive knowledge in badminton games and practice,
- c. Demonstrate the acquisition and application of badminton warm-up, skills, and drills in badminton games and practice,
- d. Achieve moderate to vigorous exercise intensity during practice and games.

Course requirements:

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..
- b. Attending classes in a timely manner.
- c. No Gym clothes, No court shoes, NO PLAY!
- d. Cooperation and mature behavior are expected in the class.
- e. At least 5 minutes warm-up period is required before any skill practice.
- f. Department's racquets are available, while students may bring their own racquets. It is everybody's responsibility to take care of the racquets and shuttlecocks and return them when the class is over and to set up or take down the nets and/or poles whenever needed.

Contents:

Knowledge:

- a. Concepts, brief history, and contemporary status of the game.
- b. Benefits of playing badminton
- c. Basic etiquette
- d. Strategies
- e. Basic rules and game procedures
- f. Basic terminology
- g. Using and taking care of the equipment
- h. Carry-on after class is over

Performance:

- a. Basic skills:
 1. Basic movement
 - a. Grips, stances and positions
 - b. Basic two-way footwork
 2. Back court skills
 - a. Clear serve and return
 - b. Overhead clear shots
 - c. Overhead drop
 3. Middle court skill
 - a. Drive serve and returns
 - b. Drive shot and returns
 - c. Smash and returns
 4. Front court skills
 - a. Short serve and returns
 - b. Underhand clear
 - c. Net drop and returns
 5. Basic tactics (combined with skills)
 - a. Serving tactics
 - b. Returning tactics
 - c. Rally tactics
 6. Warm-up routine and basic drills
 7. Single and double games
 - a. Round robin tournament
 - b. Elimination tournament
 - c. Team competition

Methodology

- a. Primary methodology-laboratory
 - 1. Tournament matches
 - 2. Informal games
- b. Specific methodology
 - 1. Lecture/demonstrate
 - 2. Discussion
 - 3. Written examination

Evaluation:

- a. Skill test.....25%
**evaluated by subjective and objective observation
- b. Final exam.....25%
**based on lectures
- c. Evaluation of individual and team skills.....50%
**class participation

Final Examination:

The final examination will be given during the last scheduled of the class.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sa.sjsu.edu/judicial_affairs/index.html. Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as you own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanction by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If

you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-1 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Tentative Schedule

Week Skills

1

2 Warm-up, stance, position

Grips, swing, clear serve,

Clear shot, overhead drop

3 Smash, drive, footwork

4 Net drop, cut off, push, rush

5 Single games

Elimination single tournament

Basic drills

6 Round robin single tournament

Combination drills

7 Round robin single tournament

Combination drills

8 Double games

Knowledge

Green-sheet, policies

Court, line, game, score

How to play at back-court

Benefits of badminton

How to play at middle-court

Rules on serve

Rules on shots

How to play at front court

How to play single games

How professionals play singles

Single game strategies

Single elimination pros/cons

Round robin pros/cons

How to observe opponent

Midterm (written)

How to play double games

Short/drive serves and returns
9 Elimination double tournament
Combination drills
10 Round robin double tournament
Testing skill practice
11 Round robin double games
Testing skill practice
12 Team competition
Testing skill practice

13 **Skill Test** and free games
14 **Skill test** and free games
15 Challenging games
Make-up games

Double game format
Serving strategies
Returning strategies
Rally strategies
How professionals play doubles
Mixed double strategies

Review for written exam
Written exam

Textbook (Recommended)

Chen, G., Chen. C. (2008). Coaching Badminton 101. Coach Choices/Healthy Learning, Ca: Monterey. Spartan Bookstore.