

Program	BS Physical Education	Course Code	PE-102	Credit Hours	02
Course Title	Games I: Badminton, Basketball & Football (Practical)				
Course Introduction					
This course introduces students to the fundamental skills, strategies, and coaching principles of Badminton, Basketball, and Football. Emphasis is placed on practical application through skill development, gameplay simulations, and coaching techniques specific to each sport.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> • Explain the rules, history, and basic Badminton, Basketball, and Football techniques. • Apply fundamental skills in each sport, including dribbling, passing, shooting, defending, and footwork. • Analyze tactical strategies and game plans in Badminton, Basketball, and Football. • Develop coaching skills specific to each sport, including player development and team management. • Utilize performance analysis and feedback technology in Badminton, Basketball, and Football. • Through practical sessions and simulations, evaluate and assess individual and team performance in each sport. • Demonstrate teamwork, leadership, and communication skills in sport-specific settings. 					
Course Content					Assignments/Readings
Week 1	Introduction to Badminton <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of badminton. • Group discussion on the evolution of the game. • Practical demonstration of basic badminton skills: grip, stance, and footwork. 				From Books and Class Lectures
Week 2	Basic Strokes of Badminton <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. • Partner practice to simulate match conditions. 				From Books and Class Lectures
Week 3	Serving Techniques in Badminton <ul style="list-style-type: none"> • Practical session on short serve, long serve, and flick serve. • Drills focusing on placement and accuracy. 				From Books and Class Lectures

	<ul style="list-style-type: none"> • Partner serving practice to enhance consistency. 	
Week 4	<p>Netplay and Smashing in Badminton</p> <ul style="list-style-type: none"> • Practical session on net shots and net kills. • Drills focusing on precision and control at the net. • Smashing drills to develop power and accuracy. 	From Books and Class Lectures
Week 5	<p>Revision of</p> <p>Introduction to Badminton</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of badminton. • Group discussion on the evolution of the game. • Practical demonstration of basic badminton skills: grip, stance, and footwork. <p>Basic Strokes of Badminton</p> <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. • Partner practice to simulate match conditions. <p>Serving Techniques in Badminton</p> <ul style="list-style-type: none"> • Practical session on short serve, long serve, and flick serve. • Drills focusing on placement and accuracy. • Partner serving practice to enhance consistency. <p>Netplay and Smashing in Badminton</p> <ul style="list-style-type: none"> • Practical session on net shots and net kills. • Drills focusing on precision and control at the net. • Smashing drills to develop power and accuracy. 	From Books and Class Lectures
Week 6	<p>Introduction to Basketball</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of basketball. • Group discussion on the evolution of the game. • Practical demonstration of fundamental basketball skills: dribbling, passing, and shooting. 	From Books and Class Lectures
Week 7	<p>Dribbling and Passing Basketball</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: control dribble, speed dribble. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Drills focus on chest passes, bounce passes, and overhead passes. • Partner and group drills to simulate game situations. 	
Week 8	<p>Shooting Techniques in Basketball</p> <ul style="list-style-type: none"> • Practical session on lay-ups, jump shots, and free throws. • Drills focusing on form, accuracy, and consistency. • Partner shooting practice to enhance precision. 	From Books and Class Lectures
Week 9	<p>Defensive and Offensive Strategies in Basketball</p> <ul style="list-style-type: none"> • Lecture on defensive formations and offensive plays. • Practical session on man-to-man defence and zone defence. • Drills focus on offensive plays and positioning. 	From Books and Class Lectures
Week 10	<p>Revision of</p> <p>Introduction to Basketball</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of basketball. • Group discussion on the evolution of the game. • Practical demonstration of fundamental basketball skills: dribbling, passing, and shooting. <p>Dribbling and Passing Basketball</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: control dribble, speed dribble. • Drills focus on chest passes, bounce passes, and overhead passes. • Partner and group drills to simulate game situations. <p>Shooting Techniques in Basketball</p> <ul style="list-style-type: none"> • Practical session on lay-ups, jump shots, and free throws. • Drills focusing on form, accuracy, and consistency. • Partner shooting practice to enhance precision. <p>Defensive and Offensive Strategies in Basketball</p> <ul style="list-style-type: none"> • Lecture on defensive formations and offensive plays. • Practical session on man-to-man defence and zone defence. • Drills focus on offensive plays and positioning. 	From Books and Class Lectures
Week 11	<p>Introduction to Football</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of football. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Group discussion on the evolution of the game. • Practical demonstration of basic football skills: dribbling, passing, and shooting. 	
Week 12	<p>Dribbling and Passing in Football</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: close control, speed dribbling. • Drills focus on short passes, long passes, and through balls. • Partner and group drills to simulate game situations. 	From Books and Class Lectures
Week 13	<p>Shooting and Heading in Football</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: instep drive, volleys, and chips. • Drills focusing on heading techniques for accuracy and power. • Partner shooting and heading practice to enhance precision. 	From Books and Class Lectures
Week 14	<p>Defensive and Offensive Strategies in Football</p> <ul style="list-style-type: none"> • Lecture on defensive formations and offensive plays. • Practical session on individual and team defensive tactics. • Drills focus on offensive plays, positioning, and transitions. 	From Books and Class Lectures
Week 15	<p>Revision of</p> <p>Introduction to Football</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of football. • Group discussion on the evolution of the game. • Practical demonstration of basic football skills: dribbling, passing, and shooting. <p>Dribbling and Passing in Football</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: close control, speed dribbling. • Drills focus on short passes, long passes, and through balls. • Partner and group drills to simulate game situations. <p>Shooting and Heading in Football</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: instep drive, volleys, and chips. • Drills focusing on heading techniques for accuracy and power. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Partner shooting and heading practice to enhance precision. <p>Defensive and Offensive Strategies in Football</p> <ul style="list-style-type: none"> • Lecture on defensive formations and offensive plays. • Practical session on individual and team defensive tactics. • Drills focus on offensive plays, positioning, and transitions. 	
Week 16	<p>Review and Final Assessment</p> <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • FIFA (2021). Official Football Rules. Fédération Internationale de Football Association (FIFA). • Grice, T. (2019). Badminton: Steps to Success. Human Kinetics. • Krause, J. V., Meyer, D. W., & Meyer, G. D. (2018). Basketball Skills & Drills. Human Kinetics. • Wilson, J. (2020). Inverting the Pyramid: The History of Soccer Tactics. Nation Books. 		