STUDENT WELLNESS

ACTIVITY CLASSES

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 this 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 injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

DRESS & ATTIRE

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

INJURY

Any injury occurring during scheduled class time should be immediately reported to your instructor.

COURSE CONTENT


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