

SPORT SCIENCE & MANAGEMENT
SS5101 BADMINTON

Academic Year	2024-25	Semester	1
Course Coordinator			
Course Code	SS5101		
Course Title	Badminton		
Pre-requisites	-		
No of AUs	3		
Contact Hours	39		

Course Aims

The course aims to provide you with opportunities to acquire the knowledge, understanding and experience necessary to develop an appreciation of and play the sport of badminton. The course will provide the pedagogy and practice to attain the essential skills necessary to play the sport.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. know the history, competitive events, and trends in badminton.
2. apply the rules and regulations of the game.
3. understand and demonstrate the skills (serve, footwork, net play, clear, smash, etc.).
4. understand and demonstrate the tactics during singles and doubles gameplay.

Course Content

1. Introduction to the history, main competitive events, and current trends of badminton
2. Familiarisation activities and initial assessment of abilities relevant to 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 frontcourt 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

NTU Competencies & Graduate Attributes

NTU Competencies	
Character	√
Competence	√
Cognitive agility	√

NTU Graduate Attributes	
Graduate Attributes	Level (i.e., basic, intermediate, advanced)
1. Sportspersonship	Advanced
2. Self-Management	Intermediate
3. Decision Making	Intermediate
4. Collaboration	Basic
5. Communication	Basic

Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Weighting	Team/ Individual	Assessment Rubrics
1. Practical Assessment	3, 4	60%	Individual/Pair	Appendix 1 (Skills & Gameplay)
2. Theory Assessment (Quiz)	1, 2, 3, 4	30%	Individual	NA
3. Participation	1, 2, 3, 4	10%	Individual	Appendix 2
Total		100%		

Formative Feedback

Feedback for learning will be verbally provided during each class session, where you have the opportunity to learn techniques and apply yourselves to problems related to each organ system.

Instructors will be available for weekly consultations; however, appointments for such consultations will need to be pre-arranged.

Written feedback will be provided to the class for the test via the Blackboard.

Throughout the course, you may have the opportunity to use recording devices (such as video) to help record your fellow classmates demonstrating movements for observation and

analysis. During the learning process, you will receive verbal feedback on the techniques and mistakes in observation and analysis. Suggestions for improvement will be provided.

Learning and Teaching Approach

Approach	How does this approach support you in achieving the learning outcomes?
Direct Teaching styles	The direct teaching style enables you to follow and learn through demonstration and pointers provided in order to achieve competency in both the technical and tactical aspects of the game. This is done through the demonstration of skills and participation in modified games and drills.
Deliberate Practice with Feedback	You are encouraged to practice the skills through modified games and drills to refine your own performance. Occasionally, instructors will moderate the practice and provide the necessary feedback based on their observations.
Collaborative Approach	You will also be asked to observe your peers' performances and provide necessary feedback on the techniques and tactics of the game.

Reading and References

NIE Research and Publications

Nil

Other Readings and References

1. Chen, G. and Chen, C. (2009) Coaching Badminton. Coaches Choice: Monterey, CA.
2. Hughes J.D. (2003) No standing around in my gym. Human Kinetics: Champaign, IL
3. Kim, S. & Walker, M. (2002) Badminton Today. Belmont: Wadsworth / Thomson Learning.
4. Wetton, P. (1987). Bright Ideas Games for PE, Scholastic Ltd: Warwickshire, GB.

Additional References

1. International Badminton Federation (IBF) - <http://www.internationalbadminton.org/>
2. Singapore Badminton Assn - www.singaporebadminton.org.sg/

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory - punctually, submit all scheduled assignments and take tests by due dates. You are not allowed to swap laboratory groups without express permission from the course coordinator. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions they have missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick, supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

(3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

(4) Attire and safety

You are strongly encouraged to wear proper sports shoes (preferably court shoes instead of running shoes that support your ankle and multi-direction change). No sandals or general going-out shoes are allowed. Wear comfortable sports apparel for lessons. Please remove jewellery such as necklaces, earrings, rings, etc. and trim your nails. Bring a set of dry clothes to change into after the class. Bring along a water bottle for hydration purposes.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognise your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion, and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [NTU Student Academic Integrity Policy and Procedures link](#) in the Student Portal for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Special note: Generative AI tools will be allowed to the extent stipulated for each assignment in the assignment instructions, and any such use must be duly referenced or disclosed.

