

# 1. Theory questions

## Module 2 – Coaching Principles

1	The possible social benefits available in badminton are:	Self-confidence	
		Friendship, shared experiences, working in a group	
		Health and Fitness	
		Fun	
2	Tick 3 of the following choices that describe areas of responsibility for a coach.	Respect for participants	
		Coaching responsibly	
		Respect for the sport	
		Promoting a win at all costs attitude	
3	Tick 3 of the following choices that describe benefits of establishing your coaching philosophy.	Identifying personal coaching strengths	
		Letting players know what you demand	
		Identify personal coaching weaknesses	
		Improve self-awareness	
4	Tick one benefit of a democratic coaching style.	The coach controls everything	
		Players develop their self-reliance	
		Players are told what to do by the coach	
		Coach controls how to achieve goals	

## Module 3 – The Coaching Process

1	The 4 components of the coaching process, in the correct order are:	Plan, deliver, evaluate and review	
		Review, plan, deliver and evaluate	
		Deliver, review, plan, evaluate	
		Plan, deliver, review and evaluate	
2	The 3 main types of learner are:	Visual, Kinaesthetic and Copying	
		Auditory, Visual and Kinaesthetic	
		Doing, hearing and Kinaesthetic	
		Auditory, listening and doing	
3	Messages can be delivered by:	Non-verbal communication	

		Para-verbal communication	
		Verbal communication	
		All the above	
4	Open questions tend to:	Encourage answers of only "yes"	
		Encourage a wide variety of possible responses	
		Encourage answers of only "no"	
		Encourage answers of "yes" or "no"	
5	Skills are best developed:	Simple-complex, slow-fast, predictable-unpredictable	
		Complex-simple, slow-fast, predictable-unpredictable	
		Simple-complex, fast-slow, predictable-unpredictable	
		Simple-complex, slow-fast, unpredictable-predictable	
6	"The power of the feed" is concerned with:	Speeding up the feed to make players work harder	
		Holding the shuttle with the thumb inside	
		Slowing the rate of feed	
		Delaying a feed until a correct technical point is established	
7	A coach that encourages player to use their own intrinsic feedback:	Is helping that player think for themselves	
		Give the player lots of verbal instruction	
		Tells the player what to do	
		Explains a great deal	
8	The autonomous stage of learning is:	the expert phase of learning	
		the beginner phase of learning	
		Requires a the player to put a lot of attention into how they produce a shot	
		the intermediate phase of learning	
9	Reviewing a session involves:	Listing what was good in the session	
		Describing what happening in a session	
		Deciding what you would do differently next time	
		Listing what was bad in the session	
10	Evaluating a sessions involves:	Listing what was good in the session	
		Describing what happening in a session	

		Deciding what you would do differently next time	
		Listing what was bad in the session	

### Module 4 – Coaching Children

1	Solving a tactical issue in singles would be an example of a child developing what type of skill through badminton?	Physical	
		Social	
		Emotional	
		Intellectual	
2	Which of the following is not true?	Boys generally mature before girls	
		The 'growth spurt' can cause a loss in flexibility	
		Balance can be affected during the 'growth spurt'	
		Excessive, repetitious practices can lead to overuse injuries	
3	The growth plates, which are potential sites of injury during the growth spurt, are made of:	Muscle	
		Bone	
		Ligament	
		Cartilage	
4	A child's emotional age takes into consideration:	How intelligent they are compared to children of similar age	
		How tall they are compared to children of similar age	
		How long they have been training for	
		Their moods, temperament etc. compared to children of similar age	
5	Badminton can be adapted to help children learn by:	Using shorter rackets	
		Lowering the net	
		Altering the rules	
		All the above	

### Module 5 – Introduction to Performance Factors

1	How many factors affect performance in badminton?	4	
		6	
		5	
		3	
2	What is the order of the developmental phases? Number 1-4	Train to Win	4
		Train to Compete	3
		Learn to Play	1
		Train to Train	2

