San José State University
Kinesiology
Spring 201, KIN-20A, Beginning Badminton

<table>
<thead>
<tr>
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<th>Lei Cai</th>
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<td>Office Hours</td>
<td>By Appointment or in between classes</td>
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<tr>
<td>Class Meetings</td>
<td>M-W 8:30-9:20 Tue, Thu 9:30-10:20</td>
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Course Description

The purpose of this course is to give the student basic understanding of the game of badminton. Students will be given a chance to learn and practice all aspects of the game, which will include strokes, strategy and rules.

Grading
Normal Grade Rules

Units: 1 Unit

online catalog: http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

• Knowledge of fundamental skills, technique of badminton.
• Proficiency in execution of the skills covered.
• A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with badminton.
• An understanding of the mental and physical health benefits to be derived from badminton.
Activity Program Learning Outcomes

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to the badminton.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the badminton.
- Demonstrate an understanding of the benefits of badminton as it relates to physical and mental health.
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Text/Readings

Title: Coaching BADMINTON 101
Author: Dr. Chen Gong

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Places to practice: we have open gym every week by Student Union.
- Course grades will be posted by the end of finals week.
- Students may make up 1 class before final.
- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
Course Requirements and Grading Policy -

Grading Plan
30% Skills Test (one skill test at the end of semester)
30% Two Test (15% each all multiple choice)
20% Assignment/Project
20% In Class Tournaments

Grading Scale used to determine letter grade for each component above.

97-100% A+
93 - 96% A
90 – 92% A-
87 - 89% B+
83 - 86% B
80 – 82% B-
77 - 79% C+
73 - 76% C
70 - 72% C-
67 - 69% D+
63 - 66% D
60 – 69% D-
< 60% F

Tests: We will have total of 3 written tests including the final exam during the semester. Each test worth 15% of the total grade all tests will be multiple choice.

Example on grading for skill test
Each skill -10 points. You get 3 try-outs grade on the best result
Total 7 skills which include:
Service: front short service
Service: back court long service
Clear
Back court drop
Net drop
Smash
Drive.

Assignments/Projects:
• YouTube Badminton Tournament Research Project.
Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

- Green sheet, class rules, add code
- Basic history and equipment selection
- Basic Rules- part one
- Rules- Double Mix
- Rules-Tournament format and other rules
- Review rules
- First test on rules. Substitute teacher DEE SHIEH
- Work on research topic
- Front foot-works and backhand service
- Front foot-works and back court clear
- Last day to add
- Front foot-works and back court drop
- Front foot-works and net drops
- Front foot-works and Smash
- Front foot-works and Drives
- Back court foot-works and back hand clear
- Combo Middle court Skill
- Combo Back court Skill
- Test on Badminton terminology
- Tournament format and choice of partner for later game
- Singles Tournament (each class worth 2 points from now on)
- Doubles Tournament skill Test
- Review Test
- **Final in class SPX 44 Regular Class Time**

**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at
The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

**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.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions 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 Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

**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 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.