COURSE DESCRIPTION CARD - SYLLABUS

Course name
Badminton [C_CS>Bad30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
null

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
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 healthpromoting 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.

Social competences:
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:

Completing the course is achieved through active and regular participation in classes. Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/ her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

Programme content

- equipment used in the game of badminton
- Introduction to badminton
- Basic techniques of the game
-Moving around the court
-Serve and return
- Single game strategies
- Introduction to the doubles game
-Intermediate tournament

Course topics

-History and development of badminton. -Basic rules of the game.
-Review of equipment: racquets, darts, net, sportswear.

- Proper racket grip.
-Basic strokes: forehand, backhand.
-Basic plays: clear, drop, smash. -Basics of moving around the court.
-Stepping techniques: split step, chasse, lunge.
-Coordination exercises and improving reaction speed. -Service techniques: high, low, flick.
- Return strategies: defensive and offensive.
- Practical service and return exercises.
-Positioning on the court.
-Planning of attack and defense. -Tactical analysis of the singles game.
-Basic differences between singles and doubles play. -Collaboration with a partner.

Teaching methods

- verbal description
- demonstration
- practical exercises
- imitative strict, task strict.

Bibliography

Basic:
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

Additional:
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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