

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : **BADMINTON**
Name in English : **BADMINTON**
Level and form of studies : **1st level, full-time**
Profile : **academic, practical**
Kind of subject : **optional, university-wide**
Subject code : **WFW035012**
Group of courses : **NO**

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contraindications to take active part in physical education activities.
2. Own badminton racket and sports shoes with a rubber sole.

SUBJECT OBJECTIVES

- C1: To Improve technical and tactical elements in badminton.
 C2: To develop motoric features typical of badminton: short distance speed, muscular power of legs, shoulder and girdle and speed endurance.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows badminton rules - singles and doubles play.

PEK_W02: a student knows how to strike a shuttlecock taking into account the designated court areas of hitting a shuttlecock.

Relating to skills:

PEK_U01: a student knows a forehand serve.

PEK_U02: a student is able to play overhead backhand stroke.

Relating to social competences:

PEK_K01: a student is aware of importance of sport and physical activity for the whole life and its influence on physical and mental health.

PEK_K02: a student promotes social and cultural importance of sport and physical activity, cares about his own preferences in the field of physical culture, cooperates in team, takes part in competition, implements fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes. Requirements for passing a course and safety rules. Students' skills assessment.	2
Cl. 2-14	Introduction to badminton rules. Exercises which help to familiarize you with new equipment. Learning and practicing the forehand serve. Learning and practicing the overhead forehand shot. Learning and practicing the backhand serve. Learning and practicing the upper left shot. Learning and practising smash. Learning and practicing drop shots from the backcourt. Learning and practicing shots at the net. Learning and practicing how to move around the court. Learning and practicing the attack from the backcourt. Learning how to play doubles. Organizing competition – singles tournament.	26
Cl. 15	Grading. Inner tournament.	2
Total hours		30

TEACHING TOOLS USED
<p>N1. Training methods: accurate, tasks, small matches, individual and group exercises.</p> <p>N2. Trainer's demonstration</p> <p>N3. Video recording and analysis the players.</p> <p>N4. Lecture.</p>

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answers, student's demonstration, student's evaluation during training.
F2	PEK_U01, U02	General and specific fitness tests.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u></p> <p>[1] Nawara H.: <i>Badminton</i>. Wrocław: AWF 2009.</p> <p>[2] Karolczak I.: <i>Badminton: materiały szkoleniowe dla instruktorów, część 1</i>. Warszawa: Polski Związek Badmintona, 1987.</p>

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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