



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Badminton [C\_CS>Bad30]

### Course

Field of study

Bioinformatics

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Lecturers

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### Prerequisites

- general physical fitness - having a sports outfit - having your own badminton racket

## Course objective

The program of badminton classes, conducted as part of physical education, is aimed at teaching the basic elements of technique and tactics of the game of badminton, allowing mastering the rules of the game in the shortest possible time. After a warm-up conducted in the form of general exercises or games, successive elements of technique and tactics, as well as the rules of the game are gradually introduced. Each successive class is to an increasing degree, devoted to playing the game in school form, simplified or in full form, according to the skill level of the students. The combination of fun and learning is intended to popularize this very dynamic sport and make it eagerly practiced by new adepts. The importance of systematic physical exercise for human health is undeniable, and badminton is a good alternative to health-promoting physical activity, for many years to come. For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

## Course-related learning outcomes

### Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the chosen sport in Physical Education classes.

Knowledge of the principles of conducting physical education classes.

### Skills:

Ability to independently assess the situation in the class based on the rules and regulations in a specific discipline.

Ability to independently conduct a warm-up

Ability to adjust the difficulty of tasks to individual needs during the class.

### Competencies:

The student acquires an awareness of his/her body to skillfully select exercises for its formation and proper development.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and evaluating progress.

The student acquires organizational skills in conducting classes and organizing basic sports competition (matches, tournaments, etc.) in accordance with current regulations and fair play.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Evaluation criteria: attendance in class

Credit for the course is given by active and regular attendance in class. It is possible to have 2 absences without the obligation to make up and excuse with 30 hours in a semester. Students are required to make up the remaining unexcused absences and short-term sick leave in consultation with their instructor. It is possible to make up two classes per week. Physical education classes may be attended a maximum of one per day. Classes must be made up on a different day from the program classes.

## Programme content

- learning about the equipment used in the game of badminton: racket, aileron, net, place of play - court: dimensions, structure of the playing field, rules of the game, types of badminton games
- proper technique of grasping the badminton racket
- learning the basic ways to bounce the shuttlecock (forehand, backhand)
- learning to serve: short serve, long serve
- perfecting different ways to bounce the shuttlecock and serve
- learning to play at the net
- learning to play from deep in the field
- single game, doubles games: rules of movement on the court, order of service, scoring
- badminton tournament in the practice group

## Teaching methods

none

### Bibliography

1. Polish Badminton Association: Rules of the game of badminton. 1995
2. Andrzej Szalewicz: Learning Badminton in a Weekend; Wiedza i Życie 2006.
3. Bernd-Volker Brahms: Badminton Handbook; Meyer + Meyer Fachverlag 2014

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00