

Semester II
PART – B: PRACTICUM COURSE
BPC – 203 (A): RACQUET SPORTS (BADMINTON)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	48	56	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the fundamental techniques of the game and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the court, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of the game.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret the fundamental techniques of the game.
- demonstrate and assess various techniques of the game.
- interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the game at national and international levels. Regulatory bodies governing the game.

FUNDAMENTAL SKILLS

- Racket parts, Racket grips, Shuttle (dimensions).
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Shadow Practice

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 25