

**PEDB 1020**  
**Beginning Badminton**

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**Office:** 371 Ramsey Center  
**Office Hours:** By Appointment

**Course Objectives**

1. Students will be able to demonstrate beginner level badminton skills.
2. Students will be able to use correct badminton terminology, rules, and strategy.
3. Students will demonstrate their knowledge of badminton skill, terminology, rules, and strategy during discussions **and** on exams.

**Class Safety**

Stretch and warm up properly to avoid injury. Be aware of surroundings: do not swing racket with someone standing close to you. Remove all trash from the gym.

**Attendance**

Attendance is mandatory. **Two (2)** absences will be allowed during the semester. Additional absences (illness or family emergency) must be **verified** or will be recorded as an absence. More than 2 unexcused absences will result in an **Unsatisfactory grade, "U"**.

**Equipment Required**

Each student is required to bring three (3) ***indoor*** shuttlecocks to the second class meeting. These can be purchased at Academy Sports. Racquets will be provided.

**Textbook:** Hoeger, W.W. and S.A. Hoeger, (2005). Fitness and Wellness. 6<sup>th</sup> Edition. Thomson/Waldsworth, Belmont, CA.

**Topic Outline:**

Week 1	Introduction to the Course	
Week 2	The Importance of Fitness and Wellness	Chapter 1
Week 3	Assessment of Physical Fitness	Chapter 2
Week 4	Exercise Prescription	Chapter 3
Week 5	Evaluating Fitness Activities	Chapter 4
Week 6	Nutrition for Wellness	Chapter 5
Week 7	Weight Management	Chapter 6
Week 8	Stress Management and Assessment	Chapter 7
Week 9	Healthy Lifestyle Approach	Chapter 8
Week 10	Skill Assessment	

WebCT internet assignments should be kept in a notebook. The notebook will be turned in twice during the semester for evaluation. Chapter 1-4 are due **October 8/9** and Chapter 5-8 are due on **November 19/20**.

Short lectures and/or demonstrations for basic knowledge and skills needed, will be given throughout the semester. **You will be asked to demonstrate skills to the class as well.**

### Clothing

Comfortable clothing for movement is recommended. Student wearing open toed shoes, sandals, boots, or any other shoe which would mark the gym floor will not be permitted to attend class and will be counted as absent. This is a co-ed class and indecency will not be allowed. If you are not properly dressed you will be asked to leave and will be counted as absent. **NO HATS.**

### Class Procedure

As you come into the gym for class, turn off your cell phone, check your name off the roll with me and begin the warm up routine discussed the first day of class. On a signal from the instructor, gather for the day's lesson.

### Grading

An accumulate grade point of **80** must be **earned** to receive a **Satisfactory grade, "S"**. **Your grade will be posted until the online teacher evaluation has been completed**

Attendance/Participation	40 points	
Performance Tests	10 points	(after all skills have been introduced: 2 pts ea.*)
Knowledge Tests	10 points	(Badminton)
Fitness and Wellness	40 points	

\*Serve, Clear, Drop, Drive, Smash

### Academic Honesty

Students are expected to conform to the UGA Student Honor Code contained in "A Culture of Honesty". Each student is responsible to inform themselves of these standards before performing any academic work. (See attached.)

**NOTE: If you have any medical issue of which the instructor should be aware of, or you are over the age of 35, please contact the instructor after class.**

***This course syllabus is a general plan for the course. Deviations may be announced by the instructor.***

**Badminton** is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court. Games can last from thirty to ninety minutes. Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, top-level amateur badminton players run more in a game than a football end does during a one hour football game. A badminton player also uses his/her arms more than a pitcher does in the average 1 ½ hour baseball game. Badminton is a fun sport and also is a means to better physical fitness.

### History of the Game

Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military service in India. There the game was called "Poona."

In 1903, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today, more than 53 countries participate in international competitions. Badminton is an Olympic sport.

### How Badminton is Played

In many ways, badminton is similar to tennis. Once it is determined which player will serve first, play starts from the right service court. A “shuttlecock” or “shuttle” is used instead of a ball.

One popular form of the shuttle has a cork base with 16 feathers arranged around the edges. This type of shuttle is light in weight, only 1/6 of an ounce, although it is more expensive than the plastic version. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive.

When served, the shuttle has to fall into the corresponding court diagonally opposite the server. The receiving player then returns the shuttle and continues to do so until one player either fails to return the shuttle or commits a fault.

In badminton, a fault consists of a shuttle falling outside the boundaries, failing to go over the net, and/or going through the net. Striking the shuttle before it crosses the net and touching the net with the racquet or part of the body also qualify as faults.

The server is the only player who can make points. If the server wins the point, he/she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first serve from the right court.

The serving player alternates from the right to the left service court until the serve is lost.

The IBF's new scoring rule number 9.3 states that for men's singles or doubles the games if a player (or team) achieves the score of 15-0, the game is won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving the receiving. The IBF scoring rules for women's singles and doubles list 11 points as needed to win a game. **For the purposes of this class the game is won by a score of 15.**

### Playing Techniques

- **The Serve:** is an underhanded shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level.
- **Clear:** This usual defense stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent's back court. This shot is played well behind the shuttle. The point of and shuttle meet.
- **Drop:** This shot is sometimes referred to as “controlled smash” shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.
- **Drive:** This shot is used when the shuttle is too low to smash. The forehand and backhand drive is hit hard with the full racquet face slightly in front of the body at full arm's length.
- **Smash:** This type of shot is considered the ultimate “attacking” shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.
- **Forehand/Backhand Shots:** Basic forehand shots are similar to throwing a ball. The hand **flexes** at the wrist. Basic backhand shots are described as flicking...the hand **extends** at the wrist.

## **Honor Code**

University Honor Code and Academic Honesty Policy  
Students in this course are expected to conform to the UGA Student Honor Code

“I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others” Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing, receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. Examples of academic dishonesty are copying answers from another student during an exam, giving a false excuse for failing to show up for an exam, obtaining advance copies by unauthorized means, and damaging a computer disk to prevent evaluation of the work on that disk. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may include receiving a lower grade, community service, a notation on the student’s transcript, or suspension or expulsion from the University. Students have the responsibility for knowing the University’s policies and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following website:

<http://www.uga.edu/honesty/>

**I have read and understand the above statement.**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_