

M.P.E – 106 (C) GAME OF SPECIALIZATION-BADMINTON

UNIT-I TRAINING LOAD AND ADAPTATIONS

- 1.1 Important motor components
- 1.2 Structure and process for improvement of performance
- 1.3 Various training methods and principles of training load
- 1.4 Causes and symptoms of overload
- 1.5 Management of overload

UNIT-II SCIENTIFIC CONSIDERATIONS FOR HIGH PERFORMANCE

- 2.1 Anatomical considerations
- 2.2 Physiological considerations
- 2.3 Biomechanical considerations
- 2.4 Psychological considerations
- 2.5 Scientific research reviews

UNIT-III COMPETITION PLANNING AND PERIODIZATION

- 3.1 Long term and short term planning for competition
- 3.2 Cyclic process of training: micro, meso and macro cycles
- 3.3 Preparation of training schedules
- 3.4 Tactical efficiency
- 3.5 Build - up and main competitions

UNIT-IV TEST MEASUREMENT AND EVALUATION

- 4.1 Introduction, importance of test measurement and evaluation in badminton
- 4.2 Fitness tests
- 4.3 Skill tests
- 4.4 Knowledge
- 4.5 Periodical assessment of performance

UNIT- V TEACHING LESSONS

- 5.1 Means & methods
- 5.2 Teaching lessons, process of classroom teaching
- 5.3 Preparation of teaching lesson – plans: characteristics & principles
- 5.4 Stage of teaching
- 5.5 Use of teaching aids

PRACTICALS

1. Practical applications of tactics and strategies
2. Training means for development and measurement of strength , speed endurance flexibility and Coordinative abilities
3. Observing and assessing the video / tournament recording /movie and preparing a report
4. Teaching lessons

Badminton

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- Ballou, Palph b., Teaching Badminton, India, 1982.
- Bloss M.V. & Hales, R..S. Badminton, W C Brown, 1994.
- Cavis, Pat, Badminton, S. A. David & Charles Inc 1998.
- Downey, J., How To Coach Badminton, London: Collins Pub .,1990.
- Jain Deepak, Teaching And Coaching – Badminton Delhi: khel S K .,2001.
- Kumar, Ashok, Badminton, Delhi: Discovery Pub .,1999.
- Narang, P., Play and Learn Badminton, Khel Sahitaya Kendra, 2005.
- Singh ,M . K .,A to Z Badminton, New Delhi, Friends Pub., 2006.
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