

THEORY OF THE SECOND TERM. PHYSICAL EDUCATION: 2nd E.S.O.

1. BADMINTON

1.1. WHAT IS BADMINTON?

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Each side may only strike the shuttlecock once before it passes over the net. A rally ends once the shuttlecock has struck the floor.

This game is played at the best of **3 sets**. Every set is played at **21 points**. They have to win with 2 points of difference till 30 points as maximum. At the end of every set, players have to change of half's court.

1.2. HISTORY

In the 5th century BC, the people in China then played a game called **ti jian zi**. A direct translation from this word 'ti jian zi' is kicking the shuttle. As the name suggest, the objective of the game is to keep the shuttle from hitting the ground without using hand. Whether this sport has anything to do with the History of Badminton is up for debate. However, it was the first game in using a Shuttle.

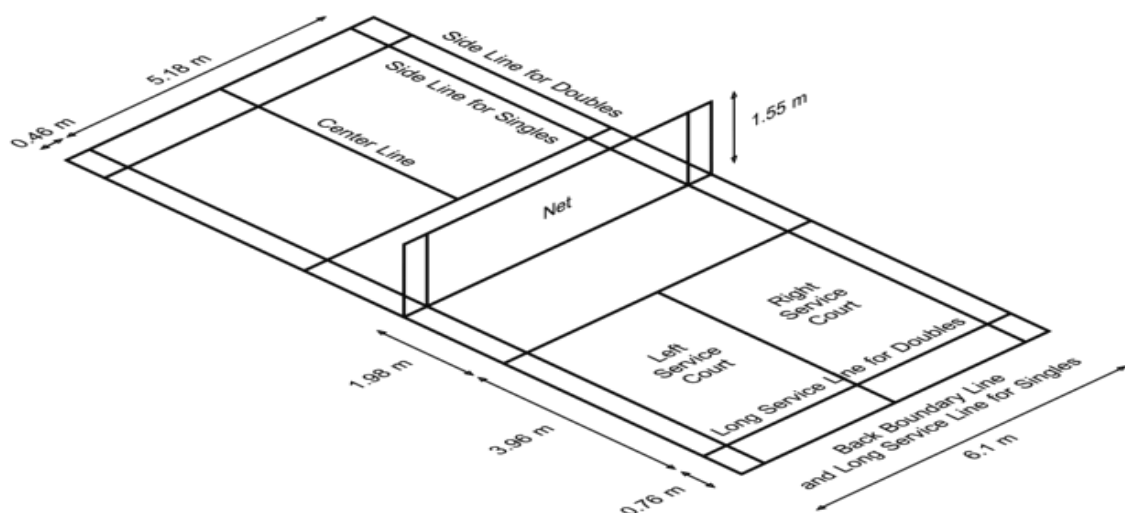
About five centuries later, a game named **Battledore and Shuttlecock** was played in China, Japan, India and Greece. This is a game where you use the Battledore (a paddle) to hit the Shuttlecock back and forth. By the 16th century, it has become a popular game among children in England. In Europe, this game was known as **jeu de volant** to them. In the 1860s, a game named **Poona** was played in India. This game is much like the Battledore and Shuttlecock but with an added net. The British army learned this game in India and took the equipment back to England during the 1870s.

In 1873, the **Duke of Beaufort** held a lawn party in his country place, Badminton. A game of Poona was played on that day and became popular among the British society's elite. The new party sport became known as "**the Badminton game**". In 1877, the Bath Badminton Club was formed and developed the first official set of rules.

