

Health & Physical Education 2

Basic Course Information		Subject Category	Compulsory/GE
Course Number	5000907		
Class Format	Experiment / Practical train	Credit Type and Number of Credits	1
Department	Computer	Student Category	Year 1
Period of Study	Semester 2	Classes per Week	1
Required Materials	Basketball Reference Manual, Department of Physical Education, Ministry of Tourism		
Instructor	A. Murat, Sorayeshah, [A] Workshop (Suweh)		

Course Objective

1. Students have knowledge and understand of the History of basketball. 2. Students can use physical education activities for physical, social, emotional and mental development. 3. Students have basic skills in playing basketball and have knowledge of basketball rules.

Evaluation/Rubric	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fail)
Assessment Topic 1	Can understand and explain the history and of basketball.	Can understand basic knowledge of the history and of basketball.	Cannot understand basic knowledge of the history and of basketball.
Assessment Topic 2	Recognize and understand the benefits of physical education activities to promote holistic health.	Can understand the benefits of physical education activities to promote holistic health.	Cannot understand the benefits of physical education activities to promote holistic health.
Assessment Topic 3	Understand and explain basic skills in basketball and competition rules.	Understand basic skills in basketball and competition rules.	Cannot understand and explain basic skills in basketball and competition rules.

Relationship with Learning Outcomes

G(4) Creativity to make a new value with facts/the knowledge from various fields.

G(5) As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.

Please change

Teaching Method

Outline: Study the history of basketball. Basic skills in passing, dribbling, shooting, lay up.

Class Format: Lectures, sharing of learning between students and teachers, Presentation.

Please Note :

Course Plan	Contents and Method of Course	Goals	Related MCC
Semester 2			
1st week	Health & Physical Education Orientation	Understand Physical Education 2 and the rules for using the gym.	B-1 1 B-2 2 8 B-3 2 8 B-4 2 8 B-5 2 8 B-6 2 7 B-7 2 8 B-8 2 9 B-9 2 9 B-10 2 9
2nd week	History and Benefits of Basketball	Understand History and Benefits of Basketball.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
3rd week	Basic knowledge of basketball and injury prevention	Understand basic knowledge of basketball and injury prevention.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
4th week	Principles of warm-up for basketball	Understand how to properly warm up for basketball.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
5th week	Basic skills of basketball and physical education activities	Can practice basic basketball skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
6th week	Basketball dribbling skills Chapter 1	Students can practice basketball dribbling skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
7th week	Basketball dribbling skills Chapter 2	Students can practice basketball dribbling skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
8th week	Basketball passing skills Chapter 1	Can practice basketball passing skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
9th week	Midterm exam		B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
10th week	Basketball passing skills Chapter 2	Can practice basketball passing skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
11th week	Basketball passing skills Chapter 3	Can practice basketball passing skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
12th week	Basketball shooting skills Chapter 1	Can practice basketball shooting skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
13th week	Basketball shooting skills Chapter 2	Can practice basketball shooting skills and enjoy physical education activities.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
14th week	Movement and scoring skills in basketball Chapter 1	Can score in a variety of basketball games.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
15th week	Movement and scoring skills in basketball Chapter 2	Can score in a variety of basketball games.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
16th week	Basketball rules	Understand basketball rules.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
17th week	Basketball match	Can play basketball as a team and understand the rules of the competition.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
18th week	Basketball skills test	Pass the skill test.	B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
19th week	Final exam		B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2
20th week	Review exam		B-1 1 1 B-2 1 2 B-3 1 2 B-4 1 2 B-5 1 2 B-6 1 2 B-7 1 2 B-8 1 2 B-9 1 2 B-10 1 2

Do not

	Examination	Quiz	Midterm Examinations	Report	Projects	Other
Basic Ability	0	0	0	0	0	0
Technical Ability	0	0	0	0	0	0
Professional Ability	0	0	0	0	0	0