### Module 6 – Technical: movement skills

1	The movement cycle has four elements, listed in which order?	Hit-Approach-Start-Recover	
		Start-Hit-Approach-Recover	
		Recover-Approach-Hit-Start	
		Start-Approach-Hit-Recover	
2	Two parts of the movement cycle contain similar movements:	Approach and recovery	
		Hit and Start	
		Start and Recovery	
		Hit and Approach	
3	Which movement is not used to approach the forehand forecourt?	Running step	
		Chassé	
		Pivot on non-racket foot	
		Cross-behind	
4	Lunges can occur when striking the shuttle:	In the rearcourt	
		In the forecourt	
		In the midcourt	
		All the above	
5	An effective squatting shape involves:	Back and shins parallel	
		Heels off the ground	

		Weight through toes	
		Head looking down	
6	A split-step:	Involves a widening of the base	
		Helps to link movements	
		Helps to actively push off from the ground	
		All the above	
7	“One foot chases the other one but never quite catches it” is a description of:	Chassé	
		Running step	
		Cross behind	
		Hop	
8	The balance during a lunge to the net can be improved by:	Extending the rear arm	
		Keeping the distance between rear and front foot small	
		Leaning the body forwards	
		Keeping both feet pointing forwards	
9	Jumping technique can be improved by:	Keeping the arms by the side throughout the jump	
		Keeping the arms extended above the head throughout the jump	
		Swing the arms back and down then extending above the head	
		Keeping the arms crossed throughout the jump	
10	The approach phase to a backhand overhead involves:	A hop/pivot around non-racket leg	
		Running steps backwards	
		Lunge	
		Split step	

### Module 7 – Technical: hitting skills

1	The grip to use for a forehand clear is:	thumb grip	
		corner grip	
		“V” grip	

		fixed grip -> staat niet in het boek, maar volgens mij is dit de grip die Martijn graag ziet.	
2	In preparation for strokes, grips should be:	relaxed	
		tight	
		Loose -> is dit niet hetzelfde als relaxed?	
		short	
3	In the backswing of a forehand overhead the elbow should:	stay low	
		move out wide of the body	
		move around the head	
		go up and forwards	
4	Backhand low serves involve striking a: In het boek staat vanaf de hand, maar denk dat meerdere kunnen?	shuttle from the hand	
		dropped shuttle	
		thrown shuttle	
		a wobbling shuttle	
5	On the backswing of a forehand lift, the backswing is best described as:	swinging from shoulder	
		reaching, bending wrist and supinating the forearm	
		taking racket head behind body	
		pushing the shuttle	
6	The impact point for a backhand overhead is:	in front of the player	
		slightly behind the player	
		level with the player	
		above the head of the player	
7	The grip for a backhand overhead is: Bedoelen ze hier een around the head mee of juist een backhand slag?	thumb grip	
		corner grip	
		V grip	
		fixed grip	
8	On striking a forehand net shot the racket head should be:	level with the hand	
		above the hand	
		below the hand	

		behind the hand	
9	Shuttles spin more at the net if they are hit:	Right to left	
		Left to right	
		Right to left (forehand), left to right (backhand)	
		Left to right (forehand), right to left (backhand)	
10	In preparing for a forehand overhead, to gain more power in the preparation phase:	In a sideways stance, bring the rear leg forwards	
		Adopt a square stance (parallel to net)	
		In a sideways stance, step back to load rear leg	
		In a sideways stance, keep both feet still	

### Module 8 – Tactical

1	4 types of awareness that players need to have to support their decision making in singles badminton are:	Spatial, speed, balance, self	
		Opponent, partner, balance, fatigue	
		Spatial, self, opponent and pace	
		Strength, spatial, speed, surroundings	
2	Base can defined as:	The centre of the court	
		The court position from which you are best able to deal with your opponent's probable replies	
		The "T"	
		The back tramlines	
3	Hitting very high to the back of your opponent's court:	Gives both you and your opponent time to get into position	
		Gives you less time to get in position	
		Gives your opponent a good opportunity to intercept early	
		Gives your opponent less time to get in position	
4	The more under pressure your opponent is the more you:	Move your base backwards	
		Move your base forwards	
		Keep your racket down	
		Make your base diagonally opposite them	

