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| Subject | Individual sports (Badminton) | | |
| Type | Type | Semester | ECTS |
| | ELECTIVE (E) | IV | 3 |
| Lecturer | Dr.Sc. Abedin Bahtiri | | |
| Goals and objectives | The aim of this course is to develop students' technical skills, tactical understanding, and physical fitness required to play badminton. The course also seeks to enhance knowledge of game rules, strategies, and sportsmanship while fostering teamwork and a lifelong appreciation for the sport. | | |
| Learning outcomes | <p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Demonstrate proficiency in fundamental badminton skills, including grip, footwork, and basic strokes. ✓ Apply tactical strategies during singles and doubles gameplay. ✓ Exhibit understanding of the rules, scoring system, and etiquette of badminton. ✓ Develop physical attributes such as agility, coordination, and endurance necessary for competitive play. ✓ Analyze gameplay to identify strengths, weaknesses, and areas for improvement. ✓ Demonstrate respect, teamwork, and sportsmanship in both competitive and recreational settings. | | |
| Content | Java | Topics | |
| | 1 | Syllabus Presentation | |
| | 2 | The history of Badminton | |
| | 3 | Introduction to Badminton Equipment: Racket, Shuttlecock, Court Shoes | |
| | 4 | Grips: Forehand and Backhand Grip, Footwork: Movement, Positioning, and Recovery | |
| | 5 | Serves: High Serve, Low Serve, Flick Serve | |
| | 6 | Clears: Overhead and Underhand | |
| | 7 | Drop Shots | |
| | 8 | Mid-exam – 1 | |
| | 9 | Smashes | |
| | 10 | Drives | |
| | 11 | Singles and Doubles Rules | |
| | 12 | Singles Tactics: Court Coverage and Shot Placement | |
| | 13 | Doubles Tactics: Rotations and Formation (Front-Back, Side-Side) | |
| | 14 | Rules of the Game | |
| 15 | Mid-exam – 2 | | |
| Teaching/learning methods | Activity | | Weight (%) |
| | Lectures | | 30 |
| | Laboratory | | 30 |
| | Research | | 20 |
| | Independent and group learning | | 20 |
| Methods of Evaluation | Methods of evaluation: | | % |
| | Participation | | 20 |
| | a) Medium-term exam-1 | | 20 |
| | b) Medium term exam – 2 | | 20 |
| | Course design (developing a training program for a certain group) | | 40 |
| Sources | Sources | | Number |
| | Lectures | | 1 |
| | Presentations | | 1 |
| | Web of Science | | 1 |
| | PubMed | | 1 |
| | Scopus | | 1 |
| ECTS Workload | Activity | Weekly hours | Workload |
| | Lectures | 1 | 12 |
| | Lab | 1 | 12 |
| | Course project | n/a | 16 |
| | Independent work | n/a | 35 |
| Literature | | | |

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| | <ul style="list-style-type: none"> Grice., T. (2008). Badminton: Steps to success. 2nd Ed. Human Kinetics, Ltd. |
| Ethical standards | This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies. |
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