

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

BADMINTON I

COURSE CODE:

N032

ECTS CREDITS

3

RESPONSIBLE FOR THE COURSE:

NAME	EVANGELOS BEBETSOS	
POSITION	ASSISTANT PROFESSOR	
SECTOR	Sports Management – Physical Education in Schools – Recreation	
OFFICE	B1-11	
TEL. / E-MAIL	25310-49712	25310-49712
CO-INSTRUCTORS		

SEMESTER:

1ST 2ND 3RD * 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION *
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK *

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

The objective of this course is the growth of basic skills and the acquisition of basic knowledge for the preparation of students who wish specialization in the particular sport. The motor abilities gained and the learning outcomes are evaluated along with the students' ability of participating in badminton games and the ability of explaining the basic elements that constitute badminton as a motor activity.

COURSE CONTENTS (*outline – titles of lectures*)

- 1) Presentation of sport (Historic elements, way of playing, equipment)
- 2) Basic terminology and analysis of strokes
- 3) Familiarization with the equipment, racquet grips, footwork, basic stands
- 4) Basic force in strokes
- 5) SERVICE (High, low, flick. Analysis, exercises of familiarization and practice)
- 6) CLEAR (Analysis, exercises of familiarization and practice)
- 7) DROP (Analysis, exercises of familiarization and practice)
- 8) SMASH (Analysis, exercises of familiarization and practice)
- 9) LIFT (Analysis, exercises of familiarization and practice)
- 10) DRIVE (Analysis, exercises of familiarization and practice)
- 11) Combined exercises
- 12) Tactics in singles (Analysis, exercises of familiarization and practice)
- 13) Application of technique and tactics in singles (Analysis, exercises of familiarization and practice).

TEACHING METHOD (*lectures – labs – practice etc*)

Practice teaching along with supportive theoretical instruction

ASSESSMENT METHOD(-S)

Constant evaluation on the particular series of exercises on each unit and for every sport skill gained, along with participation grading. In the end of the semester final examinations will take place in theoretical basis and game skills.

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

- 1) Know the basic motor skills that constitute the sport.
- 2) execute basic sport movements.
- 3) Use motor and cognitive skills in order to teach badminton.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Know the basic motor skills that constitute the sport	Lectures, use of digital material, home study	Written tests for cognitive assessment	30
Development of basic execution skills	Practical tests, field/practice time, examination tests	Practical tests for motor assessment	30
teach badminton	Lectures, home study,	Written and	30

	field/practice time	practical tests	
		TOTAL	90

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. – Αντωνίου, Π. (2001). Badminton. Τεχνική – Τακτική. Εταιρεία Αξιολόγησης & Διαχείρισης Περιουσίας Δημοκρίτειου Πανεπιστημίου Θράκης, Ξάνθη.