

1. **Subject:** Badminton
2. **Type of course:** classes (practical training)
3. **Form of assessment:** credit with a grade
4. **Semester:** winter
5. **Suggested number of hours:** 15
6. **Syllabus** – bachelor studies, physical education

Course description: History of badminton development worldwide. Characteristic of badminton equipment. Dynamic stretching warm-up procedure. Teaching technical elements: grips, ready position, basic movement patterns, rearcourt strokes (forehand clear, smash, dropshot, backhand clear), midcourt strokes (forehand and backhand drive), frontcourt strokes (forehand and backhand net shot, forehand and backhand lift), forehand high serve, backhand low serve. Singles and doubles tactics. Laws of badminton. Single elimination (knock-out) tournament.

Compulsory reading:

- Laws of Badminton – Badminton World Federation: www.bwfbadminton.org
- Grice T.A. 1996. *Badminton*. Human Kinetics, Champaign.
- Oreta V.P., Malixi V.I. 2006. *Advanced Badminton Techniques*. University of Santo Tomas Publishing House, Manila, Philippines.

7. **Learning outcomes:**

Knowledge: the student will know the terminology and will be familiar with the badminton techniques, basic tactics and methodology of teaching.

Skills: the student will be able to demonstrate and teach the basic technical elements of badminton, apply appropriate forms and methods of teaching regarding the requirements and abilities of the students, organize competitions and act as a badminton umpire.

Social skills: the student will obey the safety regulations and make sure that everybody will be safe during classes.

8. **Qualifications:** After the end of the course the student will be qualified to conduct badminton classes at primary schools, junior high schools and high schools.
9. **Unit responsible for the subject:**
Section of Sports and Recreational Games in Institute of Sport
10. **Lecturer(s):** PhD Michał Żak, M.Sc. Jerzy Wójcikiewicz
11. **Learning conditions:** group practices at the Badminton Hall – max. 18 students.
12. **Suggested number of ECTS points:** 3
13. **Online learning:** 7 hours