

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Racquetball – Squash

COURSE CODE:

N085

E.C.T.S. CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	George Costa		
POSITION	Associate Professor		
SECTOR	Sport Management, School Physical Education & Recreation		
OFFICE	B2 - 1		
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CO-INSTRUCTORS			

SEMESTER:

1 st	[]	2 nd	[]	3 rd	[]	4 th	[]
5 th	[X]	6 th	[]	7 th	[X]	8 th	[]

COURSE TYPE:

Obligatory	[]
Direction	[]
Specialization	[]
Prerequisite for specialization	[]
Elective (<i>open</i>)	[X]

HOURS (per week):

2

DIRECTION (only for 3rd & 4th year courses):

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SPECIALIZATION (only for 3rd & 4th year courses):

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LANGUAGE OF TEACHING:

GREEK [X] ENGLISH []

AIM OF THE COURSE (content and acquired skills):

The purpose of this class is to: a) familiarize the students with the rules and regulation of racquetball and squash and b) teach them the basics so they can teach racket sports at schools, municipalities and fitness centers.

COURSE CONTENTS (*outline – titles of lectures*):

1. Introduction to racquetball and squash.
2. History of racquetball and squash.
3. The racquetball and squash field and the different sizes.
4. How to play the game.
5. Rules and regulations.
6. Defense and offence.
7. The strategy of the game.
8. Inning and scoring.
9. Basic hits.
10. Development of technique.
11. Equipment for racquetball and squash.
12. Clothing and materials.
13. Future trends of racquetball and squash.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Practical classes.
2. Two theory classes.
3. Paper writing.

ASSESSMENT METHOD(S)

1. Group and individual papers
2. Midterm exams.
3. Final exams.

LEARNING OUTCOMES:

- Upon the completion of this class the students will be able to:
1. Comprehend the regulations of sport.
 2. Execute at a satisfactory level the basic skills of the sport.
 3. Determine and produce the basic didactics of the sport.
 4. Create a program of training / practice for beginners.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Comprehension of the regulations of the sport,	Lectures, demonstration and annotation of digital material, home study.	Intermediate controls with written tests of cognitive evaluation.	10
Ability to execute at a satisfactory level the basic skills of the sport.	Practical exercises, tutorial exercises.	Intermediate controls with suitable kinetic tests.	20
Determination and production of the basic didactics of the sport.	Lectures, home study, team work.	Intermediate controls of evaluation.	10
Ability to create a program of training for beginners.	Lectures, practical exercises, development of group work.	Intermediate work, final exams.	20

		TOTAL	60
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OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Turner, E. & Clouse, W. (1995). Winning racquetball: skills, drills and strategies. Champaign, IL: Human Kinetics.
2. Winterton, J. (2004). Racquetball fundamentals (sports fundamentals). Champaign, IL: Human Kinetics.