

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development

Summer Exercise Series #5 - Badminton



Exercise does not have to mean hours spent at the gym. Why not take a summertime family favorite and turn it into a fun and exciting way to get healthy and workout?

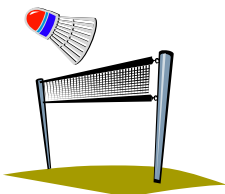
Why Badminton?

- Running, jumping, twisting, running backwards, striking and stretching are just examples of what it takes to play the sport.
- In a typical two-game singles match, each player will travel over one mile while covering the court.
- Upper Body Workout – the range of motion necessary to play badminton and swing a racket not only works muscles in the arms but also the back, shoulders and torso.
- Lower Body Workout – there is no standing still in badminton, so players are forced to constantly stop-and-go, simultaneously working all the major muscle groups in the legs.
- Enjoyment – research shows that exercisers are more likely to stick with a workout if it is enjoyable and does not seem like work.
- Affordable – depending on what you use, badminton equipment can be extremely affordable.
- Accountability – those who work out with a partner have a much higher success rate and badminton can not be played solo!

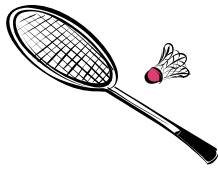
Things to Remember

- Before engaging in any type of physical activity, stretch and warm-up your muscles to avoid injury.
- To experience the benefits of an aerobic workout, elevate your heart-rate and keep it up for at least 20 minutes.
- If you will be playing outdoors, make sure to apply plenty of sunscreen and consider a hat.
- Wear clothing that is light in color, light in weight and breathable to avoid overheating.
- Stay hydrated throughout the game.

Equipment



Net – badminton nets can be found at sporting good stores and many online retailers. Make sure your net comes with a stand or purchase a stand and net separately. You can find recreation sets, including a net, poles, two rackets and several shuttlecocks, beginning at \$50.



Racket – most badminton rackets are made of graphite and are strung with braided, multi-filament string. They come in different weights and grip sizes, so try a few rackets out before purchasing one to ensure a proper fit. Rackets cost anywhere from \$10 to \$150+.



Shuttle – shuttlecocks or “birdies” come in two varieties: nylon and feather. Feather shuttlecocks should have longer-lasting thick feathers and must be stored in a warm-moist environment to ensure durability. Nylon shuttlecocks last much longer than feather and are less expensive, but do not provide comparable performance. Nylon shuttlecocks come in tubes of 6 and cost \$7 and up. Feather shuttlecocks come in tubes of 12 and cost \$13 and up.

How to Play the Game

- Begin by tossing a coin, with the winner choosing between serving or receiving first.
- Serving underhand only, always begin service from the right side and serve to the diagonal service box.
- Points can only be scored on your serve.
- You can gain control of the serve by winning the point when your opponent has served.
- Rally by hitting the shuttle over the net, trying to land it on your opponent’s court to score a point. The shuttle is out of play once it hits the ground.
- You can also score a point when your opponent hits the shuttle out of your court, into the net, hits it with her body or clothing or hits it before it has crossed the net.
- The first person to 15 points wins the game.
- A match is won as the best two out of three games.
- If the score becomes 14-14, the player who reached 14 first may decide whether to set the score at 15 or 17.
- Players change ends when the leading scorer reaches eight points and also at the end of each game.

Badminton vs. Tennis

Approximate values per match

	Badminton	Tennis
Time	One hour	Three hours
Time Ball/Shuttle in Play	40 minutes	20 minutes
Match Intensity*	50%	10%
Rallies	150	300
Shots	2,000	1,000
Shots per Rally	14	3
Distance Covered	4 miles	2 miles

*Actual time the ball/shuttle was in flight, divided by the length of the match

Note that badminton players compete half the time of tennis players, yet run twice as far and hit nearly twice as many shots.

Fun Facts

- Badminton is the world’s FASTEST racket sport; a shuttle can leave the racket at a speed over 200 miles per hour.
- Badminton began in India as “poona” and in the 1860s was adopted by British army officers who took it back to England.
- Badminton premiered in 1992 as an Olympic sport.
- Indonesia produces most of the world’s top badminton champions, followed by China, Malaysia, Korea and Denmark.

Wellness Resources

This information is a summary from the following resources:

USA Badminton, www.usabadminton.org

World Badminton, www.worldbadminton.com

The Official World Badminton Web site, www.worldbadminton.net

The American Council on Exercise, www.acefitness.org

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