

**SPORT SCIENCE & MANAGEMENT
SS5103 SQUASH**

Academic Year	2024-25	Semester	1
Course Coordinator			
Course Code	SS5103		
Course Title	Squash		
Pre-requisites	-		
No of AUs	3		
Contact Hours	39		

Course Aims

This course aims to introduce you to the key elements involved in playing the game of squash. The course will also provide ideas on developing skills through adequate physical and mental preparation. Analysis of video clips (IT) will be used to introduce elements of style or form and to explain the rules of the game. The rules may subsequently be modified to suit the class. Sport science knowledge will be enlisted to facilitate learning technical skills and game play. Game-specific assessment tools will be introduced.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. play squash with technical skill and tactical awareness in recreational and competitive situations.
2. recognise appropriate ideas that encourage fitness, practice, progression, group participation, and satisfaction.
3. demonstrate an understanding of the basic rules in a written test, verbally when observing and actively during a sequence of play.
4. demonstrate an ability to mark and referee (apply the rules as an official) in a game of squash.

Course Content

The following topics will be covered:

1. Introductory phases – striking, forehand, backhand, movement on the court – basic rules of the game
2. Lead-up games – modified equipment – individual and pairs
3. Individual skills – relating to striking activities – ballistic movements
4. Skills development – drive, volley, boast, drop shot, lob (forehand/backhand)
5. Skills development – hitting length, width
6. Physical conditioning – agility, reach, speed, endurance

7. Tactical elements – controlling T-position, hitting to corners, delay, deception
8. Rules appreciation – lets and strokes
9. Analysis of skills using video recordings
10. Modified games – conditioned situations, half court, $\frac{3}{4}$ court

NTU Competencies & Graduate Attributes

NTU Competencies	
Character	√
Competence	√
Cognitive agility	√

NTU Graduate Attributes	
Graduate Attributes	Level (i.e., basic, intermediate, advanced)
1. Adaptability	Intermediate
2. Building Inclusivity	Basic
3. Collaboration	Advanced
4. Decision Making	Basic
5. Critical Thinking	Basic

Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Weighting	Team/ Individual	Assessment Rubrics
1. Practical Assessment	1, 3, 4	60%	Individual	Appendix 1 (Skills) Appendix 2 (Gameplay)
2. Theory Assessment (Quiz)	3	30%	Individual	NA
3. Participation	1, 2, 3, 4	10%	Individual	Appendix 3
Total		100%		

Formative Feedback

Feedback for learning will be in verbal form. It will be provided during each class session and individual practice. Group and individual level feedback on skills and play potential will be provided.

Learning and Teaching Approach

Approach	How does this approach support you in achieving the learning outcomes?
Play and Performance	Practical sessions provide a theoretical and hands-on appreciation of the game. Associated interaction provides immediate opportunities to clarify, review and test. You must understand the game and related game concepts. Safety concepts are important.

Practice, Observation and Feedback	You have the opportunity to develop and test your own personal skills and to develop a wider appreciation of the game through observation and engagement ability to articulate learning outcomes. The lecturer can provide ongoing feedback and supplementary information to refine outcomes during play and practice.
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Reading and References

NIE Research and Publications

Nil

Other Readings and References

1. Hirst, P. A. (2011). *Squash: skills, techniques, tactics*. Crowood Press.
2. Yarrow, P., & Harrison, A. (2010). *Squash: Steps to success* (2nd ed.). United States: Human Kinetics.

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all classes – lecture and laboratory – punctually, submit all scheduled assignments and take tests by due dates. You are not allowed to swap laboratory groups without express permission from the course coordinator. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for sessions they have missed. You are expected to participate in all discussions and class activities unless there is a valid medical reason not to do so.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick, supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies.

If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

(3) Absence Due to Medical or Other Reasons

If you are sick and not able to complete a test or submit an assignment, you have to submit the original Medical Certificate (or another relevant document) to the Sport Science & Management (or Home School) administration to obtain official leave. Without this, the missed assessment component will not be counted towards the final grade. There are no make-ups allowed.

(4) Attire and safety

You are strongly encouraged to wear proper sports shoes (preferably court shoes instead of running shoes that support your ankle and multi-direction change). No sandals or general

going-out shoes are allowed. Wear comfortable sports apparel for lessons. Please remove jewellery such as necklaces, earrings, rings, etc. and trim your nails. Bring a set of dry clothes to change into after the class. Bring along a water bottle for hydration purposes.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognise your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion, and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [NTU Student Academic Integrity Policy and Procedures link](#) in the Student Portal for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Special note: Generative AI tools will be allowed to the extent stipulated for each assignment in the assignment instructions, and any such use must be duly referenced or disclosed.

