

With reference to E File No. 24-01017/1/2023-RC Bengaluru - Academics Division (Comp. No.: 42824), the proposed committee for the revised syllabus of the Diploma Course in Sports Coaching and the 6-week Certificate Course has been finalized by the committee members. Kindly submit for further action as necessary.

Syllabus modification : BADMINTON DIPLOMA 2024-25 (BATCH 62)

Semester I - Theory	Hours	Credit
Unit I: History and Laws of Badminton		
1.1 History of Badminton & its global development		
1.2 Laws of Badminton, officiating (ITTO)	10	
1.3 International competition organization		
1.4 Key terminology in badminton		
Unit II: Competition Management		
2.1 Making knockout draws		
2.2 Conducting league matches and tie-breaking	10	
2.3 Alterations and substitutions in draws		
Unit III: Code of conduct		
3.1 Coaches code of conduct		
3.2 Players code of conduct		
Unit IV: Basic Coaching Concepts		
4.1 Philosophy of coaching		2
4.2 Basic qualities of a badminton coach		
4.3 Talent identification methods and principles		
4.4 Class organization techniques	30	
4.5 Importance of concentration, Anticipation and Correct positioning		
Unit V: Longterm Athletic Development in Badminton		
5.1 Basic Characteristics of Children		
5.2 Common mistakes made by the beginners		
5.3 Different Age group training		
Unit VI: Fundamentals of Technique Teaching		
6.1 Types of grips and correction of faulty grips		
6.2 Teaching basic & advance strokes		
6.3 Basic and Advance tactics in singles & its qualities		
6.4 Basic tactics and Advance in doubles & its qualities	50	
6.5 Basic tactics and Advance in mixed doubles & its qualities		
6.6 Footwork: Traditional and modern techniques		
6.7 Creating effective lesson plans		
6.8 Video analysis for self correction		
TOTAL HOURS AND CREDIT	100	2
Semester I - Practical	Hours	Credit
Unit I: Practical Skills Development		
Court marking & equipment maintenance		
Officiating practicals	120	
Footwork training and techniques Teaching and coaching		
Teaching Lesson plan		8
Evaluate motor test and Skill test		
Unit II: Multi-shuttle and Shadow Practice		
Multi-shuttle drills and shadow practice for Singles basics	180	
Multi-shuttle drills and shadow practice for doubles basics		
Multi-shuttle drills and shadow practice for mixed doubles basics		
TOTAL HOURS AND CREDIT	300	8
Semester II - Theory	Hours	Credit
Unit I: 7.0: Advanced Badminton Training		
7.1 Training for Adolescence		
7.2 Training for Adult	20	
7.3 Talent identification for advanced players		
7.4 Elite player training: methodology and tactics		
Unit II: 8.0: Training Management		
8.1 Trends in Modern Badminton and its effect		
8.2 common injuries in Badminton and its prevention		2
8.3 Game Specific Fitness training		
8.4 Prevention of overtraining	25	
8.5 Advanced skill teaching and coaching		
Unit III: 9.0: Match and Video Analysis		
9.1 Pre-match preparation and stress management		
9.2 Hydration and nutrition before, during, and after competition		
9.3 Tapering concept	25	
9.4 Match analysis		
Unit IV: 10.0. Periodization and individualized training plans		
10.1 Factors to be considered for a training plan		
10.2 How to make annual plan	20	
10.3 Organisation of Lesson plan		
Unit V: 11.0. Badminton Specific Skill Test		
11.1 French Short Service Test		
11.2 Miller Wall Volley Test		
11.3 Badminton Smash Test		
11.4 Poole Long Serve Test	10	
11.5 Poole Forehand Clear Test		
11.6 Poole Backhand Clear Test		
TOTAL HOURS AND CREDIT	100	2
Semester II- Practical	Hours	Credit
Advanced Training for Singles, Doubles and Mixed Doubles		
Unit I: Organizing multi-shuttle drills and shadow practice for advanced players		
Unit II: Badminton-specific motor quality development		
Unit III: Lesson plans focusing on advanced skills and training	300	8
Unit IV: Practice of in-game situational drills for better strategic Development		
Unit V: Advanced Skill Teaching and Practice		
TOTAL HOURS AND CREDIT	300	8