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## **Guidelines for Teaching and Learning for Basketball Coach Development for Physical Education Students National Sports University**

**Watchara Petclai, Arphat Tiaotrakul, Assoc. Prof. Wasana  
Kuna-Apisit, Kajornsak Roonprapunta**

Ph.D. Student Doctor of Education Physical Education and Exercise Science  
Naresuan University

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### **Abstract**

This research aims to study the guidelines for teaching and learning for the development of basketball coaches for Physical Education Students, National Sports University. We used qualitative research methods. Analyze data with descriptive statistics. The results of the research showed that the role of a sports trainer is like an actor who has to perform many roles. Being an athletic trainer should therefore play a role to suit the situation that arises, being a trainer requires using the philosophy of being an athletic trainer to judge problems that arise as an athletic trainer. So Coaching requires a variety of skills, which can be gained from experience or academic knowledge, The basketball coach must show good attribute behavior, Good leadership and followership, Rehearsals are planned, Introduce athletes on and off the playing field, daily life as a good role model, Compassionate and generous to athletes, moral, ethical, Disciplined, Make the right decision, Clear command issued, Understand all aspects of athletes and groups, self-discipline, responsibility, duty, coaches have the determination and faith to develop athletes' potential by studying, pursuing, researching basketball coaching strategies to help athletes reach their peak abilities. In addition, academic knowledge and opportunities for thought development must be emphasized, the main and sub-content must be comprehensive, up-to-date for the benefit of learners to apply, **additional** moral and ethical conduct of trainers, grading should be very hands-on and students should be researched and presented in groups to listen, Exchange and analyze the opinions of others. Includes responsible decision-making training, The instructor is coaching and well-prepared lesson plans. Includes the use of coaching clips, Studying abroad is a new approach, A basketball coach must have analytical ability, Synthesize the information received and use it to your advantage, Instructor as Facilitator or Coaching instead of Lecturer. The ADDIE Model should be applied to teaching to be used as a guideline for managing teaching more effectively.

**Keyword:** Guidelines for teaching and learning, coach development, basketball, physical education students

### **Introduction**

Sport is vital to improving the quality of life of citizens and the nation. In addition, sports can be used to improve the quality of human resources, both physical, mind, emotions, Social and Intellectual. The physical education teacher will play the role of athletic trainer both inside and outside the school. Vasana Kunapisit (2020) states that athletic trainers play an important role in athletes and enable athletes to excel by practicing as prescribed by athletic trainers, resulting in fairness in competition, Record results and keep statistics of each athlete. Basketball is an alternative international team sport that is popular with both learners and instructors. As well as parents in teaching physical education, it is also relevant and important in developing learners to have behavior change according to the core curriculum that the nation needs. Physical education teachers organize appropriate teaching activities for learners of each age group by using the correct methods according to the principles of physical education learning management. Physical education teachers also play an important role in promoting and developing students to excel in basketball and sports competitions. Promote team success in competition. As a result, basketball has been developed in the next opportunity. In addition, the use of various digital technology media is organized to increase knowledge about the use of new technologies to keep pace with changes in this field, as well as to promote learning by using various digital media combinations.

In Thailand, basketball is one of the subjects at schools, especially secondary schools, higher education institutions that produce teachers in physical education, the Faculty of Education or Education, the Faculty of Sports Science are included in the curriculum. It is also included in the general education curriculum for faculty students. Various classes have been chosen. Due to the nature of sports in general, including basketball. The goal is to develop learners or players to have the qualities of good citizenship. They must abide by the rules of each sport. As well as helping to have a healthy body, Good mechanical skills, Helps improve physical fitness and health-related physical fitness. It consists of cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition. And motor fitness consists of co-ordination, agility, speed, balance, power, reaction time. It doesn't get sick easily, because the various systems in the body have performed their functions normally. In addition to that, sports promote self-expression, dealing with emotions and stress, building human relations, teamwork, Compliance with responsibilities (based on playing position), sportsmanship, which is an important human virtue and ethic accumulated through sports, Ability to cope and solve problems on their own.

As an investigator, he is responsible for basketball training strategies and is involved in teaching and learning, Be aware of the importance. Therefore, he is interested in studying the teaching and learning guidelines for the development of basketball coaches for Physical Education Students, National Sports University.

### **Research Objectives**

To study the guidelines for teaching and learning for the development of basketball coaches for Physical Education Students, National Sports University.

### **Research Methodology**

1. Domestic and international research papers on learning management in basketball coach development for physical education students.

