STAC 106—BADMINTON

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

LEARNING OUTCOMES
At the conclusion of the semester, students will:
- Demonstrate competence in the fundamental skills of badminton clear, smash, drive, and drop.
- Demonstrate an understanding of the rules, strategies, and scoring in badminton by passing a written test.

EXPECTED LEARNING SKILLS AND TECHNIQUES
- Serves: Low serve and High serve (must); Drive serve and flick serve (optional)
- Strokes: High clear, Drop, Drive, Smash (must); Attack clear and net flight (optional)

GRADING
- This course is graded PASS/FAIL
- Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the exam.

Students who do not meet these criteria will receive a Fail (E) grade which will impact their GPA

ATTENDANCE/PARTICIPATION
Because participation is the primary component of an activity class, attendance is requisite to pass the class.

- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). *There is no such thing as an excused absence for University business.* **The purpose of the allowed absences is to accommodate for illness, injury, or University business.**
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.

A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or
Any injury occurring during scheduled class time should be immediately reported to your instructor.

**FOUNDATION SKILLS OF BADMINTON**

**Ready Position**
- Stand about a shoulder’s width apart
- Weight on balls of feet
- Knees slightly bent
- Upper body inclined forward
- Off-racket foot slightly ahead
- Head, neck, and back forming a straight line
- Head up, with racket held out in front about head high

**Stroking Position**
- Pivot on appropriate foot
- Body perpendicular to net
- Weight on rear foot
- Racket cocked behind head

**Stroke Execution (General)**
- Transfers body weight forward
- Begins body rotation with hips
- Extends arm as stroke is made
- Rotates arm and flexes hand at wrist as racket head is driven through stroke
- Always moves toward shuttle when stroking
- Shows same basic position for all strokes until just prior to contact with shuttle

**The Clear: Underhand & Overhand**
- Has good height (defensive)
- Has good length to the baseline
- Has appropriate height (offensive/attacking)
- Is used strategically

**The Drop**
- Lands close to net
- Make it looks like a smash or a clear shot
• Passes over net close to net cord
• Aim at either corner of the forecourt
• Is used strategically

**The Smash & Jump Smash: Overhead**

• Is hit hard
• Is sharply angled, about 45 degree
• Is used in doubles whenever possible
• Is used in singles when a point is possible

**The Drive**

• Is hit parallel to floor with a sidearm motion
• Passes over net close to cord
• Usually is hit down sidelines
• Has good length either to the baseline or to the mid-court
• Net Flight for Hairpin and Cross-Court
• Is played when possible with racket at net level
• Is tight to net cord
• Is used strategically

**The Serve**

• Shuttle be struck below the waist
• The head of racket below any parts of hand
• In doubles, crosses net close to cord
• Is usually served to center corners
• Is usually low service
• In singles, has good height
• Has good depth
• Is usually served to center of court
• Is usually the high, deep serve

**Play**

• Maintains mobile position
• Returns to center of the court position after each shot in singles
• Covers own court in doubles
• Adjusts to partner’s skills
• Plays up and back on attack; side by side on defense
• Does not overrun the shuttle
• Mixes up serves
• Does not let shuttle get behind body