

**Assumption University**  
**Theodore Maria School of ARTS**  
**Department of General Education**  
**Course Outline 1/2026**

**Course** : GE1204 Physical Education: Badminton  
**Credit** : 1  
**Status** : General Education Requirement  
**Prerequisite** : None  
**Lecturer** : A. Supares Dangkhum

**Course Description:** Improving physical fitness and psychomotor skills, creating unity among students, and developing the sportive mind, sports injury precautions, and prevention.

**Objectives:** The course aims to enable students to

1. understand the rules and regulations of the sport
2. perform different skills in playing sport
3. exercise by themselves
4. appreciate the value of sport
5. Create unity among themselves.
6. realize the importance of physical fitness, health, and wellbeing

**Teaching-Learning Activities:**

1. Lecture
2. Demonstration
3. Class Discussions
4. Drills

**Attendance Requirement::** - At least 80 % attendance is required from the total number of the class

- Attendance is checked after class starts 15 min. by calling the name in-class hours
- The students join the classroom After check attendance is complete, the attendance is taken as “late”
- 3-late attendance is equal to one absence
- To submit assignments, the submission link is provided on MS Team for student upload files.

**Course Components and Mark Allocation :**

Practical exams	60 %
1. Grip	
2. Serving	
2.1 Forehand long serve	
2.2 Forehand short serve	
2.3 Backhand short serve	
3. Badminton Stroke	
4. Smash	
5. Assignments	
Class participation	10 %
Quiz	15 %
Presentation	<u>15 %</u>
<b>Total</b>	<b><u>100 %</u></b>

\*Class participation:-

1. Students have to participate among sections.
2. There will be a competition in the group.
3. The final will be joined between sections.

<b>Evaluation :</b>	80 - 100 %	=	A
	78 – 79 %	=	A-
	73 – 77 %	=	B+
	70 – 72 %	=	B
	68 – 69 %	=	B-
	63 – 67 %	=	C+
	60 – 62 %	=	C
	58 – 59 %	=	C-
	50 – 57 %	=	D

**Reference:**

Badminton Association of England. *Badminton*. 4<sup>th</sup> edition., London : A&C Black Ltd., 1998. ; Badminton Data Sheet [15AUG2017] ; <https://bwfbadminton.com/> ; BADMINTON FOR BEGINNERS: EASY GUIDE TO BADMINTON, BASICS, RULES, SKILLS, STEPS, TIPS AND MANY MORE Paperback – April 5, 2022 by COLBY NIXON ; Badminton handbook ,Published by ENGKU NAZA, 2020

**Study Plan and Schedule:****Week 1**

General background

- History
- Advantages and values of playing
- Knowledge and understanding regarding safety in playing

**Week 2**

- Basic Skill of badminton 1

Warm-up

- How to hold the racket (Grip)
  1. Forehand
  2. Backhand
- Movements of the feet

**Week 3**

Warm-up

Review:-

- How to hold the racket (Grip)
  3. Forehand
  4. Backhand
- Movements of the feet

To continue:-

- Forehand Long & short service

Practice

**Week 4**

Warm-up

Review:-

- Forehand Long & short service

To continue:-

- Backhand Short service

Practice

**Week 5**

Warm-up

Review:-

- Backhand Short service

- To continue:-  
- Forehand overhead clear

Practice

**Week 6**

Warm-up

- Review:-  
- Forehand overhead clear

- To continue:-  
- Forehand smash  
Practice

**Week 7**

- Warm-up  
- To play in the game, Announce the games. , Record the score

**Week 8**

- -sport injuries
- -Prevention of sports injuries And first aid

**Week 9**

- Practical evaluation**  
- Forehand Long service

**Week 10**

- Practical evaluation**  
- Forehand Short service

**Week 11**

- Practical evaluation**  
- Backhand.Long service

**Week 12**

- Practical evaluation**  
- Overhead clear

**Week 13**

- Practical evaluation**  
- Forehand smash

**Period 14**

- QUIZ.

