

BTEC Sport Unit 2: Practical Sports Performance

Describe = Give main details: is, is not, is like, lacks, is characterised by ...

Explain = Why? How? What?: because, through, by, Therefore, The reason for this is, This means ...

Justify = Give reasons why. I think, I believe, The reason for this is, Since, Thus, Because of this ...

Assignment 1: Rules, Regulations and scoring systems of two sports.

Badminton court: Long and thin = Singles. Short and fat = Doubles (although extends to full court after the serve).

Equipment: Racket, shuttlecock, net, posts. Also a polo shirt, shorts/skort, non-slip trainers.

Governing Bodies: Badminton England (national), Badminton World Federation (international).

Scoring System: 1 point = winning a rally. Aim to win 21 points to win a game. 2 clear points if score reaches 20-20, deciding point if score reaches 29-29. Winning 2 games to win a match.

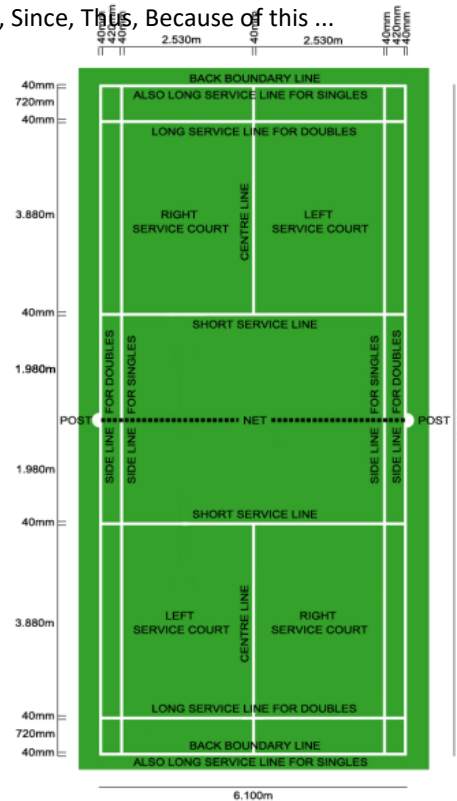
Service rules: Feet behind service line, Strike shuttlecock from below lowest rib, serve diagonally into service box. Right side = even points, (0,2,4,6) left = odd (1,3,5 etc).

Other rules: no double hits allowed (striking shuttlecock twice with two movements in succession), touching the net is a fault, a shuttlecock striking a line is 'in'. Service passes to opponent when they win a point.

Fault: Action that breaks the rules, e.g. touching the net. Results in a point and service being awarded to opponent.

Let: Action which is no fault of either player, e.g. shuttlecock becomes lodged in top of net having passed to opponent's side. Point is replayed. No point given.

Officials: Tournament Referee, Chair Umpire, Service Judge, 10 x line judges. Roles of each official before, during and after a match need to be described and explained. See powerpoint for help.



Assignment 2: Badminton Skills, Techniques and Tactics

Short serve, long serve, overhead clear, smash, net shot, drop shot, positioning—singles/doubles.

Example answer for short serve: A short serve could be played forehand or backhand. Forehand technique is to put the less dominant foot behind the service line and stand with one foot in front of the other. The shuttlecock is dropped from shoulder height and the racket head strikes the shuttlecock below rib height, aiming the shuttlecock low over the net and to the front of the opponent's service box. This shot is played at the start of a point and aiming to serve into the diagonal service box. A player might use this shot when the receiver (opponent) is stood nearer the back of their service box.

Attacking tactics: Use of attacking shots e.g. smashes, hitting shuttlecock to corners to create movement pressure.

Defensive tactics: Hit shuttlecock low over the net to prevent opponent using smashes. Hit high and long to back of court to gain positional advantage. Stay central on the court.

Winning tactics: Keep using the same tactics to exploit opponent's weaknesses.

Tactics when losing: Try to find opponent's weakness e.g. hit to their backhand side if this isn't strong. Keep the shuttlecock on court and force opponent to hit winning shots rather than use own mistakes to earn a point.

Assignment 2: Components of Physical Fitness

Aerobic Endurance—the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

Muscular Endurance—the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.

Flexibility—having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement.

Speed—•distance divided by the time taken. Speed is measured in metres per second (m/s). The faster an athlete runs over a given distance, the greater their speed.

Muscular Strength—•the maximum force (in kg or N) that can be generated by a muscle or muscle group.

Body Composition—•the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.