SS9101: Badminton

Learning Objective

The course aims to provide students with opportunities to acquire the knowledge, understanding and experience necessary to develop an appreciation of, and play, the sport of badminton. Students will be taught the essential skills necessary to play the sport.

Content

1. Introduction to the history and current developments in relation to the sport industry
2. Fundamentals of badminton - laws and regulations of badminton, essential equipment, and etiquette in badminton
3. Basic knowledge and practical experience on developing fitness for badminton
4. Essential preliminary skills – grips, ready position, footwork
5. Elementary strokes – high serve, low serve, overhead clear, overhead drop, net shot, cross-court net shot, underhand clear, smash, half-smash, drive shot
6. Concepts related to nature of the sport – target zones for placement of shuttle, timing of shuttle flight, trajectory of flight, court space coverage
7. More advanced techniques – flick serve, drive serve, backhand serve, backhand overhead clear, round-the-head stroke, net smash, holding the shuttle
8. Basic singles and doubles strategies

Course Outline

1. Introduction to the history, main competitive events, and current trends of badminton
2. Familiarisation activities and initial assessment of abilities relevant for badminton including grips, hand-eye coordination, footwork, and movement abilities related to badminton stroke-execution.
3. High serve, low serve, basic footwork to rear-court and overhead clear
4. Overhead drop, basic footwork to front-court and net shot
5. Cross-court net shot, underhand clear, and holding the shuttle
6. Drive shot, smash, and half-smash
7. On-court fitness development – incorporating the elementary skills and footwork
8. Basic singles play and strategies
9. Basic fitness and conditioning for badminton using free-weights and resistance training machines
10. Net smash, round-the-head stroke, flick serve and drive serve
11. Basic doubles play and strategies
12. Team-based competition with singles, doubles, and mixed doubles

Learning Outcomes

1. Student will have a good understanding and appreciation of the athletic requirements, laws and regulations of the sport, and etiquette necessary for playing badminton at both recreational and competitive levels
2. Students will be able to play and enjoy badminton as a leisure activity
3. Students will have an understanding of the development of badminton as a sport within the context of the commercialisation of sports

**Student Assessment**

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Practical Skills Tests</td>
<td>60%</td>
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<tr>
<td>Match Play</td>
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<tr>
<td>Class Participation</td>
<td>10%</td>
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<tr>
<td>Written Test</td>
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</tbody>
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**Textbooks/References**

Badminton World Federation - [www.bwfbadminton.org/default.aspx](http://www.bwfbadminton.org/default.aspx)
Singapore Badminton Association - [www.singaporebadminton.org.sg](http://www.singaporebadminton.org.sg)