

YORK UNIVERSITY
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
FACULTY OF HEALTH
HH/PKIN 0440 - BADMINTON I
WINTER - 2017

INSTRUCTOR: Michael Mitchell
(416) 710-5549 (c) 342 Bethune College Part time office (12:30 -1:30 M/W)
Tait McKenzie Main Gymnasium
Email: mmitchel@yorku.ca

TIMES: Sections: **M** 8:30 am- 9:30 am Monday/Wednesday
N 9:30 am- 10:30 pm Monday/Wednesday
O 10:30 am-11:30 am Monday/Wednesday
P 11:30 am-12:30 pm Monday/Wednesday

COURSE DURATION Monday Jan 9, 2017– April, 2017 **MONDAY & WEDNESDAYS**
No classes Reading Week **Feb 18-24, 2017.**

FACILITY: Tait McKenzie Main Gym (8 courts)

NUMBER OF CREDITS: Practicum Individual Sports or Elective option

COURSE OBJECTIVES: (expanded description on Page 2)

1. To increase knowledge and development of basic badminton skills, tactics, acquire basic movements.
2. Develop understanding of basic strokes and offensive/ defensive systems used in singles/doubles play. Further understand the complexities in learning new motor skills with physical activity.
3. To enhance appreciation for badminton as a lifetime sport and recognizable form of health activity.

COURSE CONTENT:

Grips, proper warm ups, footwork exercises, clears, drives, drops, smashes, serves, returns. Basic tactics for singles & doubles play and rules associated with the sport, sport psychology with discussion, learning how to develop required fundamentals for play. Educational exercises are utilized to engage class in group participation and discussions. Individual/ small group class presentations will be required of selected students supported by on going class evaluations to allow students in acquiring some of the learning outcomes.

EVALUATION: (on back)

1. Theory - 30% Assignment, Quiz and Final Exam.
2. Practical - 50% skills acquisition, tactical knowledge, educational materials. Evaluation on going throughout course on skills, tactics achieved with active participation levels through out the course. Final demonstrations of skills utilizing a sequence drill/exercises to further examine the competencies and during game play.
3. Attendance/ Participation - 20% See attached attendance breakdown.

GRADING: A B C F or Pass/Fail

(To exercise the **Pass/Fail** option students must sign applicable form that requires signature during course of the academic term. It will then be submitted to the Undergraduate office in 341 Bethune at term completion.)

Note: If you opt for the Pass/Fail option you do not qualify for the Kinesiology and Health Science Honour Roll and Tait McKenzie Honour Society.

COURSE CONTENT AND LEARNING OBJECTIVES:

In taking this course the student will learn how to recognize and execute the following.

- Basic strokes of the game.
- Singles and Doubles tactics / strategies.
- Rules and regulations of the sport.
- Practical methods introducing a new skill or topic.
- Develop abilities to teach progressive skills and tactics.
- Enhance appreciation for sport and derive benefits from health activity.
- Content using methodology with learner centred teachings.
- Perform movements in a variety of different class settings.
- Develop mutually beneficial interactions for learning within a small group.
- Daily presentations from selected students facilitated by course instructor.
- Complete requirements for Badminton1.

TEXTBOOK: Hand out package available for purchase.

EQUIPMENT: Racquets available, shuttles provided, proper gym attire.

ATTIRE: Appropriate gym shoes and clothing, proper footwear & playing clothes, no boots, jeans or street clothing. Please remove boots, wet shoes before entering gymnasium area and please place in the boot area at entry.

ATTENDANCE POLICY: As per PKIN requirements / 80% Mandatory required.

Student instructor agreement on make-ups due to illness or injury **MUST** be agreed upon **prior** with instructor. With this being a 24 hour practicum 12 weeks x twice weekly a maximum of 4 classes allowed for absences. Students may make up in other sections or attend classes in following term (provided offered) to satisfy the requirement.