5	In doubles smashes are generally directed more:	At the centre of the court and also the cross-court player	
		Between the players and also at the straight player	
		Equally at cross-court player and the straight player	
		Down the centre of the court only	
6	In order to make your low serve more effective you can:	Serve to the centre all the time	
		Vary your serve along the low service line	
		Serve wide all the time	
		Change you service action on each stroke	
7	In order to help develop tactical problem-solving skills coaches should:	Tell players as much as they can	
		Explain as much as possible	
		Demonstrate the answers as much as possible	
		Use questioning skills to encourage problem solving	
8	The two elements that define tactics are awareness and:	Decision making	
		Listening to the coach	
		Hitting mainly straight shots	
		Attacking all the time	
9	The preferred attacking formation for mixed doubles is:	Man at front, woman at the back	
		Side by side, man taking straight shot	
		Woman at the front, man at the back	
		Side by side, with cross-court player in an advanced position	
10	After returning a low serve straight to the mid court in men's doubles, that receiver should cover:	The cross-court replies to the midcourt	
		The rearcourt - straight	
		The rearcourt - crosscourt	
		The straight replies to net and midcourt	

### Module 9 – Physical

1	The component parts of a cool down are:	Dynamic stretches then static stretches	
		Aerobic exercise then dynamic stretches	
		Dynamic stretches then aerobic exercise	



		Aerobic exercise then static stretches	
2	The 4 types of motor fitness are:	Co-ordination, dynamic balance, quickness, agility	
		Strength, co-ordination, quickness, agility	
		Co-ordination, dynamic balance, endurance, agility	
		Flexibility, speed, co-ordination, quickness	
3	Straight leg swings are used to train:	Speed	
		Endurance	
		Strength	
		Mobility	
4	“The capacity to change direction rapidly whilst retaining balance” is the definition of:	Agility	
		Strength	
		Flexibility	
		Body Composition	
5	In cool-down, static stretches should be held for:	0 – 5 seconds	
		15 – 30 sec	
		5 – 10 sec	
		1 – 2 minutes	
6	Ladder work is an opportunity to train:	Flexibility	
		Strength	
		Power	
		Quickness	
7	As well as mobility, straight leg swings can also train:	Endurance	
		Strength	
		Quickness	
		Dynamic balance	
8	The aerobic system relies on the bloodstream to provide:	Fats and carbohydrates	
		Carbon dioxide	
		Proteins and Minerals	
		Carbon dioxide and vitamins	

9	This picture shows a player stretching their:	Upper calf	
		Triceps	
		Chest	
		<b>Gluteals</b>	



### Module 10 – Psychological

1	Sports Psychology can be defined as:	The physical processes and behaviours of individuals within sport	
		The working relationships between parents, coaches and players	
		<b>The mental processes and behaviours of individuals and groups within sport</b>	
		The ability to control attitude on court	
2	Sports psychology can be split into:	Clinical, Exercise and Physiology	
		<b>Research, Coaching and Clinical</b>	
		Exercise, Coaching and Research	
		Research, Coaching and Technique	
3	Breathing techniques can be used to improve:	Cohesion	
		Commitment	
		Confidence	
		<b>Control</b>	
4	Imagery can be used to improve:	Commitment	
		Cohesion	
		<b>Concentration</b>	
		Control	
5	Rotating practice partners can be used to improve:	<b>Cohesion</b>	
		Control	
		Confidence	
		Commitment	

## Module 11 – Lifestyle

1	Which of the following is a lifestyle factor that can influence sporting performance?	Tactics	
		Technique	
		Physical training	
		Time Management	
2	The most important source of energy for sporting performance is:	Carbohydrates	
		Fats	
		Proteins	
		Water	
3	An example of a chronic injury would be:	Impact injury to the eye	
		Sprained ankle	
		Patella Tendonitis	
		Pulled muscle	