

Health & Physical Education 6

| Basic Course Information | | | |
|--------------------------|---|-----------------------------------|--------------|
| Course Number | 01050061 | Subject Category | Compulsory/G |
| Class Format | Experiment / Practical train | Credit Type and Number of Credits | 1 |
| Department | Mechatronics | Student Category | Year 3 |
| Period of Study | Semester 2 | Classes per Week | 1 |
| Required Materials | Volleyball Trainer Manual, Department of Physical Education Ministry of Tourism & Antiquities, Sorocatchal, [A], Wisomorn Suwan | | |
| Instructor | | | |

Course Objective
 1. Students have knowledge about the history and background of volleyball. 2. Students can use physical education activities for physical, social, emotional and mental development. 3. Students have basic skills in volleyball. Knowledge of volleyball rules and students can apply the principles of volleyball 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 volleyball. | Understand the history and background of volleyball. | Cannot understand and explain the history and background of volleyball. |
| Assessment Topic 2 | Recognize and understand the benefits of physical education activities to promote holistic health. | Understand the benefits of physical education activities to promote holistic health. | Cannot recognize and understand the benefits of physical education activities to promote holistic health. |
| Assessment Topic 3 | Understand and practice basic skills in volleyball and competition rules. | Understand basic skills in volleyball and competition rules. | Cannot understand and practice basic skills in volleyball and competition rules. |
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Relationship with Learning Outcomes
G(4) Creativity to make a new value with 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 and background of volleyball. Basic skills such as balance, bow.
Class Format: Lecture, drawing of learning between students and teachers, Presentation.
Please Note :

| Semester 2 | Contents and Method of Course | Goals | Related MCC |
|------------|--|--|--|
| 1st week | Health & Physical Education Orientation | Understand Health and Physical Education course and the rules for using the volleyball court. | U-B 2 5 8 U-B 2 6 U-B 2 7 U-B 2 8 U-B 2 9 U-C 3 6 |
| 2nd week | History and Benefits of Volleyball | Understand history and benefits of volleyball and injury prevention. | U-B 1 1 U-B 1 2 U-C 3 6 |
| 3rd week | Warm up and basic movements of play volleyball | Understand how to properly warm up in volleyball and can practice the basic movements of playing volleyball. | U-A 1 1 U-A 1 2 U-C 3 6 |
| 4th week | Familiarize with the ball and physical education activities. | Can practice familiarize with the ball and enjoy physical education activities. | U-B 2 3 U-B 2 4 U-B 2 5 U-C 3 6 |
| 5th week | Basic skills in volleyball (Underhand) chapter 1 | Can practice basic volleyball skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 6th week | Basic skills in volleyball (Underhand) chapter 2 | Can practice basic volleyball skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 7th week | Basic skills in volleyball (Setting) chapter 1 | Can practice basic volleyball skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 8th week | Basic skills in volleyball (Setting) chapter 2 | Can practice basic volleyball skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 9th week | Midterm exam | | U-1 9 33 U-1 9 34 |
| 10th week | Movement for play Underhand and Setting skill | Can to move and play the ball. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 11th week | Basic skills in volleyball (Serving) | Understand and can to perform lower and upper hand serving skills. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 12th week | Volleyball attack skills and physical education activities | Can practice volleyball attack skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 13th week | Volleyball block skills and physical education activities | Can practice volleyball block skills and enjoy physical education activities. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 14th week | Volleyball rules | Understand volleyball rules. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 15th week | Mini Volleyball Game | Can use all skills in volleyball to play with friends. | U-D 4 7 U-D 4 8 U-D 4 9 U-D 4 10 |
| 16th week | Volleyball match 1 | Can play volleyball as a team correctly according to the rules of the competition. | U-D 4 7 U-D 4 8 U-E 5 11 U-E 5 12 U-E 5 13 |
| 17th week | Volleyball match 2 | Can play volleyball as a team correctly according to the rules of the competition. | U-D 4 7 U-D 4 8 U-E 5 11 U-E 5 12 U-E 5 13 |
| 18th week | Volleyball skills test | Pass the skill test. | U-D 4 7 U-E 5 11 U-E 5 12 U-E 5 13 |
| 19th week | Final exam | | U-1 9 33 U-1 9 34 |
| 20th week | Review exam | | U-1 9 33 U-1 9 34 |

| | Examination | Quiz | Midterm Examinations between students | Report | Projects | Other |
|----------------------|-------------|------|---------------------------------------|--------|----------|-------|
| Basic Ability | 03 | 02 | 02 | 01 | | |
| Technical Ability | | | | | | |
| Professional Ability | | | | | | |