

UNIUNEA EUROPEANĂ



GUVERNUL ROMÂNIEI

Fondul Social European  
POSDRU 2007-2013Instrumente Structurale  
2007-2013MINISTERUL  
EDUCAȚIEI  
NAȚIONALE

CIPOSDRU

UNIVERSITATEA DE VEST  
DIN TIMIȘOARA

Investește în oamenii

Proiect cofinanțat din Fondul Social European prin Programul Operațional Sectorial Dezvoltarea Resurselor Umane 2007- 2013

## COURSE SYLLABUS

### 1. Information about the programme

1.1 Institution of higher education	West University of Timisoara
1.2 Faculty / Department	of Economics and Business Administration
1.3 Department of	Sports
1.4 Area of study	Finance
1.5 Level of studies	Undergraduate
1.6 Training / qualification	Finance and Banking

### 2. Discipline data

2.1 Course title		Sports FB1TC1112					
2.2 Course titular							
2.3 Workshop activities titular		Lecturer Răsădean Marcel PhD					
2.4 Year of study	I	2.5 Semester	I	2.6 Type of assessment	C	2.7 Type of subject matter	M - Mandatory

### 3. Total estimated time( hours of teaching per semester)

3.1 Number of hours per week	1	3.2 curs		3.3 workshops	1
3.4 Total hours in the curriculum	14	3.5 curs		3.6 workshops	14
<b>Distribution of time:</b>					<b>ore</b>
Study based on Instructions, course materials, bibliography and notes					
Additional documentation library, specialized electronic platforms / field					
Training seminars / laboratories, homework, essays, portfolios and essays					
Tutoring					
Examinations					4
Other activities.....					7
3.7 Total hours of private study	11				
3.8 Total hours per semester	25				
3.9 Number of credits	1				

### 4. Prerequisites (where applicable)

4.1 of curriculum	
4.2 of skills	

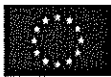
### 5. Condiții (where applicable)

5.1 of the course	
5.2 to lead seminar / laboratory	• Minimum attendance 70%

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## 6. Specific skills acquired

Professional skills	<p>1. Knowledge and understanding</p> <p>Understanding influence on the body's squash practice</p> <p>Knowledge and understanding of the basic rules of squash</p> <p>Knowledge and understanding of basic art strokes squash</p> <p>Knowledge and understanding of movement in squash</p> <p>Knowledge and understanding of the tactical principles of squash</p> <p>2. Explanation and interpretation</p> <p>Explanation squash's influence on the body</p> <p>Explain the main rules of squash</p> <p>Explain the basic mechanism of key strokes used in the game of squash</p> <p>Explain the shift in the squash court</p> <p>Explain the basic tactics used in the game of squash</p> <p>3. Attitudinal</p> <p>Recovery own physical potential in the game of squash</p>
Transversal skills	<ul style="list-style-type: none"> <li>• Awareness of the benefits of practicing squash</li> <li>• Awareness practicing squash's influence on improving the body's natural ability</li> <li>• The ability to correlate the amount of information acquired</li> <li>• Ability to apply knowledge and skills acquired in a squash match</li> </ul>

## 7. Course objectives (based on the grid of the skills acquired)

7.1 The overall objective of discipline	Acquiring knowledge and skills related to technical and tactical game of squash
7.2 The specific objectives	Ability to play a squash game

## 8. Contents

8.1 Course	Teaching methods	Comments
<b>Bibliography:</b>		
8.2 Seminar / lab	Teaching methods	Comments
1. General notions and concepts used in squash	Explanation, demonstration, practice	1
2. Forehand technique	Explanation, demonstration, practice	1

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<b>3. Backhand technique</b>	Explanation, demonstration, practice	1
<b>4. Drive technique</b>	Explanation, demonstration, practice	2
<b>5. Cross technique</b>	Explanation, demonstration, practice	2
<b>6. Boast technique</b>	Explanation, demonstration, practice	1
<b>7. Volley technique</b>	Explanation, demonstration, practice	1
<b>8. Serving in squash</b>	Explanation, demonstration, practice	1
<b>9. Movement in squash court</b>	Explanation, demonstration, practice	2
<b>10. Tactics in squash</b>	Explanation, demonstration, practice	2

9. Corroboration of the course contents with the epistemic expectations of the community representative, professional associations and representative employers of the programme itself.

### 10. Evaluation

Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage of the final mark
10.4 Course			
10.5 Workshop	Attendance	Number of attendances	80 %
	Playing a squash game	Exam	20 %
10.6 Minimum performance standards			
<ul style="list-style-type: none"> <li>• 10 attendances</li> <li>• Boys - the ability to play a game of squash 3 sets out of 5</li> <li>• Girls - the ability to play a game of squash 2 sets out of 3</li> </ul>			

Date of submission: september 2014

Titular of the course:

Lect. Răsădean Marcel PhD

Seminary titular:

Lect. Răsădean Marcel PhD

Date of approval in department: september 2014

Head of the Department:

Assoc.Prof. PhD. Nicoleta MOLDOVAN



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