2. Key contributors include experts, Basketball Instructor Course Specialist and professors who are experts in educational technology.

3 . We have determined the scope and details of teaching and learning arrangements for basketball coach development. This is appropriate with coherent correlation and feasibility of learning management elements using blended learning, as follows:

- 1) Objective aspects
- 2) Content
- 3) Learning Activities
- 4) Use of learning materials
- 5) Measurement and Evaluation

### **Concepts and theories related to blended learning**

The concept of blended learning It can be divided into 4 concepts:

1. To combine or mix modes of web-based technology, such as: Self-paced virtual classroom learning, collaborative learning, streaming video, voice and text, etc. To achieve the goals of educational management. This is in line with Singh's concept of blended learning as learning using a combination of various teaching methods to maximize student achievement.

2. To combine various pedagogical approaches such as: Constructivism, behaviorism, and Buddhism (Cognitivism) to get the best results from studying. It may or may not use instructional technology. This is in

line with Bonk and Graham's concept that blended learning systems into a variety of learning systems to solve diverse learning problems. And in line with Carman's concept that says: Blended learning is a combination of learning theories to achieve the objectives of learning management.

3. The concept of combining all forms of instructional technology with face-to-face instructor-led training, which is the most widely accepted view.

4. The concept of combining instructional technology with actual job tasks in order to create a harmonious effect of learning and working, which is in line with Bersin's stated that blended learning as part of corporate training is a combination of electronic learning and other media to transmit knowledge in learning and training.

From the concept of blended web-based teaching and learning mentioned above, it can be concluded that: Blended learning is a form of learning that focuses on teaching and learning activities by creating a learning environment and atmosphere, Instructor's teaching methods, learner learning style, teaching materials, communication channels and interaction patterns between learners and teachers, Learner vs. Learner, Learners and learner content with diverse learning contexts and organize flexibility-based teaching and learning activities to respond to learners' individual differences so that each learner gets the best results from teaching.

### **Basketball Coaching Ideas**

Therefore, the trainer should aim to develop the athletes to be physically fit. The objectives of the training to prepare athletes are as follows: Sonthaya Lamat, 2008, p. 484-487)

1 . Physical Factors, physical training consists of basic components of physical strength, Agility, Speed, endurance and malleability

2. Technical, athletic techniques refer to the mechanics and practice skills.

3. Tactical factors, the sport's tactics, are knowledge of strategy and the ability of athletes to use tricks effectively and steadily even under pressure. Knowledge of tricks can be improved with good sports coaching.

4. Psychological factors (mental), will consist of the ability to control concentration, working under pressure, Reinventing the situation from mistakes and disadvantages and preparing for the competition with tactical acumen. And this psychological factor can be developed from competitive experience, sports coaching, simulation of realistic sports events, practice and further knowledge.

Therefore, it can be concluded that these 4 factors will be of different importance depending on the sport and type of competition. However, of any sport or competition, all four factors are important for an athlete to excel in sport. Therefore, throughout the sports training process, the objective of sports training should therefore be to focus on physical development, technical factors tactical factors, psychological conditions, Team Capabilities, physical factors, Health factors and injury prevention, The purpose of such training is a general objective that the trainer should focus on when organizing a training program.

### **Findings**

This phase of the study examines the teaching and learning guidelines for basketball coach development for physical education students, National Sports University as follows:

Interviews with physical education professors or basketball coach experts "Guidelines for teaching and learning for basketball coach development for physical education students National Sports University" Details are as follows:

Interview Issues Section 1.1 Teaching and Learning for Basketball Coaches Development for Physical Education Students National Sports University, at present.

The key data providers agreed that the teaching content must be up-to-date, as well as skills and knowledge training as an introductory training for students using technology to enhance basic knowledge. Virtual Reality Currently, there are 3 courses that are taught which are basketball skills and instruction, basketball refereeing, and basketball training and management strategies. Web-based teaching and learning is the management of education in the form of Web, the situation of teaching and learning in the On-Line format, with the requirement that to be taught via the web, the following must be complete: 1) Input 2) Process and 3) Output, teaching management is at a high level. The material is complete as required by the researcher, but the instruction lacks practical experience in performing duties. In conclusion, the teaching content must be up-to-date as a form of skills and knowledge, which is an introductory training for students using technology to enhance basic knowledge, Virtual Reality

Interview Issues Section 1.2 Problems in teaching and learning, including methods of teaching and learning activities, at present.

