

## Badminton/Health Review 2011

### **Badminton court:**

Singles court dimensions are long and narrow

Doubles court dimensions are long and wide

Doubles court dimensions for the serve only is short and wide

### **Service:**

Serve must be underhand

Server must remain stationary from start to finish of a serve

Server must be behind the service line when contacting the birdie

Serve must go diagonal within the dimensions of the court and past the service line

Serve may hit the net as long as it lands in the designated service square

Serve must be from the right side if the score is even/left when the score is odd

The right to serve first in the game is determined by spinning the racket or coin toss

In doubles, teams alternate serving and will start on the side according to their score (right for even, left for odd). Teammates switch sides only when they serve and score a point. This continues until they lose a rally and serve is given to the opposite team

### **Rules:**

The birdie may not be hit more than one time per side during a rally

The birdie is considered in bounds if it lands on the line

A player may not touch the net with the racket or their body

Rally point system is used therefore a point is awarded to the winner of each rally

A game goes up to 21 points (must be a 2 point advantage) with a cap of 30

A match will be best of three games

Winning team will serve first in the next game

A birdie hitting the ceiling or outside the boundaries is a fault

### **Motor Skills:**

Agility-ability to move directions quickly

Speed- ability to move rapidly

Balance- ability to maintain equilibrium while moving or stationary

Power- ability to put force into a single motion

Coordination- ability to use your eyes to make contact or move in various directions

Reaction Time- ability to respond to a stimulus quickly

## **Track and Field:**

**High Jump:** Western roll/Scissor Kick/ Fosbury Flop  
Three attempts are allowed at each height  
Jumper cannot touch the bar or mat or it is declared a fault  
It must be a one foot take-off  
Jumper may pass on any height but will be given credit for last height made

**Discus:** You must enter and exit the back half of the throwing circle  
Face sideways to the throwing area  
Throw must land inside designated area and will be marked at first place it hits  
Each thrower will be given 3 chances to take their best result  
Technique: face sideways, athletic stance, arm swing to build momentum/ release it at 45 degree angle/ roll it off the index finger (like slippery soap)/ shuffle for more momentum

**Shot Put:** Thrower must enter and exit the back half of the circle  
Throw must be pushed and not thrown  
Throw must land in designated area  
Technique: face sideways to throw or to shuffle for more distance (backwards if using a kickback approach)/hold shot at neck with arm comfortable and slightly out to side/ athletic stance/release at 90 degree angle/ transfer momentum from legs to body to arm to wrist

**Triple Jump:** Jumper must take off from the take- off board without stepping over  
Measurement will be from the closest landing point to the take- off board  
The best distance of 3 jumps will be the result per jumper  
Jumper must use proper steps of a hop-step-jump or rt/rt/lft or lft/lft/rt

## **Health/Nutrition:**

**Body Image:** How you feel about the way you look

**Peer Influence:** Jokes/Harassment/weightism/scapegoating/gender roles/facebook

**Media Influence:** Types of images presented in advertising and movies or videos/photoshopping/roles presented in television/etc.

**Methods to create an image:** clothing, hair styles, make-up, tattoos, piercings, surgery, etc. all come with pros and cons

**Strategies to maintain a positive body image:** focus on strengths, ignore comments, choose positive friends, join clubs and programs with similar interests, know yourself and accept your strengths and weaknesses, etc.

**STRESS**: THE REACTION OF THE BODY AND MIND TO EVERYDAY CHALLENGES AND DEMANDS

**STRESSORS:**

- ❖ **BIOLOGICAL** –illness/disabilities/injuries
- ❖ **ENVIRONMENTAL** –poverty/pollution/noise/disasters
- ❖ **COGNITIVE/THINKING** – perception of situations
- ❖ **BEHAVIOR** –tobacco/drugs/alcohol/lack of activity
- ❖ **LIFE SITUATIONS** – death/divorce/conflict with peers

**STRESS MANAGEMENT**

- ❖ PLAN AHEAD
- ❖ GET PLENTY OF SLEEP
- ❖ EXERCISE REGULARY
- ❖ EAT A HEALTHY DIET WITH A VARIETY OF FOOD
- ❖ DRINK PLENTY OF WATER
- ❖ AVOID TOBACCO, ALCOHOL, DRUGS
- ❖ REDIRECT YOUR ENERGY TOWARDS OTHER ACTIVITIES
- ❖ RELAX ( REST, STRETCHING, YOGA, PILATES, READ, HOT BATH, ETC.)
- ❖ LAUGH
- ❖ LOOK ON THE BRIGHT SIDE ( BE POSITIVE IN YOUR OUTLOOK)
- ❖ CONFIDE IN A FRIEND, CAREGIVER, PARENT, ETC.

**Nutrition:**

**Factors influencing food habits:**

HUNGER  
APPETITE  
FAMILY CUSTOMS  
ETHNIC BACKGROUND  
AVAILABILITY  
COST  
CONVENIENCE  
CLIMATE AND GEOGRAPHY  
ADVERTISEMENT  
PERSONAL TASTE

**Nutrition labels:** 1. Ingredients are listed in order from most to least so this will give you an indication how healthy it is

2. Nutrition Facts Table will give you daily % values for all nutrients
3. Nutrition Claim will be a selling feature for the consumer that could be misleading ex.

Sugar free might have high fat/ calorie reduced is only from original brand/ no trans fats might have saturated fats or high sugar/ light could mean light in anything not necessarily calories

