

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name in Polish** : SQUASH  
**Name in English** : SQUASH  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW035062  
**Group of courses** : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contraindications to participate actively in physical education classes.
2. Possessing own equipment necessary to play squash: racquet, balls.

**SUBJECT OBJECTIVES**

- C1: Getting known rules of the game and ways of counting points.  
 C2: Mastering technical and tactical elements.  
 C3: Creating specific for squash motor characteristics: flexibility, strength, speed, endurance.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: A student knows basic rules how to play squash.  
 PEK\_W02: A student knows how to count points during a match.

**Relating to skills:**

PEK\_U01: A student knows how to perform the following passes: forehand, backhand, service, volley, short, lob.  
 PEK\_U02: A student is able to play a squash match.

**Relating to social competences:**

PEK\_K01: A student is aware of healthy participation in the mass physical culture.  
 PEK\_K02: Participation in recreational squash tournaments.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Health and safety, conditions of crediting, equipment selection.	2
Cl. 2-6	Learning and improving basic technical elements: forehand and backhand, service. Proper game.	10
Cl. 7-9	Learning strikes: volley, drop shot, lob. Proper game.	6
Cl. 10-12	Striking a wall. Proper game.	6
Cl. 13-14	Squash tournament.	4
Cl. 15	Crediting. Proper game.	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
<p>N1. Practical exercises.  N2. Instructor's demonstration (student's).  N3. Film presentation.  N4. Lecture.</p>

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Test.
F2	PEK_U01, U02, U03	Test of special abilities.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<p><b><u>PRIMARY LITERATURE:</u></b>  [1] Jahangir Khan: <i>Nauka squasha w weekend</i>. Wydawnictwo Wiedza i życie. 2000.  [2] <i>Squash: technika gry, sprzęt, porady dla grających, zasady gry</i>. Oficyna wydawnicza ALMA-PRES. 2011.</p>

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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