

Syllabus for
HPER 017—Advanced Badminton
0.5-1 Credit hour
Spring 2003

I. COURSE DESCRIPTION

Designed for the student who has intermediate to advanced badminton skill and knowledge. The course places major emphasis on tactics and strategy for doubles and singles match play. Prerequisites: HPER 001 and HPER 002; GHPE 503.

II. COURSE GOALS

The purpose of this course is designed to enable the student do the following:

- A. Develop an understanding and appreciation for the sport of badminton.
- B. Learn how to participate in the sport of badminton.
- C. Appreciate the social, economic, and entertainment aspects of sports in American life.
- D. Understand and appreciate how badminton fits into the aerobics program and what benefits can be derived from participating in badminton.
- E. Understand how the sport of badminton can contribute to the development of the whole person.

III. COURSE OBJECTIVES

As a result of completing this course, the successful student enrolled in HPER 017 will be able to do the following:

- A. Master all strokes.
- B. Score and play in tournament situations
- C. Show intermediate to advanced level skills on ORU Badminton Proficiency Test.
- D. Utilize proper court position, stroke selection, and strategy in game situations.
- E. Define terms relative to badminton play.
- F. Discuss proper selection and use of equipment
- G. Identify the court dimensions for doubles and singles.
- H. Discuss and implement tactics and strategy for doubles, mixed doubles, and singles.
- I. Identify the rules of badminton.
- J. Discuss how badminton fits into the whole-person concept.

- K. Discuss the value of badminton as a lifelong recreational activity.
- L. Explain how team work and camaraderie is inherent in doubles play.

IV. TEXTBOOKS

Required Textbooks

Clark, J and Huber, F. (1998) Seven lifetime sports. Dubuque: Eddie Bowers Publishing.

ORU Aerobic Activity Log Book.

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University.
2. Double cuts will be assessed for absences immediately preceding or following holidays.
3. Excessive absences can reduce a student's grade or deny credit for the course.
4. Students taking a late exam because of an unauthorized absence will be charged a late exam fee.
5. Students and faculty at Oral Roberts University adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software.
6. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.

B. Department Policies and Procedures

1. Field Test Policy
 - a. must be taken every semester in each enrolled activities class.
 - b. must be administered by your activities class instructor during the scheduled class time.
 - c. automatic failure for cheating on field test or assisting another to cheat.
2. HPER 017 course may only be taken twice for credit. Additional 017 classes may be taken but will not count toward ORU/HPER activity requirements for graduation.
3. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Letter Grade Reduced From Final Grade
1-3	0
4	1
5	2
6	3
7	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor

and the University.

C. Course Policies and Procedures

1. Evaluation Procedures

a. Health Fitness

1. Aerobic Points 10%
2. Field Test 30%
3. Body Composition 5%

Students currently over the maximum body composition standard (20% men/30% women) should enroll in HPER 092—Exercise and Weight Control **and** drop this class.

4. Body Mass Index 5%

b. Class Participation 10%

c. Skill and Knowledge of Badminton 40%

d. Grading for the courses is as follows:

A=90%

B=80%

C=70%

D=60%

Less than 60% = F/Failed Course

- e. Students opting for 1.0 hour credit must participate in a badminton tournament outside class. This can be either the intramural tournament or one set-up by the instructor. Failure to participate will result in the final grade reduced by one letter grade.

2. Health Fitness Standards

BODY COMPOSITION — MEN

Levels of Fitness	Points Toward Grade	Age Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<5%	<5%	<5%	<6%	>7%
Healthy	5	5-16	5-16	5-17	6-18	7-19
Unhealthy	0	>16	>16	>17	>18	>19

BODY COMPOSITION — WOMEN

Levels of Fitness	Points Toward Grade	Age Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<15%	<15%	<15%	<16%	>17%
Healthy	5	15-26	15-26	18-27	16-28	17-29
Unhealthy	0	>26	>26	>27	>28	>29

