

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

Name in Polish	: BADMINTON (SEKCJA)
Name in English	: BADMINTON (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW035015
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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. Very good technical competences- being a professional sportsman in the past
3. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Enhancing competitive performance in sport- preparation for Lower Silesia University League (DLM) and Polish University Championships (AMP).
 C2: Enabling former players to continue their careers
 C3: Introducing training methodology.

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

- PEK_W01: a student knows singles and doubles strategies.
 PEK_W02: a student has knowledge of training methodology.

relating to skills:

- PEK_U01: a student has acquired particular scope of behavior- combined- of schemes and the ability to use them in direct competition.
 PEK_U02: a student knows and can apply while playing basic technical elements: a long and short serve, smash, defense.

relating to social competences:

- PEK_K01: a student cooperates in team, is aware how physical activity influences health.
 PEK_K02: a student applies fair play rules, takes part in sport competition, promotes social and cultural importance of physical activity.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-2	Organization of classes and safety rules. Assessment of students' skills and their suitability for the varsity division. The election of the head of varsity division.	4
Cl. 3-26	Increasing the level of badminton skills due to technical and tactical training. Increasing the level of motoric features: endurance, speed, strength. Mastering the short and long forehand serve, backhand serve, smash, drop shots from the backcourt and at the net in singles and doubles. Exercises developing general fitness with methods of circuit training, with stress on speed, jumping skills, endurance and speed endurance.	48
Cl. 27-29	Taking part in sports competition: DLM, OMW and AMP.	6
Cl. 15	Course completion. The proper game.	2
Total hours		60

TEACHING TOOLS USED
N1. Training N2. Competition N3. Demonstration N4. Lecture

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	Video recording during competition
F2	PEK_U01, U02	Special skills test
C: Attendance, active participation in classes as well as arithmetic mean derived from F1 and F2		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Nawara H.: <i>Badminton</i> . Wrocław: AWF, wyd. V. [2] Lechman R.: Szalewicz A.: <i>Badminton</i> . Warszawa SiT. [3] Karolczak I.: <i>Badminton: materiały szkoleniowe dla instruktorów, część 1</i> . Warszawa: Polski Związek Badmintona, 1987.
<u>SECONDARY LITERATURE:</u> Steler M.H.: <i>Badminton. Program szkolenia dzieci i młodzieży</i> . COS Warszawa 2001.

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