

## PDP GS 112 Beginning Squash

Instructor: Seth Packard

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Meets twice per week: 1.0 Credit

### Course Description:

This course provides an introduction to basic stroke mechanisms and rules of the game. Strength, flexibility and fitness for the beginner are all considered through the lens of “racquet skill acquisition.” By the end of the course, students will be able to demonstrate better ball-control and efficient movement around the court. Perennial trouble spots on the court and common bio-mechanical errors are assessed and short, round-robin competition will round-out each session.

### Required Equipment:

Loose, athletic (i.e. elastic/absorbent) clothing and non-marking (optimally, \*gum rubber\*-soled) footwear are required; racquets, balls, and lensed, polycarbonate eye-protection may be borrowed from the Pro Shop with a valid BU ID.

### Learning Outcomes:

Students will:

- Learn to strike the ball on both wings
- Learn to serve and return
- Learn to play the ball off and into the sidewalls
- Learn efficient movement
- Improve overall understanding/enjoyment of the game

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

**F- Fail:** It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

**Attendance Policy & Make-Up Classes:**

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of tennis class.

Please contact Jill Hibbard, Tennis Instructor, if you plan on attending a section of tennis class so that she can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

Week 1	intros; equipment; safety; common grip positions; fore/backhand
Week 2	str8 drive; open/closed stance; targets
Week 3	XCT drive; timeline of the address; racquetface and surfaces of the ball; altitude adjustment
Week 4	volley; time banditry; serve/return
Week 5	boast; expand to three dimensions
Week 6	drop-shot; dynamic shift; spin
Week 7	lob; reset to neutral
Week 8	kill-shot; sitting duck

Week 9	conditioned games
Week 10	official competition; box tournament
Week 11	analyzing video; advanced technique v. your own
Week 12	interference; marking/refereeing
Week 13	fitness; endurance/explosive burst
Week 14	advanced topics; origins/evolution