COURSE DESCRIPTION CARD - SYLLABUS

Course name
Badminton [C_CS>Bad15]

Course

Field of study
Chemical and Process Engineering

Year/Semester
1/1

Area of study (specialization)
Bionics and Virtual Engineering
Technical Electrochemistry
Production Informatics and Robotics
Production Informatics
Engineering of Implants and Prosthesis
Construction Engineering and Management
Composites and Nanomaterials
Machine Design
Structural Engineering
Supply Chain Logistics
Corporate Logistics
Metal and Plastics Materials
Nanomaterials
Aircraft Piloting
Aircraft Engines and Airframes
Logistics Systems
Onboard Systems and Aircraft Propulsion
Production Systems
Organic Technology
Polymer Technology
Medical and Rehabilitation Devices
Virtual Engineering
Managing Enterprise of the Future
Enterprise Resource and Process Management
Integrated Work Safety Management
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
15

Projects/seminars
0

Number of credit points

0,00

Coordinators

mgr Arkadiusz Jarentowski
arkadiusz.jarentowski@put.poznan.pl

mgr Agata Ostrowska
agata.ostrowska@put.poznan.pl

Lecturers

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:

Completing the course is achieved through active and regular participation in classes.
One absence is allowed without the obligation to make up or justify it for 15 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

- 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

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.
-Basic formations and strategies of the doubles game.
-Organization of a tournament within a group.
- Practical application of acquired skills.
-Analysis and discussion of tournament games.

Teaching methods

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

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	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00