

Semester V

BSc-PE-DSE-3 (4)-301 (ii): 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-3(4)-301 (ii): BADMINTON	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use badminton knowledge on the ground and have a command of the basic and advanced rules and regulations of marking the court and conducting a tournament.

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

1. Marking, constructing and maintaining Badminton court,
2. Officiate and Coach with an understanding of Duties/responsibilities
3. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
4. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
5. Apply Safety measures and prevent injuries
6. Manage injuries' Causes
7. Rehabilitate and massage athletes
8. Organize Competitions
9. Identify classification and components of nutrition and energy requirements of athletes in specified events
10. Train motor components through technical preparation

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR BADMINTON (8 HOURS)

- 1.1 Training of motor components
- 1.2 Technical preparation – reflexes, perceptual sense, neuro-muscular coordination
- 1.3 Construction and maintenance of badminton court, equipment etc.
- 1.4 Physical, physiological, and Psychological preparation
- 1.5 Officiating and Coaching -Duties/responsibilities, qualifications, and qualities of a coach, Philosophy of coaching, Qualifications, and responsibilities/functions of technical officials, Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists and fitness trainers

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS (8 HOURS)

- 2.1 Systematizing training process for badminton players – general warming-up, specific warming-up and cooling-down
- 2.2 Supplementary exercises, basic skills, weight-training and circuit-training
- 2.3 Training for beginners, Training for intermediate players - advanced sportspersons, Training for seniors - high-performance sportspersons.
- 2.4 Prevention of injuries and Safety measures.

UNIT-III ORGANISATION OF THE COMPETITION (7 HOURS)

- 3.1 Planning for the Competition
- 3.2 Selection of men, material and management
- 3.3 Concluding the competition – submission of accounts, preparing a report
- 3.4 Protocols and Ceremonies

UNIT-IV DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition
- 4.2 Energy requirements of badminton players
- 4.3 Nutritional requirements of badminton players: pre-, during, and post-competition phases

PRACTICALS (60 HOURS)

1. Demonstration of skills
2. Training for footwork
3. Shadow practice and pressure training, planning for competition, organization of competition/seminar/workshop.

SUGGESTED READINGS

- Ashok Kumar, (2003) Badminton, New Delhi Discovery,.
 - Narang, P. (2005), Play and Learn Badminton, Khel Sahitaya Kendra,.
 - Singh, M.K., (2006) A to Z Badminton, New Delhi, Friends Pub.,.
 - Singh, M.K., Comprehensive Badminton, N.D. Friends Pub., 2007.
 - Brahm's Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK.
- Unit-II,III&IV-p-9-14.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
 - Gupta R. Kumar P. and Tyagi S.(2008). Textbook on Teaching Skill and Prowess (Part-I&II). Friends Publication. New Delhi.
 - MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi.

- 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.