The key contributors are of the same opinion as follows: COVID-19 issues as a result, students do not have hands-on training with other students and teachers. Students have relatively little practical basketball skills, insufficient equipment for teaching, how to organize teaching activities by arranging extra hours to practice basketball skills. COVID issues need to be learned. On Line Teaching guidelines should include a blend of online and onsite learning that has been adapted to the pandemic. Teachers should constantly improve themselves for excellence in basketball, increase knowledge about the use of new technologies to keep pace with changes according to the ability and knowledge of both basketball and the use of digital media. In conclusion, teachers should acquire knowledge about the use of new technologies to keep pace with changes due to COVID-19, so it is necessary to learn online and onsite with adaptation to the pandemic, arrange extra hours to practice basketball skills.

Interview Issues 1.3 the current forms of learning management and the process of organizing learning activities using teaching materials.

Key contributors are of the consensus that a variety of media should be used and should be applied appropriately, and social media should be used more incorporating in teaching. Advantages of using a variety of ICT media, especially social media, but lack of application with various learning styles. Improvements should be made to apply various learning styles together with teaching materials, such as blended learning, TPACK Model Active Learning. At present, teachers need to use the materials but may need to discuss them further. In conclusion, social media should be used, Teaching materials are applied in conjunction with various learning styles, including blended learning, TPACK Model Active Learning.

Interview Issues 1.4 the blended learning management be developed for maximum effectiveness

The key contributors are of the same opinion as follows: Creating real-world environments and technologies to create a "virtual world community" that can merge objects around them and their surroundings into one. Using AR and VR technology to seamlessly link into one world space, there should be a three-dimensional system to help teach basketball to see all perspectives of basketball skills. The ADDIE Model should be used as a guideline for learning management development as follows: 1) analysis and planning 2) design stage consists of 3) blended learning development development stage 4) implementation stage and 5) the assessment stage should apply all teachers' ideas to the research they have learned, and it is very important to follow the needs of the students. In conclusion, all teachers' mindsets should be applied to teaching and learning, there should be a three-dimensional system to help in teaching and learning using AR and VR technology to help, and the ADDIE Model should be used as a guideline for learning management development.

Interview Issues Section 1.5 Blended learning management should use technology materials that can be applied to teach basketball training strategies for physical education students, National Sports University

The key contributors are of the same opinion as follows: The most important thing in choosing to use technology media to teach mechanical subjects is whether offline or online. That is the readiness and

accessibility of technology for learners wherever they are, When and when the technology adopted must meet the purpose, content, and the possibility of assessment should have the form of a three-dimensional system to help in basketball instruction so that all perspectives of basketball skills are seen as teaching clips. Using the training model of many foreign countries, Focus on skill content. There is a three-dimensional system to help in teaching and learning, including realistic visual technology, as well as making teaching clips. Using the training model of many foreign countries, that is, the readiness and access of technology of learners, and the technology adopted must meet the objectives, Content and feasibility of physical education assessment. Emphasis on practical skills should use multimedia and practical field in theory can use confrontational media. Face to Face can be taught like Ms Team Zoom or face-to-face briefing. There are important principles for the instructor very well suited. There should be both theoretical classes, Online content and apply knowledge. In conclusion, the emphasis is on skill content, with the form of a three-dimensional system to help in teaching and learning, including realistic visual technology. Including making a teaching clip using the training model of various foreign countries, that is, the readiness and access of technology of learners and the technology adopted must meet the purpose, Content and feasibility of assessment

Interview Issues Section 1.6 Organizing the learning content of the development of blended learning management courses, basketball training strategies for physical education students, National Sports University

The key contributors are of the consensus that the main subject matter must be comprehensive. Each subject matter should be up-to-date for the benefit of the learners to apply it professionally. Course description content and values Hour., Theory/Practical, that appears to determine the objective. Teaching methods and assessments should allow instructors in this course to use a wider variety of teaching materials. Higher education focuses on academic knowledge and opportunities to develop ideas to lead to career development, so the use of blended learning, whether offline or online, must aim to allow students to research/investigate knowledge and analyze critically according to professional goals, appropriate content, More, Trainer Code of Conduct, Scoring should be very practical. In conclusion, it focuses on academic knowledge and ideas development opportunities. The arrangement of main and sub-content must be comprehensive, up-to-date for the benefit of the learners to apply, More, Trainer moral code of conduct grading should be practiced a lot.

Interview Issues Section 1.7 Guidelines or processes for organizing activities in organizing blended learning courses on basketball training strategies for physical education students, National Sports University in online can make it a success.

