

George Mason University Korea
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 151-K01 – Badminton Introduction
1 Credit, Fall 2024
Tuesday 18:00-19:15, George Mason Korea Campus, IGC Gym
(08/26 - 11/29, 14 weeks)

Faculty

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Office location: Before and After class
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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 Overview

This is an introductory course teaching the fundamentals of badminton. Developing and/or improving the basic skills needed to actively enjoy the sport of badminton. Students will learn to perform the fundamental strokes, understand the basic rules and strategy. Focus includes: learning basic knowledge of badminton (rules, scoring, strategy, and etiquette) & learning basic skills (Strokes, serve, and basic shots).

Course Delivery Method

This course is an activity-based course.

Learning Outcomes

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: Not Applicable

Required Texts: 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.

- **Attendance / Participation** – This includes arriving on time, absences, and daily play. Attendance will count after the first week of class.
 - 5 points will be given each day with a deduction of 1 point for each five-minute period that a student is late.
 - Students must attend the entire class period and participate in the daily activities to receive full credit for the class. This includes setting up and taking down the net. The first day of class will count in the attendance / participation score. Please come prepared to participate.
 - Students are expected to be active participants in class. Failure or reluctance to participate in practices and activities will result in a deduction of points.
 - Students are required to participate with good sportsmanship, teamwork, and cooperation with instructor and classmates. Points will be deducted for each time a student’s behavior must be corrected.
 - Students are required to come prepared with proper attire for exercise, including sportswear, indoor exercise shoes, and a hairband for those with long hair. Failure to have proper attire will result in a deduction of 1 point for each item missed by the student.
 - The use of mobile or smart phones is prohibited during class and must remain in silent mode. Points will be deducted for any usage of phones.
 - Students will also learn to officiate games and have the opportunity to be a referee.
 - Unexcused absences and late arrivals will significantly affect the grade. Emailing the instructor does not excuse a student from class or participation. A doctor’s note (진단서) with a hospital official stamp is required to excuse students from injury or illness. The note must be original and presented to the instructor immediately upon returning to class. Prescriptions (처방전) and Certificates of hospital visits (진료확인서) are not accepted as a doctor’s notes.
 - There is no extra credit, so it is important that students attend and participate in every class.

- **Assignments and/or Examinations**
 - Skill Assessment – This will be done while students play on the court and during skill assessments.
 - Written Final – An end of class test will cover technical and tactical knowledge, the rules of the game, and referee signals. Multiple choice, true and false, and short answer questions will be used. All quizzes and exams are on Blackboard.

- **Other Requirements:** None

- **Grading**
 - Attendance/Participation – 70 points
 - Skill Exams – 20 points
 - Written Exam – 10 points

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Use of Generative AI

Use of Generative AI tools should be used following the fundamental principles of Mason’s Academic Standards. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative AI tools.

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See <https://cehd.gmu.edu/current-students/cehd-student-guide>.

Class Schedule

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

WEEK	DATE	TOPIC	VENUE
1	8-27	Review Syllabus, Introduction to Badminton	ZOOM meeting
2	9-3	How to use/set up equipment, Grips, Net Shots	IGC Gym
3	9-10	Review Net; Clear Shots	IGC Gym
4	9-17	Havest Moon Festival	NO CLASS
5	9-24	Review Net, Clear; Serve Shots	IGC Gym
6	10-1	Review Net, Clear, Serve; Drop & Lift Shot	IGC Gym
7	10-8	First Skills Exam	IGC Gym
8	10-15	Review Net, Clear, Serve, Drop & Lift Shots	IGC Gym
9	10-22	Review the Basic Shots; Drive Shots	IGC Gym
10	10-29	Review the Basic Shot; Drive & Smash Shots	IGC Gym
11	11-5	Review the Basic Shots; Drive & Smash & Lift Shots	IGC Gym
12	11-12	Tournament	IGC Gym
13	11-19	Tournament	IGC Gym
14	11-26	Written Evaluation & Final Skill Assessments	IGC Gym

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University. More information can be found here:

<https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason's Academic Standards (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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>.
- Questions or concerns regarding use of your LMS should be directed to:
 - Blackboard Learn: <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see:
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>
 - Writing Center: <https://writingcenter.gmu.edu/>

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

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.