Assumption University
Theodore Maria School of ARTS
Department of General Education
Course Outline 2/2026

Course : GE1204 Physical Education: Basketball
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:

1. Class Participation		10%
2. Practical Evaluation		60%
2.1 Passing&Recieving	(15%)	
2.2 Dribbling	(15%)	
2.3 Shooting	(15%)	
2.4 Team Playing	(15%)	
3. Quiz		15%
4. Presentation		15%
Total		100%

*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.

Evaluation :	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

References:

Isaacs, N. D., & Motta, D. (1988). **Sport illustrated basketball :the key to excellence**. NY : Sports Illustrated.

Warren, W.E.& Chapman, L.F. (1992). **Basketball coach's survival guide: Practical techniques and material for building an effective program and a winning team**. N.Y.: Parker Pub.

Whelton,J. (1988). **Step by step basketball skills**. London: The Hamlyn Pub.

Study Plan and Schedule:

Week 1
General Introduction

- Objectives of the course
- Course requirements
- Mark Allocation

Week 2
Knowledge and benefits of basketball

- History and origin of basketball
- Benefits of basketball

Its application and safety

- Basketball know-how
- Safety in playing basketball
- Good manners of players and spectators

Week 3
Skills needed in playing basketball

- Body Balance
- Movement in playing
- Passing
- Jumping
- Catching or holding the ball
- Dribbling
- Low dribbling
- High dribbling

Week 4
Receiving and passing the ball

- Two hands chest passing
- Rebounding the ball
- Overhead Passing
- One hand over shoulder passing
- One-hand low passing

Week 5

Shooting

- Under hood shooting
- One hand shooting
- Jump shooting

Week 6

Assessment Test I

- Receiving the ball
- Passing the ball
  - Two hand chest passing
  - One over-shoulder passing
  - One-hand low passing

Week 7

Skills needed for teamwork

- Defense team
- Team on the move

Week 8

Assessment Test II

- Dribbling
- One hand overhead shooting
- Lay–up shot

Week 9

Basketball rules

Week 10

Basketball rules (Continuation)

Week 11

Basketball match

Week 12

Basketball match (Continuation)

Submission of paper

Week 13

Basketball Match (Continuation)

Week 14

Assessment Test III

Basketball Match Final

Week 15

Review (To be informed later)

----------THERE IS NO FINAL EXAM----------

February 19, 2027 : Last day to withdraw with "W"

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)
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.

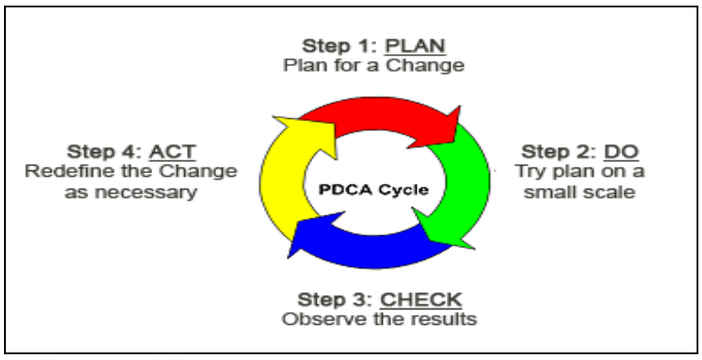


Figure 1: PDCA Cycle (http://www.swopehealth.org)

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.