COURSE DESCRIPTION CARD - SYLLABUS

Course name
Squash [C_CS>Sq30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
null

Profile of study
general academic

Level of study
first-cycle

Course offered in
Polish

Form of study
full-time

Requirements
elective

Number of hours

Lecture
0

Laboratory classes
0

Other
0

Tutorials
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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Lecturers

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Prerequisites

Obligation to wear sports clothes, including sports shoes with non-marking soles. Obligation to have your own squash racket. It is advisable to have general knowledge of the rules of the game

Course objective

The program of classes is based on learning and improving skills related to playing squash. This means that classes are conducted both from scratch (for people with no experience) as well as for people who have previously played at any stage of advancement. The classes also include general development, coordination, endurance and strength exercises. As the classes progress, the topics are adjusted according to the group's progress. As we develop skills, we introduce game elements from the simplified to the proper form. During classes, we introduce competition, from games to tournaments with elements of judging and individual preparation for organizing the tournament. For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

Course-related learning outcomes

Knowledge:
Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.
Knowledge of the principles of conducting exercise classes.

Skills:
The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.
Ability to independently conduct a warm-up based on the assumptions of the class program. The ability to adapt difficulties to individual needs during classes.
The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Social competences:
The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.
The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.
The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes. Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/ her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

Programme content

-Basic safety elements during classes, health and safety regulations and rules of the game.
-Selection of gaming equipment -Basic hits and bounces:
forehand, backhand, drive, cross, boast, volley, front and rear. -Ways of moving around the court.
-Techniques and principles of servicing. -Coordination exercises.
-Advanced forms of plays.
-Rules and regulations of the game, refereeing. -Organization of the tournament and participation in it.

Course topics

Basic information on the history of squash, types of equipment used, basic safety elements (let and stroke) during classes, and the rules and regulations of the game.
Learning basic shots and hits: forehand, backhand, drive, cross, boast, volley, front and back. Learning to move around the court.

Learning the technique and principles of service performance. Learning complex tasks and coordination exercises. Learning advanced forms of plays.
Learning the rules of refereeing during a match or tournament and refereeing. Organization of the basic tournament and participation in it.

Teaching methods

Discussion and demonstration. Practical and task-based methods. Observation and analysis.
Activating methods - games and fun. Sports competition and group cooperation.

Bibliography

Basic:
www.polskisquash.pl www.powersquash.com.pl/technika.html

Additional:
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Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00