

LEAD CITY UNIVERSITY

FACULTY: ARTS AND EDUCATION

DEPARTMENT: KINESIOLOGY, SPORTS SCIENCE AND HEALTH EDUCATION

SEMESTER: FIRST SEMESTER (2017/2018 SESSION)

COURSE CODE: KSC 117

COURSE TITLE: SKILL DEVELOPMENT AND TECHNIQUES IN RACKET GAMES I

STATUS: COMPULSORY

LECTURER IN CHARGE: ESTHER M. OLADEJO

QUALIFICATION: Ph.D

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AREA OF SPECILIZATION: PSYCHOLOGY OF SPORTS

SECTION A

COURSE OBJECTIVES

At the end of the course, students should be able to:

- Discuss the history of each game.
- Highlight the equipment and facilities for playing each of the games.
- Identify various techniques for each game.
- Interpret the rules and regulations of the selected games.
- Acquire the basic fundamental skill in badminton and table-tennis.
- Master the execution of the skill to a level as to be able to play the various games.
- Describe duties of various officials of each game.

COURSE DESCRIPTION: Skills Development and Techniques in Racket Games I

INTRODUCTION: Sports today is both competitive and recreation time activities. The competitive aspect is based on sound acquisition of skills. It is beneficial mainly to those who possess skills of particular game they participate in. This course will provide the students the opportunity for general learning and mastery of skills to be able to participate to a minimum level and to teach the basic skills in badminton and table-tennis.

TEACHING PLAN

WEEK 1: History of Badminton

- Nature of the game.
- Scoring in badminton.

WEEK 2: Skills in badminton.

- Rules and regulations of the game.

- Officials of the game.

WEEK 3: Demonstration of skills in badminton (Grip and Footwork).

WEEK 4: Demonstration of skills in badminton (serving and receiving).

WEEK 5: Demonstration of skills in badminton (Types of shots).

WEEK 6: Table-tennis.

- Introduction to the game – Table-tennis (Origin and development).
- Equipment for the game.
- Scoring in table-tennis

WEEK 7: Table-tennis officials.

- Terminologies in table-tennis.

WEEK 8: Demonstration of skills in table-tennis (Grip and Footwork).

WEEK 9: Demonstration of skills in badminton (serving and receiving).

WEEK 10: Demonstration of skills in table-tennis (shots).

WEEK 11: Revision

WEEK 12: Examination

REFERENCES

Babalola, J. F. 2014. Textbook of practical Physical Education. Beacon Book. 64, Ogunlana Drive (D & T House). Surulere, Lagos.

Badminton (2017). <https://en.wikipedia.org/wiki/Badminton>

ASSESSMENT

Practical	60%
Theory	40%
TOTAL	100%

SECTION B

TUTORIAL QUESTIONS

Instruction: Answer TWO questions from each part.

PART I

Badminton

1. Discuss the following skills/techniques in the game of badminton
 - (i) Footwork
 - (ii) Grip
2. Explain step by step how you will teach a beginner service in badminton.
3. Name **FIVE** parts of badminton court.
- b. Highlight **FIVE** faults in badminton service.
4. State **FIVE** instances when a player wins a point in a game of badminton.

- b. Mention **FIVE** playing strategies in badminton.
5. Explain each of the following terms as used in badminton
 (i) Let (ii) Net play (iii) Mixed doubles (iv) Rally
6. Draw and label a badminton court.

PART II

7. Briefly explain the following terminologies in a game of table-tennis.
 (i) Game (ii) Drop shot (iii) Dead ball (iv) Slice
8. Write **FIVE** instances when a player loses point in table-tennis.
- b. Mention **FIVE** helpful hints to improve yourself in the game of table- tennis.
9. Describe “service” and “the paddle” in the game of table-tennis.
10. State **FIVE** duties of an umpire in a game of table tennis.
11. List **FIVE** playing courtesies game of table tennis.
- b. State **FIVE** rules in table-tennis.

SECTION C

MARKING SCHEME

1. Describe 2 skills	2 x 5 marks	10 marks
2. Explanation		10 marks
3. Any 5 parts	5 x 1 mark	5 marks
b. Any 5 faults	5 x 1 mark	5 marks
		10 marks
4. Any 5 instances	5 x 1 mark	5 marks
b. Any 5 strategies	5 x 1 mark	5 marks
		10 marks
5. Explanation		10 marks
6. Drawing		10 marks
7. Brief explanation	4 x 2.5 marks	10 marks
8. Any 5 instances	5 x 1 mark	5 marks
b. Any 5 hints	5 x 1 mark	5 marks
		10 marks
9. Description		10 marks
10. Any 5 duties	5 x 2 marks	10 marks
11. Any 5 courtesies		5 marks
b. Any 5 rules	5 x 1 mark	5 marks
		10 marks