MINISTRY OF EDUCATION AND TRAINING

**LAC HONG UNIVERSITY**

**COURSE OUTLINE**

**<102002– PHYSICAL EDUCATION 1>**

##  GENERAL INFORMATION

| Course name (Vietnamese): | Giao duc the chat 1 |
| --- | --- |
| Course name (English): | Physical Education 1 |
| Course ID: | 102002 |
| Types: | General |
| Faculty/ Department: | Physical Education |
| Master Lecturer: | Deo Dang KhoaEmail: deodangkhoa@gmail.com |
| Lecturer participating in: | Phan Van DaoLy Quoc Hien |
| Number of credits: | 1 |
| Theory:  | 4 periods |
| Practice:  | 26 periods |
| Self-study:  | 00 periods |
| Speciality: | Obligatory |
| Prerequisite course: | No |
| Previous course: | No |

##  COURSE DESCRIPTION

Students have to choose 1 out of 3 subjects: Volleyball, Soccer, Basketball and study along with the entire Physical Education study program. Achieving several basic techniques and making use of those techniques in practice and tournament. Understanding some basic rules in the competition to the chosen subject.

## COURSE LEARNING OUTCOMES

**Table 1: Course Learning Outcomes (CLOs)**

| **Course Learning Outcomes (CLOs)** | **Course Learning Outcomes Content**  |  **Bloom domain/Bloom level** | **Program Learning Outcome****PLOs/SOs/PI (\*)** |
| --- | --- | --- | --- |
| CLO1 | Using Physical Education training methods into practice | Knowledge (3) | PI1.1 |
| CLO2 | Achieving movement techniques required for every subject | Skills (3) | PI5.1 |
| CLO3 | Practicing in groups for the competition |  Attitude (2) | PI7.1 |

| **4.** |  **COURSE CONTENT, LESSON PLAN** |
| --- | --- |

**Table 2: Course content, Lesson plan description**

| **Week** | **Lesson/Program** | **Name of course, Chapter** | **Lesson Learning Outcomes (LLO)** | **Lecture and Study activities**  | **Lecture methods** | **Assessment****methods** | **References** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Unit 1 | The history of foundation and development; the positive effect of Physical Education Movement techniques in ball study. | LLO1.1 | Demonstrating the history of foundation and development to this course, the positive effect of Physical Education. | Lecturer teaches, analyzes, demonstrates and interacts with students.Studying in class:* Students listen to the lecture, ask some questions.
* Students observe and repeat the exercises.
 | LectureDemonstration | Practicum testObservation | **[1]** |
| 2 | Unit 2 | Movement techniques in ball study. | LLO2.1 | Applying knowledge to movement techniques of ball study into reality.  | Lecturer teaches, analyzes, demonstrates and interacts with students.Studying in class: * Students do the exercises and fix the appropriate movement.
* Students apply to techniques and rules in tournament
 | LectureDemonstrationDrill and Practice | Practicum testObservation | **[1]** |
| LLO2.2 | Doing the exercises |
| 3 | Unit 3 | Completing techniquesApplying to tournament | LLO3.1 | Showing every movement in ball study  | Lecturer teaches, analyzes, interacts with students.Studying in class:* Students complete the movement
* Students apply to techniques and rules in tournament
 | LectureDemonstrationDrill and Practice | Practicum testObservation | **[1]** |
| LLO3.2 | Doing the exercises |
| 4 | Unit 4 | Completing techniquesApplying to tournament | LLO4.1 | Practicing for competition in groups | Lecturer teaches, analyzes several basic tactics, and interacts with students.Studying in class:* Students complete the movement
* Students apply to techniques and rules in tournament
 | DemonstrationDrill and Practice | Practicum testObservation | **[1]** |
| 5 | Unit 5 | Completing techniquesApplying to tournament | LLO5.1 | Practicing for competition in groups | Lecturer analyzes several basic tactics, interacts with students.Studying in class:* Students complete the movement
* Students apply tactics to techniques and rules in tournament
 | DemonstrationDrill and Practice | Practicum testObservation | **[1]** |
| 6 | Unit 6 | Completing techniquesApplying to tournament | LLO6.1 | Practicing for competition in groups | Lecturer teaches, analyzes several basic tactics, and interacts with students.Studying in class:* Students complete the movement
* Students apply tactics to techniques and rules in tournament
 | DemonstrationDrill and Practice | Practicum testObservation | **[1]** |

| **5.** | **MAPPING OF LESSON AND COURSE LEARNING OUTCOMES**  |
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**Table 3: Mapping of Lesson and Course Learning Outcomes**

| Lesson Learning Outcomes | Course Learning Outcomes | **Evaluation Component** |
| --- | --- | --- |
| **CLO1** | **CLO2** | **CLO3** |
| **LLO1.1** | X |  |  | A1 |
| **LLO2.1** | X |  |  | A1 |
| **LLO2.2** |  | X |  | A2, A3 |
| **LLO3.1** |  | X |  | A2, A3 |
| **LLO3.2** |  | X |  | A2, A3 |
| **LLO4.1** |  |  | X | A1, A2 |
| **LLO5.1** |  |  | X | A1, A2 |
| **LLO6.1** |  |  | X | A1, A2 |

| **5.** |  **COURSE ASSESSMENT** |
| --- | --- |

**Table 4: Course Assessment**

| **Evaluation Component** | **Assessment**  | **CLOs** | **Percentage (%)** |
| --- | --- | --- | --- |
| A1. Process | * Participating in class
* Class exercises
* Discussion, following the requested content
 | CLO1, CLO3 | *30%* |
| A2. Midterm  | Organizing the competition in groups | CLO2, CLO3 | *30%* |
| A3. Final  | Final test | CLO2 | *40%* |

| **6.** |  **COURSE REQUIREMENTS AND EXPECTATIONS** |
| --- | --- |

* Obeying all requirements of the course outline.
* Arriving on time and making sure to be 80% time in the course.
* Students have to have ID cards during the course and examination.
* Students have to wear sport uniforms according to University’s regulations.
* Preparing study equipment for practice.

| **7.** | **STUDY REFERENCES** |
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**Textbook**

[1]. Giao trinh bong da truong Dai Hoc Lac Hong, Luu hanh noi bo.

**References**

**[**1]Nguyen Duy Quyet, Ho Dac Son (2023), Giao duc the chat bong da, NXB Giao duc Viet Nam

[2] Nguyen Tien Lam - Nguyen Tien Phong (Dong Chu Bien) - Nguyen Nam Ha - Bui Minh Tan - Nguyen Ngoc Bin (2023), Giao Trinh Giao Duc The Chat, NXB Dai hoc Thai Nguyen

| **8.** | **SOFTWARE OR SUPPORTING EQUIPMENTS FOR PRACTICE**  |
| --- | --- |

1. Balls
2. Practice yard
3. Other supporting equipments

**General rules:**

| **Abbreviation** | **Description** |
| --- | --- |
| **PLO/SO** | Program Learning Outcomes/Standard Outcomes |
| **PI** | Performance Indicators  |
| **CLO** | Course Learning Outcomes |
| **LLO** | Lesson Learning Outcomes |

| **Head of Major/ Head of Faculty** | Dong Nai, April 27th 2023Responsible lecturer(sign and write full name)Deo Dang Khoa |
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