Course Instructors

Instructor	Office Location	Phone	Email
TBA			

Planned Weekly Schedule

Week	Topic	ILO	Readings/ Activities
1	<ul style="list-style-type: none"> Introduction: The Game & sport safety Ball control on the racket Forehand and backhand Basic rules: how to score Modified equipment: Rackets, sponge balls, The basic swing – ballistics 	1, 2, 3, 4	<ul style="list-style-type: none"> Course notes Rules
2	<ul style="list-style-type: none"> Serving Rallying – hitting to length and width Racket head speed Biomechanical principles Modified game – front court 	1, 2, 3, 4	<ul style="list-style-type: none"> Course notes Rules Practical
3	<ul style="list-style-type: none"> Rallying – recovering to the T-position T-position (central control) Technique and demonstration Taking the ball early 	1, 2, 3, 4	<ul style="list-style-type: none"> Course notes Rules Practical

	<ul style="list-style-type: none"> • Forcing the opponent to run • Calling for lets 		
4	<ul style="list-style-type: none"> • Introduction to forehand & backhand drives • lob serve and return of serve • Attacking principles • Force opponent out of position • Introduction to modified games 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
5	<ul style="list-style-type: none"> • Introduction to boast drive • Retrieving in defensive positions • Using the walls • Movement to T-position 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
6	<ul style="list-style-type: none"> • Introduction to Volley • Disguise and delay • Wrist and racket face adjustments Deception and uncertainty • Change of direction 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
7	<ul style="list-style-type: none"> • Introduction to drive serve & volley return of serve • Marking and refereeing • Modified games – adapting the rules to optimise involvement 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
<ul style="list-style-type: none"> • Recess Week 			
8	<ul style="list-style-type: none"> • Introduction to drop shot • Modified games – half court • Rules and safety measures 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
9	<ul style="list-style-type: none"> • Modified games – three-quarter court game • Safety emphasis 	1, 2, 3, 4	<ul style="list-style-type: none"> • Course notes • Rules • Practical
10	<ul style="list-style-type: none"> • Skills practice with target areas • Gameplay and officiating 	1, 3	<ul style="list-style-type: none"> • Practical
11	<ul style="list-style-type: none"> • Skills practice with target areas • Theory Assessment 	1, 3	<ul style="list-style-type: none"> • Practical
12	<ul style="list-style-type: none"> • Skills Assessment • Gameplay and officiating 	1, 3	
13	<ul style="list-style-type: none"> • Gameplay Assessment • Course Review 	1, 3	

Appendix 1: Practical (Skills) Assessment (30%)

The total skills assessment (30%) will comprise the following 5 skills tasks:

1. Service (12 points)

6 serves from right box & 6 serves from left box

0.5 point if ball lands (bounces) in receiver's zone; extra 0.5 if ball hits side wall first.

2. Drive to a length (12 points)

(a) 6 forehand drives from T; feed from back court – ball must land (bounce) in back court first or hit side wall and then land in back court

(b) 6 backhand drives from T; feed from back court – ball must land (bounce) in back court first or hit side wall and then land in back court

1 point for each (a) forehand drive and (b) backhand drive, if ball must land (bounce) in back court first or hit side wall and then land in back court.

3. Drop shot (12 points)

6 forehand drop shots to front right corner

– contact above tin, then sidewall or nick = 1 point

– contact above tin then floor = 0.5 point

4. Boast (12 points)

(a) 6 forehand boasts from back court (self-throw to side wall) ball hits below service line

(b) 6 backhand boasts from back court (self-throw to side wall) ball hits below service line

1 point for each (a) forehand boast, and (b) backhand boast from back court, with ball hits below service line

5. Volley (12 points)

(a) 6 forehand volleys from T – feeder **behind** service box – ball must land in back court

(b) 6 backhand volleys from T – feeder **behind** service box – ball must land in back court

1 point for each (a) forehand volley and (b) backhand volley, with ball land on back court

Total possible points for the 5 skills tasks: 60 points. The total attained points will be divided by 50% to get the skill test component equivalent of 30%.

Appendix 2: Practical (Gameplay) Assessment (30%)

Practical Assessment	A+, A, A-	B+, B	B-, C+, C	D+, D	F
Tactical Awareness (25 points)	Shows excellent form and tactical awareness.	Shows good form and tactical awareness	Shows a sound level of form and tactical awareness.	Shows less than satisfactory form and tactical awareness.	Shows little or no tactical awareness.
Refereeing (5 points)	Able to referee and mark the matches competently and confidently.	Able to referee and mark the matches competently.	Able to referee and mark the matches somewhat competently but show some uncertainty.	Able to mark the matches with help from peers.	Unable to referee.

Appendix 3: Participation (10%)

Criterion	8-10 points	6-7 points	3-5 points	0-2 points
Pre-class readings and/or participation in activities during class	Completes all the required readings & online activities and/or actively participates in all activities during class.	Completes most of the required readings & online activities and/or actively participates in most of the activities during class.	Completes some of the required readings & online activities and/or actively participates in some of the activities during class.	Does not complete the required readings & online activities and/or does not participate in activities during class.