

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

Squash Introduction – RECR 157- 001 81827
1 Credit Fall 2019
Thursday, 9:00 – 10:15 AM, Fairfax, RAC Squash Courts
October 15 – December 17

Faculty

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Prerequisites/Corequisites

None

University Course Catalog Description

Introduces basic squash terms, rules, scoring, safety, and techniques for drives, volleys, wall boasts, and serves, as well as singles and doubles strategies.

Course Overview

1. **Pre-Existing Conditions** – Students with injuries/pre-existing conditions that may affect performance must inform the instructor.
2. Wear non-marking tennis shoes.
3. Wear protective eyewear
4. Most of the communication will be through GMU e-mail and Blackboard.

Course Delivery Method

This course is an activity-based class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain and apply court rules, scoring, safety requirements and etiquette.
2. Explain stroke mechanics and grips demonstrated in class.
3. Execute basic strokes for play including but not limited to serves, straight and crosscourt drives, straight and crosscourt volleys, two and three wall boasts, two and three wall reverse boasts, drop shots and lobs.
4. Explain and apply basic positioning, closed and open footwork patterns to the ball and in recovery.
5. Execute solo and partner rally and practice techniques and drills.
6. Explain the health benefits of squash as a lifetime activity.
- 7.

Professional Standards

Not Applicable

Required Texts: None

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Assignments, Quizzes and Final Examination

1. **Participation/Attendance** – This includes arriving on time, absences, and daily play. Attendance will count after the first week of class. (Absences are only excused by a doctor's note. The doctor's note must be presented immediately upon return to class. Text, emails, phone calls do not excuse an absence.)
2. **Quizzes** – There will be a series of three multiple choice quizzes posted to Blackboard. Each quiz must be completed prior to the posted deadline to receive credit.
3. **Practical** – Demonstration of competency of strokes and stroke mechanics, footwork, scoring/rules, positioning and court presence during end-of-semester scheduled playing sessions

Grading Scale (%)

A	90 – 100
B+	88 – 89.9
B	84 – 87.9
B-	80 – 83.9
C+	78 – 79.9
C-	70 – 73.9
D	60 – 69.9
F	0 – 59.9

Components for Final Grade

Quizzes – 60 Points

Practical – 40 Points

Attendance – 70 Points

Total Possible Points – 170 Points

(e.g. 153 or more points is an A)

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Class 1

1. Explain rules of play, scoring, safety requirements and court etiquette.
2. Review court lines.
3. Review court dimensions and playing space (particularly as it relates to sharing the court with an opposing player).
4. Provide overview on equipment (racquet, protective eyewear and ball) requirements.
5. Discuss how rules, court lines, court dimensions, spacing and equipment influence stroke mechanics and playing characteristics.
6. Introduce basic mechanics for serve and forehand and backhand drives.
7. Practice making contact hitting strokes with short court solo and partner rallies and basic drill patterns. Get feel for ball bounce off walls and court floor, length of racquet, court wall angles and spacing, etc.

Class 2

1. Review in more detail continental grip, technique/biomechanics and swing patterns for forehand and backhand drives.
2. Introduce technique/biomechanics for forehand and backhand straight (rail) and crosscourt volleys.
3. Explain basic footwork patterns moving to the ball and in recovery after the shot.
4. Practice hitting balls off forehand and backhand sides with closed and open stance footwork patterns.
5. Introduce concept of spin and how spin influences depth (length of shots).
6. Work on directional intent with straight (rail)/crosscourt shot combination drills.
7. Introduce lob serve.
8. Work on rally and playing skills with points and point pattern games and drills.

Class 3

1. Introduce overhead motion for serve and high ball volleys.
2. Practice hitting overhead serves and high-ball volleys.
3. Work on varying height and spin of ball.
4. Work on dictating and varying pace and how to respond to shots hit with varying speeds.
5. Work on crosscourt/straight (rail) directional shot combination patterns.
6. Review and practice hitting two-wall and three wall boasts.
7. Play points and situational point patterns, games and drills.

Class 4

1. Work on hitting both lob and hard serves.
2. Identify specific targets and target areas for volleys and drives to best apply pressure on opponent.
3. Work on improving ability to hit targets and target areas (e.g. tight rails).
4. Expand repertoire of shots with introduction of reverse boasts, drop shots and kill shots with nicks.
5. Play points and situational point patterns, games and drills.

Class 5

1. Learn how to establish/reestablish rhythm and timing.
2. Review footwork and court coverage.
3. Work on digging out low balls, reaching diagonally back to volley high balls, etc.
4. Learn how to recover and control the T.
5. Play points and situational point patterns, games and drills.

Class 6

1. Review and defensive responses and tactics.
2. Learn how to respond to tight rails.
3. Learn how to effectively play off the back wall.
4. Work on digging out low balls.
5. Learn how to raise the height of the ball and/or take pace off the ball to buy more time to recover.
6. Work on hitting crosscourt and straight lobs and executing lob patterns.
7. Learn how to stay in the point and extend the rally
8. Play points and situational point patterns, games and drills.

Class 7

1. Review offensive patterns and tactics.
2. Learn how to finish the point with tight rails, kill shots, drop shots, lobs, straight (rail)/crosscourt patterns, etc.
3. Play points and situational point patterns, games and drills.

Class 8

1. Review opportunistic patterns and tactics.

2. Learn how to transition from defense to offense.
3. Play points and situational point patterns, games and drills.

Class 9

1. Learn how to control the tempo, flow and timing of play beginning with the serve.
2. Learn how to disrupt the timing and tempo of your opponent.
3. Learn how use deception, variation and disguise.
4. Work on executing deception-based patterns of play.
5. Play points and situational point patterns, games and drills.

Class 10

1. Learn techniques to improve concentration and focus.
2. Catalogue and review all shots.
3. Perform shot demonstration and execution exercise to demonstrate knowledge and ability to execute all basic shots and shot patterns (requirement for passing grade).
4. Play points and situational point patterns, games and drills.

Class 11

1. Learn squash-specific fitness conditioning exercises to drills.
2. Learn how to serve as a match marker and referee (Learn how to call and administer a match).
3. Play games with students taking turns serving as match markers and referees.

Class 12

1. Execute series of on-court squash-specific fitness conditioning drills and exercises.
2. "Rally Games" team competition.

Class 13

1. Execute series of on-court squash-specific fitness conditioning drills and exercises.
2. Round-robin competition.

Class 14

1. Execute series of on-court squash-specific fitness conditioning drills and exercises.
2. Round-robin competition.

Students will play squash at every class session.

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from

the university, college, school, and program will be sent to students **solely** through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.