Course Instructors

Instructor	Office Location	Phone	Email
TBA			

Planned Weekly Schedule

Week	Topic	Course LO	Readings/ Activities
1	<ul style="list-style-type: none"> Introduction to the history, competitive events, and current trends of badminton 	1, 2	<ul style="list-style-type: none"> Refer to readings and references
2	<ul style="list-style-type: none"> Familiarisation activities and initial assessment of abilities relevant to badminton, including grips, hand-eye coordination, footwork, and movement abilities related to badminton stroke execution. 	3	<ul style="list-style-type: none"> Refer to readings and references
3	<ul style="list-style-type: none"> High serve, low serve, basic footwork to rear-court and overhead clear 	3	<ul style="list-style-type: none"> Practical
4	<ul style="list-style-type: none"> Overhead drop, basic footwork to frontcourt and net shot 	3	<ul style="list-style-type: none"> Practical
5	<ul style="list-style-type: none"> Cross-court net shot, underhand clear, and holding the shuttle 	3	<ul style="list-style-type: none"> Practical
6	<ul style="list-style-type: none"> Drive shot, smash, and half-smash 	3	<ul style="list-style-type: none"> Practical
7	<ul style="list-style-type: none"> On-court fitness development – incorporating elementary skills and footwork, 	3	<ul style="list-style-type: none"> Practical
RECESS WEEK			
8	<ul style="list-style-type: none"> Basic doubles play and strategies 	3, 4	<ul style="list-style-type: none"> Practical
9	<ul style="list-style-type: none"> Basic fitness and conditioning for badminton using free-weights and resistance training machines 	3	<ul style="list-style-type: none"> Practical
10	<ul style="list-style-type: none"> Net smash, round-the-head stroke, flick serve and drive serve 	3	<ul style="list-style-type: none"> Practical
11	<ul style="list-style-type: none"> Team-based competition with singles, doubles, and mixed doubles 	3,4	<ul style="list-style-type: none"> Practical
12	<ul style="list-style-type: none"> Practical Assessment 	3, 4	<ul style="list-style-type: none"> Competition

13	• Theory Quiz	1,2, 3, 4	

Appendix 1: Practical (Skills & Gameplay) Assessment (60%)

The skills and gameplay will be based on 100%, and the final percentage will be converted to 60% for the skills and gameplay assessment component.

Criteria	A+, A, A-	B+, B	B-, C+, C	D+, D	F
Skills and Gameplay	Performs all the badminton (technical and tactical) skills consistently with confidence and attention to the quality of movement required in a badminton game.	Performs most of the badminton (technical and tactical) skills consistently with confidence and attention to the quality of movement required in a badminton game.	Performs most badminton (technical and tactical) skills most of the time with confidence and attention to the quality of movement required in a badminton game.	Performs some badminton (technical and tactical) skills sometimes with confidence and attention to the quality of movement required in a badminton game.	Unable to perform any badminton (technical and tactical) skills with confidence and attention to the quality of movement required in a badminton game.

Appendix 2: Participation (10%)

Criterion	8-10 points	6-7 points	3-5 points	0-2 points
Pre-class readings and/or participation in activities during class	Completes all the required readings & online activities and/or actively participates in all activities during class.	Completes most of the required readings & online activities and/or actively participates in most of the activities during class.	Completes some of the required readings & online activities and/or actively participates in some of the activities during class.	Does not complete the required readings & online activities and/or does not participate in activities during class.