FIELD TEST STANDARDS

3-MILE RUN, 7 _-MILE CYCLE, AND 1,100-METER SWIM

(Women add 3 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	21:00	22:00	23:00	24:00	25:00
	28	22:00	23:00	24:00	25:00	26:00
Good	26	23:00	24:00	25:00	26:00	27:00
	24	24:00	25:00	26:00	27:00	28:00
Average	22	25:00	26:00	27:00	28:00	29:00
	20	26:00	27:00	28:00	29:00	30:00
	18	27:00	28:00	29:00	30:00	31:00
Fair	16	28:00	29:00	30:00	31:00	32:00
	14	29:00	30:00	31:00	32:00	33:00
Poor	12	30:00	31:00	32:00	33:00	35:00
	10	31:00	32:00	33:00	35:00	37:00
Very Poor	8	32:00	33:00	35:00	37:00	39:00
	6	33:00	35:00	37:00	39:00	41:00
	4	35:00	37:00	39:00	41:00	43:00
	2	37:00	39:00	41:00	43:00	45:00

3-MILE WALKING

(Women add 2 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	33:00	35:00	37:00	39:00	41:00
	28	34:00	36:00	38:00	40:00	43:00
Good	26	35:00	37:00	39:00	41:00	45:00
	24	36:00	38:00	40:00	43:00	47:00
Average	22	37:00	39:00	42:00	45:00	49:00
	20	38:00	41:00	44:00	47:00	51:00
	18	39:00	43:00	46:00	49:00	53:00
Fair	16	41:00	45:00	48:00	51:00	55:00
	14	43:00	47:00	50:00	53:00	57:00
Poor	12	45:00	49:00	52:00	55:00	59:00
	10	47:00	51:00	54:00	57:00	61:00
Very Poor	8	49:00	53:00	56:00	59:00	63:00
	6	51:00	55:00	58:00	61:00	65:00
	4	53:00	57:00	60:00	63:00	67:00
	2	55:00	59:00	62:00	65:00	69:00

AEROBIC POINTS

(Average Weekly Amount for 13 Weeks)

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
	10	50+

Excellent	9	45
Good	8	40
	7	35
Average	6	30
	5	25
Fair	4	20
	3	15
Poor	2	10
	1	5

VI. COURSE CALENDAR

Week Topic/Content

- 1 Instructor will review nature of game, going over such items as proper stroke technique, scoring (including setting), equipment, and positioning for both singles and doubles.
- 2 Students will be asked to execute various strokes and perform in game situations. Also pupils will be grouped into intermediate or advanced level in order to provide equal competition in game situations.
- 3 Practice long serves, clear returns, short serves, returns, drop, forehand and backhand, overhead smash, and round-the-head shot
- 4-6 Singles play. Instructor emphasizes the vastly different strategy of singles and doubles competition.
- 7 Instructor demonstrates four parts of skills test. Those who desire may practice these skills, or they may opt to continue singles and doubles play.
- 8 **Skill Test** and class tournament
- 9-13 Ranking doubles and singles competition. Instructor will observe and give evaluation and instruction on technique and strategy. One court will be set aside for any who want to work on various phases of their game.
- 14 Review for knowledge exam. **Run/walk Field Test**
- 15 **Written knowledge Test.** Turn in aerobic log book directly to instructor during last scheduled class. No late aerobic log books will be accepted.

VII. ASSESSMENT SUMMARY

Duke, Bernis

Name of Instructor

HPER 017

Course No.

Advanced Badminton

Title of Course

HPER

Name of Department

MISSION

The lifestyle at ORU is rooted in the word "Wholeness." ORU seeks to educate the whole person, with balanced emphasis placed on the development of the mind, spirit, and body.

GENERAL OUTCOMES

1. Spiritual Development
2. Physical Development
3. Communication
4. Analysis
5. Problem Solving
6. Valuing in Decision-making
7. Social Interaction
8. Global Perspectives
9. Effective Citizenship
10. Aesthetic Responsiveness

MAJOR OUTCOMES

Physical Development

Providing students an opportunity to improve and demonstrate skills appropriate to the sport.

Social Interaction

Utilizing skills to compete and to work together to instill good sportsmanship.

Analysis

Providing students with the knowledge for improvement of skills.

COURSE GOALS

To provide the student with a deeper knowledge and appreciation of the sport.

To provide the student with an appreciation of the social, economic, and entertainment aspects of sports in American life.

To provide the students with an opportunity to develop skills for both competition and recreational levels.

ASSESSMENT OF COURSE GOALS

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Skills/Class Tournament
Written Exam
Field Tests

CRITERIA

HPER course is based on the following:

Skills/Ability/Exam	30%
Improvement	10%
Participation	10%
Aerobic Points	10%
Body Composition	5%
Body Mass Index	5%
Field Test	30%