

<b>Program</b>	BS Physical Education	<b>Course Code</b>	PE-201	<b>Credit Hours</b>	01
<b>Course Title</b>	<b>Games III: Squash, Table Tennis, Volleyball, Handball &amp; Cricket (Theory)</b>				
<b>Course Introduction</b>					
<p>This course introduces students to the fundamental skills, strategies, and coaching principles of Squash, Table Tennis, Volleyball, Handball, and Cricket. Emphasis is placed on practical application through skill development, gameplay simulations, and coaching techniques specific to each sport.</p>					
<b>Learning Outcomes</b>					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> <li>• Explain the rules, history, and basic techniques of Squash, Table Tennis, Volleyball, Handball, and Cricket.</li> <li>• Apply fundamental skills in each sport, including strokes, passing, shooting, defending, and footwork.</li> <li>• Analyze tactical strategies and game plans in Squash, Table Tennis, Volleyball, Handball, and Cricket.</li> <li>• Develop coaching skills specific to each sport, including player development and team management.</li> <li>• Utilize technology for performance analysis and feedback in Squash, Table Tennis, Volleyball, Handball, and Cricket.</li> <li>• Through practical sessions and simulations, evaluate and assess individual and team performance in each sport.</li> <li>• Demonstrate teamwork, leadership, and communication skills in sport-specific settings.</li> </ul>					
<b>Course Content</b>					<b>Assignments/Readings</b>
<b>Week 1-4</b>	<p><b>Squash</b></p> <ul style="list-style-type: none"> <li>• History, rules, and basic techniques of Squash</li> <li>• Grip, stance, and basic strokes (forehand, backhand)</li> <li>• Singles and doubles strategies</li> <li>• Practical sessions: Skill drills and gameplay simulations</li> </ul>				<p>From Books and Class Lectures</p>
<b>Week 5-8</b>	<p><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• History, rules, and basic techniques of Table Tennis</li> <li>• Grip, stance, and basic strokes (forehand, backhand, serve)</li> <li>• Singles and doubles strategies</li> </ul>				<p>From Books and Class Lectures</p>

	<ul style="list-style-type: none"> <li>Practical sessions: Skill development drills and scrimmage</li> </ul>	
<b>Week 9-12</b>	<p><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>History, rules, and basic techniques of Volleyball</li> <li>Passing, setting, attacking, and defensive skills</li> <li>Offensive and defensive strategies</li> <li>Practical sessions: Skill drills, positional play, and mini-games</li> </ul>	From Books and Class Lectures
<b>Week 13-16</b>	<p><b>Handball &amp; Cricket</b></p> <ul style="list-style-type: none"> <li>History, rules, and basic techniques of Handball</li> <li>Passing, shooting, and defensive skills</li> <li>Tactical formations and strategies (offensive and defensive)</li> <li>Practical sessions: Skill drills, small-sided games, and match simulations</li> </ul>	From Books and Class Lectures

### Textbooks and Reading Material

#### **Textbooks**

- Hodges, L. (2014). Table tennis tactics for thinkers. CreateSpace Independent Publishing Platform.
- Klimke, R. (2019). Handball: Coaching & teaching manual (4<sup>th</sup> ed.). Meyer & Meyer Sport.
- Lord, G. (2016). Cricket skills & tactics (2<sup>nd</sup> ed.). Crowood Press.
- McKenzie, I. (2017). The Squash Handbook (3<sup>rd</sup> ed.). Meyer & Meyer Sport.
- USA Volleyball. (2016). Volleyball systems & strategies (2<sup>nd</sup> ed.). Human Kinetics.

#### **Suggested Readings**

- Journals:** Journal of Sports Sciences, International Journal of Sports Physiology and Performance
- Websites:** World Squash Federation, International Table Tennis Federation (ITTF), Fédération Internationale de Volleyball (FIVB), International Handball Federation (IHF), International Cricket Council (ICC)
- Videos:** Skills tutorials, match highlights, coaching clinics