

Department of Kinesiology, SJSU

Spring 2012

Instructor: Professor Lei Cai

Office: YUH 206 Phone: cell 408-838-8318

E-mail: lei.cai@sjsu.edu

Office Hours: by appointment, or you can come between my class to meet me.

## **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 and Learning Outcomes:** Upon successful completion of course requirements students will be able to:

1. Demonstrate an understanding of physical and mental benefits of participation in badminton for diverse populations,
2. 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,
3. Demonstrate the acquisition and application of badminton warm-up, skills, and drills in badminton games and practice, and
4. Achieve moderate to vigorous exercise intensity during practice and games.

### **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
    - 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 dear
- 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 (in class tournament)
  - 1). round robin tournament
  - 2). elimination tournament

**Methodology**

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

**Course requirements**

- a. Active participation in all class activities, including lectures, practice, discussion, written examinations, skill test, games and tournament, and in class 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.

**Grading**

- a. Skill test.....40%
  - 1. Forehand long & short service
  - 2. Backhand long & short service
  - 3. Full court clear
  - 4. Back court Smash
  - 5. Back court Drop
  - 6. Net Drop
  - 7. Drive shots
- evaluated by subjective and objective observation
- no make-up for missing tests except in extreme case
- c. Class Assignment & Scheduled Tournaments).....25%

You allow missing up to 3 classes.

- d. Written Midterm (multiple choices).....15%
  - E. Written Final (multiple choices).....15%
- based on the textbook and lectures  
--no make-up for missing tests except in extreme cases  
Grading: A =90%--100%    B =80%-- 89%    C =70%-- 79%    D =60%-- 69%    F = 59% or lower

1. Download green-sheet(s) for your class(es):
  - 1) Go to <http://www.sjsu.edu/kinesiology/GreenSheet/>
  - 2) Click on your instructor's name and then click the class you are taking
2. Download the policy sheet  
[http://www.sjsu.edu/kinesiology/programs/activity\\_program/policies/class/](http://www.sjsu.edu/kinesiology/programs/activity_program/policies/class/)

**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 Combination drills	Round robin pros/cons
7	Round robin single tournament Combination drills	How to observe opponent
8	Double games Short/drive serves and returns	How to play double games Double game format
9	Elimination double tournament Combination drills	Serving strategies Returning strategies
10	Round robin double tournament	Rally strategies How professionals play doubles
11	Round robin double games	Mixed double strategies
12	Skill Test Sign Up and go over how	the skill test is graded.
	Testing skill practice	
13	<b>Skill Test</b> and free games	
14	<b>Skill test</b> and free games	Review for written exam
15	Last Day of Instruction	<b>Written Final (Multi Choice)</b>

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