1.3. FACILITIES AND EQUIPMENT

1.3.1. COURT

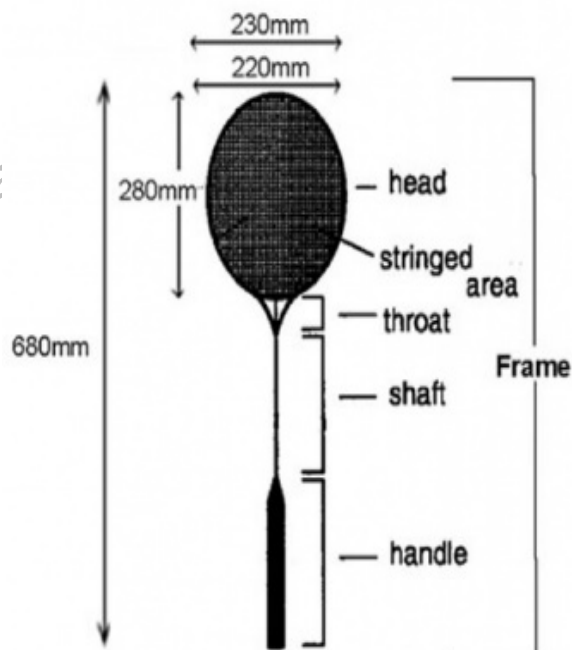
The court is rectangular and divided into halves by a net. Courts are usually marked for both singles and doubles play, although badminton rules permit a court to be marked for singles only. The doubles court is wider than the singles court, but both are the same length. The exception, which often causes confusion to newer players, is that the doubles court has a shorter serve-length dimension.



The full width of the court is 6.1 metres, and in singles, this width is reduced to 5.18 metres. The full length of the court is 13.4 metres. The service courts are marked by a centre line dividing the width of the court, by a short service line at a distance of 1.98 metres from the net, and by the outer side and back boundaries. In doubles, the service court is also marked by a long service line, which is 0.76 metres from the back boundary. The net is 1.55 metres high at the edges and 1.524 metres high in the centre. The net posts are placed over the doubles sidelines, even when singles is played.

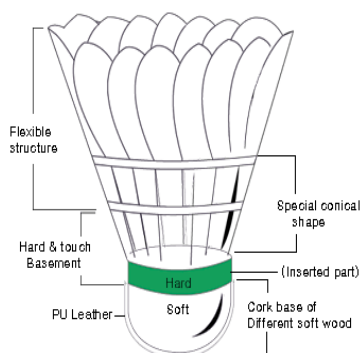
1.3.2. RACQUET

It is lightweight and can be made of wood, aluminium metal or synthetic material such as graphite or carbon. It can be up to 68 cm long and it usually weighs about 100 grammes.



1.3.3. SHUTTLECOCK

It is made from 14- 16 goose feathers that are placed in a leather-covered cork head, made of either plastic or nylon.



1.4. REGULATIONS (RULES):

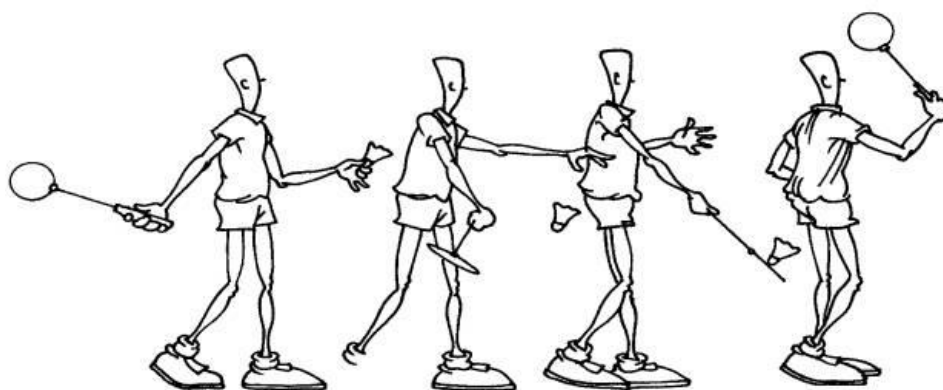
The rules of badminton consider the following as **fouls**:

