

# Health & Physical Education 4

Basic Course Information		Subject Category	Consultancy/GI
Course Number	0103059	Credit Type and Number of Credits	1
Class Format	Experiment / Practical train	Student Category	Year 2
Department	Mechatronics	Classes per Week	1
Period of Study	Semester 2		
Required Materials	Badminton Trainer Manual Academic Division Sports Authority of Thailand / Pent		
Instructor	A. Manut, Sorasakchai	[A] Wisaroon Buaew	

**Course Objective**  
 1. Students have knowledge about the history and background of badminton. 2. Students can use physical education activities for physical, social, emotional and mental development. 3. Students have basic skills in badminton. Knowledge of badminton rules and students can apply the principles of badminton practice to improve physical health.

Evaluation/Rubric	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fail)
Assessment Topic 1	Understand and explain the history and background of badminton.	Understand the history and background of badminton.	Cannot understand and explain the history and background of badminton.
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 badminton and competition rules.	Recognize basic skills in badminton and competition rules.	Cannot recognize basic skills in badminton and competition rules.

**Relationship with Learning Outcomes**  
**GI4 Creativity to make a new value with fusing the knowledge from various fields.**  
**GI5 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 and background of badminton, Basic skills such as movement.  
**Class Format:** Lectures, sharing of learning between students and teachers, Presentation.  
**Please Note:**

Course Plan	Semester 2	Contents and Method of Course	Goals	Related MCC
1st week		Health & Physical Education Orientation	Understand Health and Physical Education course 4 and the rules for using the badminton court.	GE-B 6 7 GE-B 8 9 GE-C 3 6
2nd week		History and Benefits of Badminton	Understand history and benefits of badminton.	GE-B 2 7 GE-B 8 9 GE-C 3 6
3rd week		Basic knowledge of badminton and injury prevention	Understand basic knowledge of badminton and injury prevention.	GE-A 1 1 GE-A 3 6 GE-C 3 6
4th week		Warm up and grip a badminton racket	Understand hold a badminton racket.	GE-A 1 1 GE-A 3 6
5th week		Basic skills in badminton (Safe)	Can practice basic badminton skills and enjoy physical education activities.	GE-B 2 3 GE-B 4 4 GE-B 5 5 GE-C 5 6 GE-D 4 7 GE-D 8 8
6th week		Basic skills in badminton (Drop)	Can practice basic badminton skills and enjoy physical education activities.	GE-D 4 9 GE-D 4 10 GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
7th week		Movement of safe and drop shots	Can move to hit the safe and drop shots.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
8th week		Basic skills in badminton (Net Lob)	Can practice basic badminton skills and enjoy physical education activities.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
9th week		Midterm exam		GE-B 9 33 GE-B 9 34
10th week		Basic skills in badminton (Jap)	Can practice basic badminton skills and enjoy physical education activities.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
11th week		Basic skills in badminton (Drive)	Can practice basic badminton skills and enjoy physical education activities.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
12th week		Basic skills in badminton (Smash)	Can practice basic badminton skills and enjoy physical education activities.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
13th week		Serve skills	Can practice serve skills forehand and backhand.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
14th week		Badminton rules	Understand badminton rules.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
15th week		Badminton match (single type)	Can play badminton and understand the rules.	GE-D 4 7 GE-D 4 8 GE-D 4 9 GE-D 4 10
16th week		Badminton match (double type)	Can play badminton and understand the rules.	GE-D 4 7 GE-D 4 8 GE-B 5 11 GE-B 5 12 GE-B 5 13
17th week		Badminton skills test 1	Pass the skill test.	GE-D 4 7 GE-D 4 8 GE-B 5 11 GE-B 5 12 GE-B 5 13
18th week		Badminton skills test 2	Pass the skill test.	GE-D 4 7 GE-D 4 8 GE-B 5 11 GE-B 5 12 GE-B 5 13
19th week		Final exam		GE-B 9 33 GE-B 9 34
20th week		Review exam		GE-B 9 33 GE-B 9 34

Do not

	Evaluation	Quiz	Mid-Examination	Report	Final	Other
Basic Ability	20	10	20	10	10	
Technical Ability						
Leadership Ability						