**Period 15**

Presentation

**Reminders: Sports attire is required during the classes. There is no final exam.**

: September 18, 2026 Last day to withdraw with “W”

: June 18, 2026 Last day to withdraw without record

#### **LOCATION AND CONTACT INFORMATION**

GENERAL EDUCATION (GE) office hours are Monday through Friday, 8.30 a.m. – 16.30 p.m.

Office Location: CL10

Phone : 02-7832222 Ext.2485

Email Address: general\_education@au.edu

#### **Au VISION 2000**

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

#### **ENVISIONING Au GRADUATES**

Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,
- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

#### **AU MISSION**

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover “Treasure Within” themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizens; excelling in serving communities comprising of diverse cultures.

#### **Au UNIQUENESS**

“An International Catholic University”

#### **Au IDENTITY**

- Ethics
- English Proficiency
- Entrepreneurial Spirit

#### **THEODORE MARIA SCHOOL OF ARTS**

([www.arts.au.edu](http://www.arts.au.edu))

#### **VISION AND MISSION**

#### **Vision**

An international community of business communicators in Thailand

**Mission**

Theodore Maria School of Arts will ensure that: the School will...

1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

**TAGLINE**

เติมเต็มศิลป์ภาษา พัฒนาศาสตร์ธุรกิจ

**Language Education, Business Inspiration**

**ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family**

- Open communication
- Mentoring system
- Dedication
- Caring
- Teamwork
- Commitment
- Resource sharing

**Core Values**

A = Adaptability  
R = Responsibility  
T = Togetherness  
S = Sustainability

**Core Competencies**

Employability  
Multiculturalism  
Internationalization

**Quality Assurance Process**

Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in all sorts of situations and can be clarified as follows:

**Plan:** Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.

**Do:** Implement the plans and new processes developed.

**Check:** Monitor and evaluate the implemented process by testing the results against the predetermined objectives.

**Act:** Apply actions necessary for improvement if the results require changes.

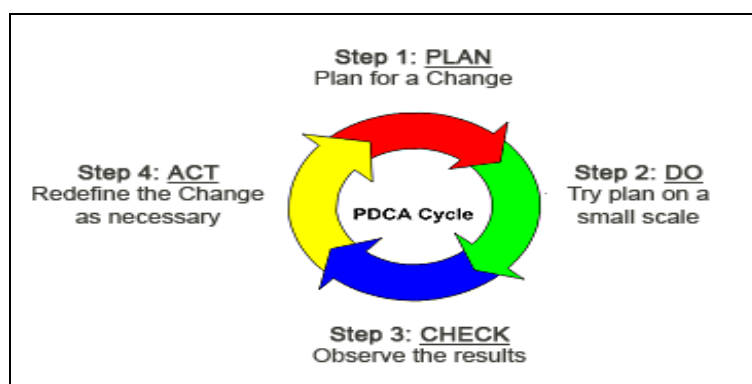


Figure 1: PDCA Cycle (<http://www.swopehealth.org>)

**Plagiarism**

Plagiarism is a serious academic offence, a serious breach of ethical conduct and is unacceptable student behavior. Students who plagiarize copying words or ideas without acknowledging the original writer of the words or ideas, will face disciplinary action. This will range from receiving an “F” in the subject to university suspension.

**THEODORE MARIA SCHOOL OF ARTS  
Advising and Counseling 1/2026**

All Arts students (Business English, Business French, Business Chinese, Business Japanese, and English - Chinese for Digital Communication) must meet with their advisors before they pre-register for the 2/2026 semester. Students who fail to come for their advising and counseling session will not be allowed to register for 2/2026 during the pre-registration period.

Names of advisors for semester 1/2026 will be posted on the faculty website ([www.arts.au.edu](http://www.arts.au.edu)), at CL 11 and on the Department Boards at SM Bldg. Arts students are required to check their advisors' names every semester and meet with them before the pre-registration.