- If the shuttle lands outside the boundaries of the court passes through or under the net, fail to pass the net, touches the ceiling or side walls, touches the person, dress of a player or touches any other object or person.
- If the initial point of contact with the shuttle is not on the striker's side of the net. (The striker may, however, follow the shuttle over the net with the racket in the course of a stroke.)
- If a player touches the net or its supports with racket, person or dress, invades an opponent's court over the net with racket or person except as permitted.
- If a player invades an opponent's court under the net with racket or person such that an opponent is obstructed or distracted or obstructs an opponent, that prevents an opponent from making a legal stroke where the shuttle is followed over the net.
- If a player deliberately distracts an opponent by any action such as shouting or making gestures.
- If the shuttle is caught and held on the racket and then slung during the execution of a stroke.
- If the shuttle is hit twice in succession by the same player with two strokes.
- If the shuttle is hit by a player and the player's partner successively or touches a player's racket and continues towards the back of that player's court.
- If a player is guilty of flagrant, repeated or persistent offences under Law of Continuous Play, Misconduct, Penalties.
- If, on service, the shuttle is caught on the net and remains suspended on top, or, on service, after passing over the net is caught in the net.

1.5. MAIN MANEUVERS

Badminton offers a wide variety of basic strokes, and players require a high level of skill to perform all of them effectively. All strokes can be played either *forehand* or *backhand*. A player's forehand side is the same side as their playing hand: for a right-handed player, the forehand side is their right side and the backhand side is their left side. Forehand strokes are hit with the front of the hand leading (like hitting with the palm), whereas backhand strokes are hit with the back of the hand leading (like hitting with the knuckles). Players frequently play certain strokes on the forehand side with a backhand hitting action, and vice versa.

THE SERVICE: exist a different kind of services, but the most used are the short and long service. The main difference is the shuttlecock's trajectory.

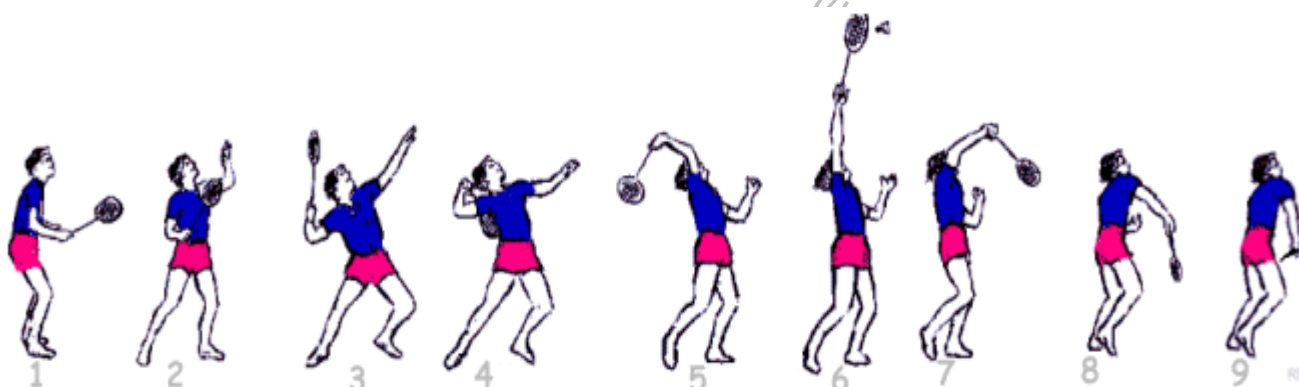


THE CLEAR: the shuttle soars high in a high arc and falls into the court behind the opponent.

THE DROP: the shuttle falls gently and just clears the net.

THE DRIVE: Drive- it is a hard stroke hit on a straight line.

THE SMASH: it is a hard stroke hit sharply downward.



