

**Health & Exercise Studies**  
**HESR 242 093, 195, 197**  
**Badminton**

**Instructor:** Ed Remen  
**Office:** 2016 F Carmichael Gym  
**Office Hours** Mon-Thr 9:10 – 10:10  
**Telephone:** 919-515-1060  
**E-mail:** [ed\\_remen@ncsu.edu](mailto:ed_remen@ncsu.edu)  
**Website:** <http://courses.ncsu.edu/hesr242/common/>

Website for Rules: [www.USABADMINTON.org](http://www.USABADMINTON.org) Look for New Rally Scoring Rules

**Course Learning Outcomes:**

Students will be able to:

1. demonstrate that they have learned the fundamentals of health-related fitness related to effectively playing badminton, such as enhancing cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition;
2. apply knowledge learned in playing badminton toward developing, maintaining, and sustaining an active and health lifestyle;
3. acquire or enhance skills, competencies, and strategies related to badminton; and
4. demonstrate that they have gained a thorough working knowledge, appreciation, and understanding of the spirit and rules, safety, history, and etiquette of badminton.

**Health Statement**

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health & Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at [healthweb.ncsu.edu](http://healthweb.ncsu.edu)).

**Evaluation**

1. Final grades will be determined using the point distributions and weight percentages listed below.
2. Letter grades will be given according to the plus (+)/minus (-) grading scale.
3. Students electing to take the course for credit only must score a minimum final average grade of 70% to achieve satisfactory completion of the course.

Midterm Exam	20%
Final Exam	20%

Skills Tests:	
Short Serve	15%
Long Serve	15%
Overhead Clear	15%
Agility Drill	15%

Total	100%
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Examination Grades will include basic rules, court dimensions, history, etiquette, safety, strategy, technique, and interpreting and categorizing various game type situations.

## Skills Tests

The Skills Tests for grade consist of 4 tests: short serve, long serve, overhead clear and agility drill. They are performed on the courts with target markings (Court 4 and 8). You will be able to pre-test to practice the tests early in the semester and then be graded at the end of the semester.

A+	97-100	C+	77-79
A	93-96	C	73-76
A <sub>-</sub>	90-92	C-	70-72
B+	87-89	D+	67-69
B	84-86	D	63-66
B-	80-82	D-	60-62
		F	59 or below

**\*Last day to change to Credit Only is November 5, 2015.**

## Clothing and Equipment

1. Students are required to attend class dressed in the NC State PE gray T-shirt provided by the gymnasium locker room and red shorts (may be your own personal shorts).
2. It is required that students wear an appropriate athletic/running shoe. The shoes worn may be canvas-topped or soft leather topped rubber soled shoes.

## Recommendations for Safety

3. Inform the instructor of any medical concerns that may restrict participation in the activity.
4. Inform the instructor of any symptoms of nausea, fainting, shortness of breath or dizziness.
5. Drink plenty of fluids throughout the day and prior to participation in class. 64 oz. is recommended.
6. A proper warm-up and stretch is needed before beginning activity.

## General Information

7. Cell phones and pagers should be turned off during class.
8. The NCSU ALL-CAMPUS CARD must be used to enter Carmichael Gymnasium.
9. Due to the nature of this activity, it may be necessary for the student and instructor to have some physical contact. If you feel uncomfortable by being touched, please let the instructor know.
10. Every sport-fitness activity has certain inherent risks and regardless of precautions taken, it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
11. Class will begin 5 minutes after the scheduled time and last for a 35-minute period. (Class is scheduled for 50 minutes with the first 5 minutes and the last 10 minutes to be used for changing clothes)
12. Tardiness: Students who report to class after the established time will be considered tardy. Two tardies will equal one absence.

## Attendance/Make-up Guidelines

The following guidelines will be in effect beginning with the first class day for which you are officially registered for this course.

13. Students are expected to be in class, participating in activity, each class day. A maximum of three (3) incentive points will be awarded to students who attend and participate in every scheduled class.
14. Three (3) absences are permitted without affecting your grade. (Excused or Unexcused)
15. Students with four (4) or more total absences will receive a grade of "F" or "U" for the course. (Extended illness or injury, which prohibit continued participation in this class, may necessitate a medical drop. It will be the responsibility of the student to present documentation to the instructor to initiate this process.)
16. For the University's position on attendance and other University policies:  
<http://www.ncsu.edu/policies/homepage.php>

**Academic Integrity** [http://www2.ncsu.edu/prr/student\\_services/student\\_conduct/POL445.00.1.htm](http://www2.ncsu.edu/prr/student_services/student_conduct/POL445.00.1.htm)

**Attendance** [http://www.ncsu.edu/policies/academic\\_affairs/pols\\_regs/REG205.00.4.php](http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.4.php)

**Audits** [http://www.ncsu.edu/policies/academic\\_affairs/pols\\_regs/REG205.00.5.php](http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php)