The key contributors are of the same opinion as follows: The important thing is 1) train students to search for information from electronic media 2) Present the search information in small groups so that everyone can exchange their opinions 3) the instructor acts as coaching instead of explaining right and wrong; Practice responsibility for the learners. Requires coaching clips, Teaching and learning of foreign countries to enhance the body of knowledge. New approaches The ADDIE Model should be applied, probably the model that the researcher suggests blended learning in basketball training techniques. This requires preliminary teacher training and a good lesson plan. In conclusion, let the learners research and present to the group for listening, Exchange and analyze the opinions of others. Includes responsible decision-making training, The instructor does the coaching duties and prepares the lesson plan well, including the use of training clips, studying abroad has come as a new approach.

Interview Issues Section 1.8 Recommendations for the development of blended learning management for basketball training strategies for physical education students, National Sports University

The key contributors are of the same opinion as follows: The instructor must clearly state the strategy. In which sections does the author apply? Develop learners to be responsible for themselves in searching for information to participate in the analysis, synthesize with diverse groups of friends, Lead the presentation of the briefing. The instructor is a facilitator or coaching instead of a lecturer. Synthesize information for professional use. Blended learning is a form of application of abundant information technology in the profession. The ADDIE Model should be applied, especially focusing on physical education students, National Sports University with

learner analysis, course analysis, analysis of teaching materials, teacher analysis, Analyze teaching projects. Teachers should propose new ideas, enhance the training experience, are very necessary in teaching. In conclusion, the ability to analyze, Synthesize the information received and use it to good use. Teachers as facilitators or coaching instead of lecturers should apply the ADDIE Model to teaching, teachers should propose new ideas and experience in training is very necessary in teaching and learning.

## **Discussion**

Guidelines for teaching and learning for basketball coach development for physical education students, National Sports University It can be described as: The role of a sports trainer is like an actor who has to perform many roles. Being an athletic trainer should therefore play a role to suit the situation that arises, being a trainer requires using the philosophy of being an athletic trainer to judge problems that arise as an athletic trainer. Therefore, coaching requires a variety of skills, which can be gained from experience or academic knowledge. The basketball coach must show good attribute behavior, Good leadership and followership, Rehearsals are planned, Introduce athletes on and off the playing field, daily life as a good role model, Compassionate and generous to athletes, moral and ethical, Disciplined, Make the right decision, Clear command issued, Understand all aspects of athletes and groups, self-discipline, responsible coaching duties, commitment and faith in developing athletes' potential through education, seeking and researching basketball coaching strategies to help athletes reach their peak abilities. It must also focus on academic knowledge and opportunities for cognitive development, The arrangement of main and sub-content must be comprehensive, up-to-date for the benefit of the learners to apply further, Trainer Code of Conduct, Grading should be very hands-on and students should be researched and presented in groups to listen, Exchange and analyze the opinions of others, as well as practice responsible decision-making. In line with Pratuan Klangsi (2017), the teaching and learning management conditions are moderate, namely in terms of instructional planning and design, Teaching and Learning Activities, in terms of measurement and evaluation, the areas that are at the least level are media and learning resources, the problem of teaching and learning management at the highest level is the planning and design of teaching and learning. Teaching and Learning Activities, in terms of media and learning resources, the most important aspect is the measurement and evaluation of teaching and learning activity guidelines at the highest level in all aspects, namely the planning and design of teaching and learning activities, teaching and learning activities, Measurement and Evaluation. And in line with Watchara petclai, Arphat Tiaotrakul and Phufa Sewakpan (2022) said that most basketball coaches are coaches and coaches. It emphasizes teaching and practicing skills rather than democratic and supportive forms of coaching. Honorable or reward coaching is a form of compliment or reward coaching with the least number of coaching styles. And basketball coaches in Thailand do not have an authoritarian style of coaching, Emotional stimulation and physiological stimulation are the methods used by trainers to the least amount of self-confidence used by trainers. The basketball coach's style in coaching and teaching, social support and recognition or reward, use a verbal persuasion method first. As for how to be emotionally stimulated and how to stimulate physiological, the trainer will choose to adopt it last. The relationship of coaching styles in the use of sources of confidence in one's abilities, The coaching and teaching style correlates with the compliment or reward style, and the democratic model correlates with the social support model.

## **Recommendations for applying the findings**

- 1 . Government Agencies, National Sports University, The research results can be used as a guideline for teaching and learning for the development of basketball coaches for physical education students in order to be effective and effective for physical education students concreted.
2. Able to apply teaching and learning guidelines for basketball coach development. For Physical Education Students the National Sports University is used to make the teaching arrangement of basketball coaches suitable for physical education students.

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