

GEORGE MASON UNIVERSITY
School of Recreation, Health, & Tourism
Physical Activity for Lifetime Wellness

RECR 151-001 – Introduction to Badminton (1)

1 credit Fall 2021

9:00-10:15 TR Fairfax, RAC 1200

August 24 – October 7

Faculty

Name: Stephen Gallagher
Office Hours: By Appointment
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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces the fundamental skills, rules, and strategies of badminton. Covers basic techniques and etiquette of both singles and doubles play. Allows students to enjoy badminton as a lifetime activity.

Course Delivery Method

This is an activity class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

- Demonstrate the basic skills and etiquette of badminton.
- Score and play in tournament situations.
- Apply and articulate the basic rules of badminton during singles and doubles game play.
- Explain three health benefits of badminton.

Professional Standards

None

Required Text:

None required. All readings will be listed in the syllabus.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

The course is based on total points. Points may vary depending on the number of times the class meets each semester based on the calendar.

Attendance / Participation (25%):

- 10 points will be awarded each day for participation with a deduction of 1 point for each five-minutes that a student is late. Those who are on time and participate to their fullest extent each day as scheduled, will earn the full 10 points for that day.
- Students must attend the entire class period and participate in the daily activities to receive full credit for the class.
- Unexcused absences and late arrivals can significantly affect the grade (1 point deduction for every five minutes a student is late or 10-point deduction for each missed class). Absences are only excused with a physician’s note. Email and phone calls do not excuse an absence. Physician notes must be presented to the instructor immediately upon return to the class.
- Students must be dressed in “work-out” attire to include athletic shoes with non-marking soles, athletic type shorts and a t-shirt. Students who are not dressed appropriately will earn a “0” participation grade for the day.
- Students are required to participate and show good sportsmanship toward the instructors and other students. Points will be deducted for students who display unsportsmanlike conduct.

Skill Assessment (50%)

This will be done while students play on the court

Written Final (25%)

An end-of-class test will cover technical and tactical knowledge, the rules of the game, and badminton as a lifetime activity.

Total points: 100

Grading (in Percentages)

A	90 – 100	B-	80 – 83	C-	70 – 73
B+	88 – 89	C+	78 – 79	D	60 – 69
B	84 – 87	C	74 – 77	F	0 – 59

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Course Schedule

Day 1 Athletic skills, four grips, lever position with position of hand on grip, forehand drive, forehand lift, footwork (directional split step, shuffle, chasse step, four corner footwork patterns and recovery), clear, basic rules of play
<https://youtu.be/SNDvcVBMZQ>
<https://youtu.be/Laiu3Myd4JO>

- <https://youtu.be/toQ7tOx7Tvs>
<https://youtu.be/SoRlxfSVQpk>
https://youtu.be/4rSFXhfP_Zc
<https://youtu.be/fBa08o5GEqw>
- Day 2** Review, service rules, high singles serve, overhead, drop
<https://youtu.be/fr0HFft4PQ0>
<https://youtu.be/-stU4x4w7to>
<https://youtu.be/GE8qjlubAbI>
- Day 3** Review, smash, backhand lift, low serve, flick serve, game play
<https://youtu.be/kzWpvuWeih0>
- Day 4** Review, backhand drive, forehand tap, backhand tap, game play
- Day 5** Review, footwork, forehand net, backhand net, singles rules, game play
<https://youtu.be/yaeFQ8lxR9M>
- Day 6** Review, (clear, overhead, and backhand), (clear, overhead, and forehand), game play
- Day 7** Review, (drop, smash, net) both sides, doubles rules, game play
<https://youtu.be/G-mno5V7E7Q>
- Day 8** Review, doubles game play
- Day 9** Review, returning smash with forehand, returning smash with backhand, defensive and offensive strategic patterns, game play
<https://youtu.be/EeWABDrIma8>
<https://youtu.be/suU1OAmFo1Y>
- Day 10** Review, strategic patterns and styles of play, game play
- Day 11** Tournament and draw formats, game play
- Day 12** Tournament play
- Day 13** Tournament play

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly.

All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730 or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.