

SEMESTER- III

BSc-PE-DSE-1 (4)-102: BADMINTON

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-1(4)-102 BADMINTON	4	2	0	2	Class XII pass	Nil

Learning Objective:-The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Learning Outcomes:

After completing the course, the students will be able to:

- Understand, interpret and analyze proficiency in a game of one's choice.
- Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
- Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
- Acquire various skills of sports
- Evaluate fitness and skill test as well as the evaluate player's performance.
- Understand fitness components and its forms.
- Enhance performance on the basis of knowledge gained in understanding various fitness components.
- Construct different Field/ Courts for the game.

THEORY SYLLABUS (30 HOURS)

UNIT-I (08 HOURS)

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National, and International Level)
- Introduction to Badminton Court

UNIT-II (08 HOURS)

- Rules and their interpretation.

- Basis of Warming up and Cooling down and its effect.

UNIT-III (07 HOURS)

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
 - Basic skills and techniques of the skills
- Drills to improve skills in Badminton

UNIT-IV (07 HOURS)

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Badminton performance

PRACTICAL SYLLABUS (60 HOURS)

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Badminton

SUGGESTED READINGS:

1. Bompa O Tudor and Halff G. Gregory.(2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Brahmns Bernd-Voler.(2010).Badmnton Handbook.Mayer&MayerSports:UK.Unt-II,III&IV-p-9-14.
3. Grice,T.(2007).Badminton:StepstoSuccess.2ndEd.HumanKinetics,USA.
4. GuptaR.KumarP.andTyagiS.(2008).TextbookonTeachingSkillandProwess(PartI &II).Friends P ublication .New Delhi.
5. Singh, MK.(2007).Comprehensive Badminton. Friends Pub. New Delhi.
6. Vanaik A.(2005).Playfield Manual, Friends Publication. New Delhi.
7. Vanaik A.(2017).Officiating and Coaching, Friends Publication. New Delhi.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.