

BADMINTON
PHED BC 1353

Instructor: Sharon J. Everson
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COURSE DESCRIPTION: This course is an introduction to the game of badminton. Students will learn the basic strokes, rules and strategies of singles and doubles play. Intermediate and advanced skills and strategies will be introduced as appropriate.

COURSE OBJECTIVES:

Students will:

- perform appropriate warm-up exercises
- demonstrate the basic badminton strokes.
- use the rules correctly during games.

COURSE REQUIREMENTS:

Students must:

- adhere to the attendance and lateness policies of the Barnard Physical Education Department.
(See Attendance Policy handout).
- wear appropriate attire to class including sneakers
- assist with the set-up and take-down of class equipment

TENTATIVE COURSE SCHEDULE:

- Orientation
- Equipment/Grip/Safety/Footwork
- Low short & long deep serves
- Overhead clear
- Forehand and backhand drives
- Smash, Drop shots
- Hair pin Shots
- Doubles & Singles rules
- Doubles games
- Circuit Skills Practice
- Court Position/Doubles strategy (Up & Back)
- Doubles/Singles Round Robin Tournament