

Department of Kinesiology, SJSU

Fall 2009

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Office Hours: MW 8-10:00am, TR9:30-10:30am, F 7:30-8:20am, or by appointment

## **KIN 20A Beginning Badminton**

**DESCRIPTION** Emphasis will be on learning fundamental badminton skills, basic tactics, etiquette, basic rules, and applications of the 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** Upon successful completion of course requirements students will:

- a. demonstrate an understanding of the basic terminology, rules, tactics, and etiquette of the game,
- b. demonstrate ability to perform the basic badminton skills, and to apply basic skills, rules, tactics, and etiquette in single and double games, as well as in practice,
- c. demonstrate ability to properly warm up and to use simple drills,
- d. demonstrate an understanding of badminton for diverse populations.

### **CONTENT**

#### 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
    - 1). grips, stances, and positions
    - 2). basic two-way footwork
  2. Back court skills
    - 1). clear serve and returns
    - 2). overhead clear shots
    - 3). overhead drop
  3. Middle court skills
    - 1). drive serve and returns
    - 2). drive shot and returns
    - 3). smash and returns
  4. Front court skills
    - 1). short serve and returns
    - 2). underhand clear
    - 3). net drop and returns

- b. Basic tactics (combined with skills)
  - 1). serving tactics
  - 2). returning tactics
  - 3). rally tactics
- c. Warm-up routine and basic drills
- d. Single and double games
  - 1). round robin tournament
  - 2). elimination tournament
  - 3). team competition

**METHODOLOGY**

a) Group lecture/demonstration, b) Individual instruction, c) Directed drills and practice, d) Group discussion, e) Assigned readings, f) Film watching, G Written examination and skill test.

**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. Loose fitting clothes and sport shoes for ease of movement and safety, no jeans or other street clothes/shoes in classroom.
- 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 rackets are available, while students may bring their own rackets. It is everybody's responsibility to take care of the rackets and shuttlecocks and return them when the class is over and to set up or take down the nets and/or poles whenever needed.
- g. The last class meet will be the last day of the class before the "DEAD DAY" for the semester. All tests and exams will be conducted before the Dead Day. This class (and all activity classes) will not follow the university testing schedule.

**EVALUATIONS**

- a. Skill test.....40%  
 --evaluated by subjective and objective observation  
 --no make-up for missing tests except in extreme cases
  - b. Written midterm.....20%  
 --based on the textbook and lectures  
 --no make-up for missing tests except in extreme cases
  - c. Class Assignment (scheduled tournaments).....30%
  - d. Written final.....10%  
 --based on the textbook and lectures  
 --no make-up for missing tests except in extreme cases
- e. Grading: A =90%--100% B =80%-- 89% C =70%-- 79% D =60%-- 69% F = 59% or lower

**TEXTBOOK (Required)**

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

**UNIVERSITY POLICIES**

**1. Academic integrity statement (from Office of Judicial Affairs):** “Your own commitment to learning, as evidenced by your enrollment at San José State University and the University’s Academic Integrity Policy, 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 policy on academic integrity can be found at [http://sa.sjsu.edu/student\\_conduct](http://sa.sjsu.edu/student_conduct).

**2. Campus policy in compliance with the Americans with Disabilities Act:** “If you need course adaptations or accommodations because of a disability, or if you need 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 register with DRC to establish a record of their disability.”

## Tentative Schedule

Week	Skills	Knowledge
1		Green-sheet, policies
2	Warm-up, stance, position	Court, line, game, score
	Grips, swing, clear serve,	How to play at back-court
	Clear shot, overhead drop	Benefits of badminton
3	Smash, drive, footwork	How to play at middle-court
		Rules on serve
		Rules on shots
4	Net drop, cut off, push, rush	How to play at front court
		How to play single games
		How professionals play singles
5	Single games	Single game strategies
	Elimination single tournament	Single elimination pros/cons
	Basic drills	
6	Round robin single tournament	Round robin pros/cons
	Combination drills	
7	Round robin single tournament	How to observe opponent
	Combination drills	<b>Midterm (written)</b>
8	Double games	How to play double games
	Short/drive serves and returns	Double game format
9	Elimination double tournament	Serving strategies
	Combination drills	Returning strategies
10	Round robin double tournament	Rally strategies
	Testing skill practice	How professionals play doubles
11	Round robin double games	Mixed double strategies
	Testing skill practice	
12	Team competition	
	Testing skill practice	
13	<b>Skill Test</b> and free games	
14	<b>Skill test</b> and free games	Review for written exam
15	Challenging games	<b>Written exam</b>
	Make-up games	