

Health & Physical Education 7

Basic Course Information			
Course Number	0105562	Subject Category	Concussion/G
Class Format	Experiment / Practical train	Credit Type and Number of Credits	1
Department	Microtronics	Student Category	Year 4
Period of Study	Semester 1	Classes per Week	1
Required Materials	In class Man factor in Training, spine chair, motor, crane Manual Academic D		
Instructor	Al. Merd. Spiesakhoris	Al. Waseem Basal	

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

Evaluation/Unit	Ideal Level of Achievement ("A or Satisf")	Standard Level of Achievement ("Good")	Unacceptable Level of Achievement ("Fail")
Assessment Topic 1	Understand and explain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.	Understand knowledge of Health promotion and disease prevention in the community, and the functions of the body's systems.	Cannot understand and explain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.
Assessment Topic 2	Recognize and understand prevention of current substance abuse, Violence in society and enhancing community safety.	Understand prevention of current substance abuse, Violence in society and enhancing community safety.	Cannot recognize and explain prevention of current substance abuse, Violence in society and enhancing community safety.
Assessment Topic 3	Understand and explain guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional and mental development.	Understand guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional and mental development.	Cannot understand and explain guidelines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional and mental development.

Relationship with Learning Outcomes
G(A) Creativity to make a new value with fusing the knowledge from various fields.
G(B) As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.

Please choose

Teaching Method	
Outline:	Study the history of basketball. Basic skills in passing, dribbling, shooting, play as a
Class Format:	Lectures, training of learning between students and teachers, Presentation.
Please Note:	

Course Plan	Semester 1	Contents and Method of Course	Goals	Related MCC
1st week		Orientation for Futsal class	1. Prepare for Futsal class. 2. Understand the history of Futsal.	HE-D-2-2 HE-D-2-3 HE-D-2-9 HE-D-3-2
2nd week		Familiarization with the ball	1. Students can control the ball. 2. Students are familiar with the ball and the field.	HE-D-2-2 HE-D-2-9 HE-D-3-2
3rd week		Passing skill	Student can pass the ball with the inside of foot, outside of foot and back foot.	HE-D-1-11 HE-D-1-12 HE-D-3-6
4th week		Passing and move	Students can pass the ball and move.	HE-D-1-11 HE-D-1-12 HE-D-3-6
5th week		High ball passing skills	Students can pass and receive the ball high.	HE-D-2-3 HE-D-2-4 HE-D-3-6
6th week		Dribbling skills chapter 1	Students learn how to dribble with speed, the base of soccer touches, how far you should touch the ball.	HE-D-4-7 HE-D-4-8 HE-D-4-10
7th week		Dribbling skills chapter 2	Students learn how to turn, how to practice dribbling efficiently.	HE-D-4-7 HE-D-4-8 HE-D-4-10
8th week		Heading skills	Students that head the ball will score more goals and passing.	HE-D-4-7 HE-D-4-8 HE-D-4-10
9th week		Midterm exam		HE-D-9-33 HE-D-9-34
10th week		Shooting skills chapter 1	Students have a good first touch and can standard shot.	HE-D-4-7 HE-D-4-8 HE-D-4-10
11th week		Shooting skills chapter 2	Students can (3) right Shot, Inside Shot, Out Shot, Backing Shot, Outside Shot and Toe Shot.	HE-D-4-7 HE-D-4-8 HE-D-4-10
12th week		Small side game	Students can find free space to take ball.	HE-D-4-7 HE-D-4-8 HE-D-4-10
13th week		Defense technique	Students can take a defensive position and have steal the ball skills.	HE-D-4-7 HE-D-4-8 HE-D-4-10
14th week		Rules and regulations of futsal competitions	Understand the rules and regulations of futsal competitions.	HE-D-4-7 HE-D-4-8 HE-D-4-10
15th week		Futsal skills test 1	Pass the skill test.	HE-D-4-7 HE-D-4-8 HE-D-4-10
16th week		Futsal skills test 2	Pass the skill test.	HE-D-4-7 HE-D-4-8 HE-D-4-10
17th week		Futsal competition in class 1	Students can play Futsal as a team.	HE-D-4-7 HE-D-5-11 HE-D-5-12 HE-D-5-13
18th week		Futsal competition in class 2	Students can play Futsal as a team.	HE-D-4-7 HE-D-5-11 HE-D-5-12 HE-D-5-13
19th week		Final exam		HE-D-9-33 HE-D-9-34
20th week		Review exam		HE-D-9-33 HE-D-9-34

Basic Ability	Examination	Quiz	Manual Solutions between students	Report	Portfolio
	30	10	40	10	10
Intermediate Ability					