2. FOOD HABITS AND DIET

2.1. ENERGETIC RESOURCES AND FOODSTUFFS

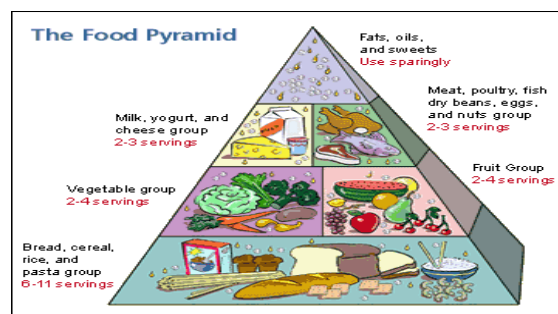
CARBOHYDRATES: pasta, rice, bread, fruit, cereals, legumes, potatoes, etc.

FATS: junk food, oils, dairy, cold meat, sweeties, pastries, Chocolate, sauces (mayonnaise, ketchup, mustard), etc.

PROTEINS: chicken, turkey, pork, calf, eggs, etc.

A correct diet is essential to have and keep a good

Physical condition. We eat foodstuffs which we obtain the nutritional substances to satisfy our energetic needs. We should eat all kind of food but in a regular way, that is, without abuses.



2.2. 5 MEALS EVERY DAY

BREAKFAST. This is very important. It provides us with the energy to make our morning activities. We should include **fruit** (a piece or juice), **cereals** (toasts, biscuits, cereals, etc.), **sugar** (chocolate, marmalade, Nutella, etc.) and **dairy** (yoghurt or milk).

MORNING SNACK. In the playtime, you should eat something in order to take energy till lunchtime. You can eat some piece of **fruit**, a little **sandwich** or some **biscuits**. Be careful and don't eat fries, snacks (chips, Doritos, Risetos and so on), or commercial pastries (Donuts, Donettes, Bollicao, etc.).

LUNCH. The lunch is the most important meal of the day. At this time, you should eat **carbohydrates** like pasta, rice, potatoes, legumes or vegetables. For the desert, you can eat a piece of fruit or a yoghurt. We can eat some bread for lunch because it includes carbohydrates.

AFTERNOON SNACK. This is very important to change because you got used to include commercial snacks and pastries in your diet. It's better to eat a chocolate milkshake, juice, fruit, biscuits or a small sandwich (if you make a sandwich, try to include some jam, chicken or turkey better than cold meat as chorizo, cured meat, sausage, etc. because it has a lot of fats.).

DINNER. At night, you aren't allowed to eat carbohydrates, because these will become in fats meanwhile you are sleeping. At this time, you should eat **proteins**. For example, fish, calf, pork, turkey, chicken, and go with salad, purée or omelette. Remember, the **dinner has to be lighter than lunch**.

2.3. THE FOODSTUFFS I SHOULD AVOID FROM MY DIET

The most important thing is to make the 5 meals we have seen previously. In this way, we won't be hungry to eat the following foodstuffs: sweets, pastries, fries and breaded, junk food.

SWEETIES. The sweets contribute to acquire lots of sugars which are very difficult to eliminate. Besides, it causes caries in our teeth. Remember that you have no temporary teeth, so you should take care of it.

PASTRIES. This kind of foodstuffs, like Bollicao, Donuts, heart-shaped puff pastry, etc. contain a lot of sugars and which is more important, saturated fats. This kind of fats stick to the arteries and cause heart diseases. The same as sweets, we should reduce its consumption.

FRIES AND BREADED. If you fry the food, they absorb a big number of fats, like croquettes, potatoes, fish sticks, escalope, etc. But which are really harmful to our organism are the commercial products, as Lays, Ruffles, Matutano, etc. This food, besides to be fried, contain lots of artificial preservatives and colourants.

JUNK FOOD. Pizzas, burgers, hot dogs, kebabs, etc. This kind of foods have a lot of fats and calories. You should eat once every 15 days or better once a month.

CARBONATED DRINKS. Coca-cola, fanta, pepsi, sprite.