

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI - 51**

1	Name of Syllabus	C. C. IN BADMINTON (404121)																																									
2	Max.Nos of Student	25 Students																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	Play ground + Class Room = 200 Sq feet																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To provide systematic training about Badminton																																									
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport																																									
11	Teacher’s Qualification	Diploma / Certificate Course in concern field.																																									
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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13	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Min. Marks</td></tr><tr><td>1</td><td>40412111</td><td>Fundamentals of Badminton</td><td>TH-I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40412121</td><td>Training Methods</td><td>PR-I</td><td>3 hrs</td><td>100</td><td>50</td></tr><tr><td>3</td><td>40412122</td><td>Badminton Practice</td><td>PR-II</td><td>6 hrs</td><td>200</td><td>100</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>400</td><td>185</td></tr></table>							Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	40412111	Fundamentals of Badminton	TH-I	3 hrs	100	35	2	40412121	Training Methods	PR-I	3 hrs	100	50	3	40412122	Badminton Practice	PR-II	6 hrs	200	100			Total			400	185
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FUNDAMENTALS OF BADMINTON

THEORY - I AND PRACTICAL - I

ELEMENTS OF PHYSICAL EDUCATION

1. Physical Education (i) Definition
(ii) Meaning and Scope, Misconception about Physical Education.
2. Aims and objectives of Physical Education General outline.
 1. Meaning of various terms used in physical Education:

Physical Education as Science: Brief History of allied sciences and topics.

- a) Sports Psychology
- b) Sports Medicine
- c) Sports Sociology
- d) Sports Biomechanics
- e) Fitness; conditioning and Training
- f) Sports Nutrition

Guiding Principles of Physical Education :

- i) Biological Principles
 - a) Growth And Development
 - b) Heredity and Environment
 - c) Body Types
 - d) Anatomical Differences
- ii) Psychological Principles:
 - a) Learning
 - b) Transfer of Training.
 - c) Motivation
- iii) Sociological Principles
 - a) Cultural Influence
 - b) Group dynamics
 - c) Recreation

Importance of Science; Basic Science. Science required for Physical Education.

Mechanics and General Properties of matter: System of Units, Motion, Newton's law of motion and their applications, Velocity, Force, Centrifugal and centripetal with examples. centre of gravity simple pendulum.

Lever, energy, Transformation of energy; friction. Angle of Friction(only elementary), Barometer, Boyle's Law exhaust

Badminton

Brief History of the Game Badminton

Measurements and preparation of the play area

Fundamental Skills

Racket grip

Shuttlecock grip

Service

Basic strokes- toss or lob

Clear

Smash

Drive

Drop shots

Net strokes

Game plan singles

System of play in doubles

Front and back

Side by side

Rotation

Rules of the Game

Hall

Flooring

Lighting

Court

Posts

Net

Shuttlecock

Racket

Players

Toss

Scoring

Change of ends

Match

Service

Service faults

Service let

Let

Faults during play

Singles game

Doubles game

Intervals

Badminton terminology

Records and Awards

National and international tournaments

Officials and umpires

Books and Magazines

Common sports injuries

Contusion- signs and symptoms, prevention, treatment

Strain- signs and symptoms, prevention, treatment

Sprain- signs and symptoms, prevention, treatment

Abrasion- signs and symptoms, prevention, treatment

Bone injuries- signs and symptoms, prevention, treatment

Joint injuries- signs and symptoms, prevention, treatment

Dislocation- signs and symptoms, prevention, treatment

Yoga

i) Yogasanas:

1) Padmasana 2) Baddha-Padmasana

3) Paschimottanasana 4) Mahamudra 5) Yogamudra

6) Bhujangasana 7) Ardha Shalabhasana 8) Shalabhasana

9) Dhanurasana 10) Akarnadhanurasana 11) Halasana

12) Chaukrasana 13) Vakrasana 14) Utkatasana

15) Jananulasana 16) Ardhamatsyendrasana

17) Bakasana 18) Kukutasana 19) Vajrasana

20) Sarvangasana 21) Matsyasana 22) Naukasana 23) Garudasana

24) Gomukhasana 25) Tadasana.

i) Kriyas:

1) Jal Neti 2) Agnisar 3) Kapalabhati 4) Tratak 5) Dhouti 6) Nauli

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification

2. Law of overload

3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
