

San José State University
Kinesiology
Fall 2017, KIN-20A *Beginning Badminton*

Contact Information

Instructor: Lei Cai

Office Location: TBA

Telephone:408-838-8318

Email:lei.cai@sjsu.edu

Office

Hours:MonTue8:00-8:30

Class Meetings & location SPX 107-B

Course Description: The purpose of this course is to present the students a 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

Web Resource (www.bwfbadminton.org)

Course Goals and Student Learning Objectives

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

- Knowledge of fundamental skills, technique, of badminton
- Proficiency in execution of the badminton skills covered.
- 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. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings (optional text/readings)

Badminton (second Edition) Author Dr. Gong Chen

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.
- Dress Code: Sporting shoes and apparel required.
- 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.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Places to practice: student union offer free open gym hours on campus
- Course grades will be posted on Canvas by the end of finals week.
- Written Exam cannot be made up.
- In class tournament cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading

Tests:

- Skills Test information: Service, Clear, Drop, Smash
- Written Exam/Quizzes information/explanation here:

Total 4 Exam/Quizzes will be announced in the class, lowest score will be dropped.
No makeup (late) test is allowed.

Assignments/Projects:

- **In Class Tournamnets.**

Grading

20% Skills Test (Service and Clear)

20% Skills Test (Drops and Drive)

30% In Class Tournaments

(You will be graded on the total games completed, instead of winning or losing)

30% Written Exam (No make-up allowed, lowest test score will be dropped)

Grading Scale used to determine final course grade.

| Percentage | Equivalent Grade |
|------------|------------------|
| 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% - 62% | D- |
| below 60% | F |

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

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

| Week | Course Content (Assignments, Exams/Quizzes, ...) |
|-------------|--|
| 1 | Green Sheet, Class Requirements |
| 2 | Base Rules, History, Service Shoots |
| 3 | Rules, History, Service and Clear Shoots |
| 4 | Practice on Rally Quiz on Basic Rules |
| 5 | Internet Assignment on 2016 Rio Olympic Badminton (one page) |
| 6 | Skill Test 1 |
| 7 | Drops Shoots Single Rules |
| 8 | Smash Shoots Single Rules |
| 9 | Single Games |
| 10 | Single Rules Quiz |
| 11 | Double Rules |
| 12 | Double Games |
| 13 | Double Rules Quiz |
| 14 | Skill Test 2 |
| 15 | Final Review |
| 16 | Final |