**Credit-Only** [http://www.ncsu.edu/provost/academic\\_policies/coursecr/creditonly/reg.htm](http://www.ncsu.edu/provost/academic_policies/coursecr/creditonly/reg.htm)

**Credit by Examination:**

Students must adhere to all university academic policies and regulations (see PRR REG 02.50.1) related to credit by examination

**Students with Disabilities:**

Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.1) ( [http://www.ncsu.edu/policies/academic\\_affairs/pols\\_regs/REG205.00.28.php](http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.28.php) )

**Diversity Policy** <http://www.fis.ncsu.edu/ncsulegal/areg-discrimination.html>

**Honor Pledge** [http://www2.ncsu.edu/prr/student\\_services/student\\_conduct/POL445.00.1.htm](http://www2.ncsu.edu/prr/student_services/student_conduct/POL445.00.1.htm)

"I have neither given nor received unauthorized aid on this test or assignment." The syllabus may specify that the Honor Pledge be signed on each test or assignment or that it is the teacher's understanding and expectation that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid.

**Incomplete grades** [http://www.ncsu.edu/provost/academic\\_regulations/end\\_of\\_semester.html](http://www.ncsu.edu/provost/academic_regulations/end_of_semester.html) will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

**Online class evaluations** will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: [classeval@ncsu.edu](mailto:classeval@ncsu.edu)

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

# HESR 242 Fall Badminton – Second Session

## Class Schedule

Wed., Oct. 14	Courts	Course Introduction, Syllabus
		Equipment, Class Procedures, guidelines
Monday, Oct. 19	Courts	Basic Rules, Serving Rules, Scoring
		Hitting Drills
Wed., Oct. 21	Courts	High Deep Long Serve,
		Low Short Serve, Backhand Serve, Drills
Monday, Oct. 26	Courts	Overhead Strokes
		Clear, Drop, Smash, Drills
Wed. Oct. 28	Courts	Practice Serves & Overhead Strokes
		Drills
Monday, Nov. 2	Courts	Sidearm Drive, Push, Block
		Drills
Wed., Nov. 4	Courts	Net Game, Drops, Underhand Clear
		Practice Skill Tests
Monday, Nov. 9	Courts	<b>Midterm</b>
		Practice Skill Tests
Wed., Nov. 11	Courts	Practice Skill Test – Long Serve
		Practice Skill Test – Overhead Clear
Monday, Nov. 16	Courts	Practice Skill Test – Short Serve
		Tournament Play
Wed., Nov. 18	Courts	Singles Play - Strategy
		Singles Play- Strategy
Monday, Nov. 23	Courts	Doubles Play -- Strategy
		Doubles Play – Strategy
Wed., Nov. 25	<b>No Class</b>	<b>Holiday</b>
Monday, Nov. 30	Courts	Skill Tests – Short Serve, Long Serve
		Skill Tests - Overhead Clear, Review
Wed., Dec. 2	Courts	<b>Final Exam</b>

**Game play will be a part of most every class. After a skill is introduced and practiced (drills), the remainder of the class will be game play**

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## HESR 242 Fall Badminton Second Session

### Class Schedule

Tuesday, Oct. 13	Courts	Course Introduction, Syllabus
		Equipment, Class procedures, guidelines.
Thursday, Oct. 15	Courts	Basic Rules, Serving Rules, Scoring
		Hitting Drills
Tuesday, Oct. 20	Courts	High Deep Long Serve,
		Low Short Serve, Backhand Serve, Drills
Thursday, Oct. 22	Courts	Overhead Strokes
		Clear, Drop, Smash, Drills
Tuesday, Oct. 27	Courts	Practice Serves & Overhead Strokes
		Drills
Thursday, Oct. 29	Courts	Sidarm Drive, Push, Block
		Drills
Tuesday, Nov. 3	Courts	Net Game, Drops, Underhand Clear
		Practice Skill Tests
Thursday, Nov. 5	Courts	<b><i>Midterm</i></b>
		Practice Skill Tests – Overhead Clear
Tuesday, Nov. 10	Courts	Practice Skill Test – Short Serve
		Practice Skill Test – Long Serve
Thursday, Nov. 12	Courts	Singles Play -Strategy
		Singles Play - Strategy
Tuesday, Nov. 17	Courts	Singles Play -- Strategy
		Doubles Play – Strategy
Thursday, Nov. 19	Courts	Doubles Play -- Strategy
Tuesday, Nov. 24	Courts	Skill Test – Short Serve, Long Serve
		Skill Test – Overhead Clear, Review
Thursday, Nov. 26	<b><i>No Class</i></b>	<b><i>Holiday</i></b>
Tuesday, Dec. 1	Courts	<b><i>Final Exam, Skills Test</i></b>
Thursday, Dec. 3	Courts	Review Final, Skills Test Makeup

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