
**SPORT ELECTIVE COURSES
Syllabus**

Course:	BADMINTON
Code:	Sport 006
Course level:	Undergraduate
Course Category:	Elective
Credits (ECTS):	Three (3)
Days and Times:	Monday and Thursday / 15:00 - 16:29
Office time:	Thursday: 14:00 – 15:00
Lectures' place:	Sport Center
Lecturer:	Evandros Votsis, PhD
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A. COURSE AIM:

Growing knowledge and developing basic motor skills in the field of Badminton. Through positive experiences, the students should promote the idea of Lifelong Exercise and improved fitness and wellness of students.

OBJECTIVES –LEARNING OUTCOME

The students should be able to:

- Understand the basic rules and how they can play the game of badminton.
- Learn various technical motor skills in badminton and how you can move better in the court.
- Acquiring a satisfactory level of knowledge and experience of the sport, to enable students to play by themselves for recreation.

B. COURSE CONTENTS

WEAK	LECTURES
1	Introduction to badminton – Aim – Objectives – Short reference in Badminton history (Theory)
	Τεχνική -Λαβή ρακέτας, Θέση ετοιμότητας, Ρυθμός (Θεωρία και Πράξη)
2	Skills - Service, Net shot, Clear, Drop, Smash. (Theory)
	Skills - Service Forehand & Backhand, Net shot, Drive (Presentation and practice to the court)
3	Skills – Clear, Drop, Smash (Theory and Practice)
	Implementation of singles rules
4	Footwork 1
	Footwork 2
5	Implementation of doubles rules
	DVD presentation και analyze – Forehand strokes
6	DVD presentation και analyze – Backhand strokes
	Motor skills practice 1
7	Motor skills practice 2
	Motor skills practice 3
8	Motor skills practice 4
	Motor skills practice 5
9	Motor skills practice 6
	Teaching methods & Content interference (Theory)
10	Motor skills practice 7
	Motor skills practice 8
11	Motor skills practice 9
	Muscles function and badminton (Theory)
12	Motor skills practice 10
	Motor skills practice 11
13	Motor skills practice 12
	Summary and discussion for the exams

C. LECTURE PROCEDURE

- Theory in room B208 (Sport Center).
- Practice in indoor sport hall (Sport Center)

Course Requirements:

1. Sport equipment. Sport clothes and shoes. Racket, Towel and water are optional.
2. Declaration form that is healthy and can participate in the lesson.
3. The presence in the class is mandatory. Η παρουσία στο μάθημα είναι υποχρεωτική.

D. EVALUATION

Practice — Motor skills assessment — Participation in the class	60%
Exams — Close and open ended questions — Multiple choice questions	40%

E. BIBLIOGRAPHY:

Mandatory

- Lectures' notes (Rules, motor skills analysis, muscles function)

Optional

Partemian., St. (2003). *Badminton: A sport Guide*. Thessaloniki, Sevaslian Brothers.

Bernd-Volker., Brahms. (2010). *Training, Tactics, Competition*. Meyer and Meyer Sport (UK) Ltd.

Frederick., S. (2009). *Badminton for fun*. Compass point books, US.

- Grice., T. (2008). Badminton: Steps to success. 2nd Ed. Human Kinetics, Ltd.
- Paup., C.D., & Fernhall, B. (2000). *Skills, drills and strategies for badminton*. Arizona, Scottsdale: Holcomb Hathaway.
- Tzetzis G., Kourtessis T., Votsis E. (2002). The effect of modeling instruction on people with different age and expertise levels playing badminton. *Journal of Human Movement Studies*, 43:251-268.
- Tzetzis G., Votsis E. (2006). Three feedback methods in acquisition and retention of badminton skills. *Perceptual and Motor Skills*, 102, 275-284.
- Tzetzis G., Votsis E. Kourtessis T (2008). The effect of different corrective feedback methods on the outcome and self confidence of young athletes. *Journal of Sport Science and Medicine*, www.jssm.org.
- Votsis, E. Tzezis G. Hatzitaki, V. Grouios G (2009). The effect of implicit and explicit methods in acquisition of anticipation skill in low and high complexity situations. *International Journal of Sport Psychology*, 40:374-391.

Websites

www.cyprusbadminton.com	Cyprus Badminton Federation
www.badmintoneurope.com	European Badminton Federation
www.bdfbadminton.org	World Badminton Federation

