

# Health & Physical Education 1

Basic Course Information			
Course Number	5009056	Subject Category	Compulsory/GI
Class Format	Experiment / Practical train	Credit Type and Number of Credits	1
Department	Computer	Student Category	Year 1
Period of Study	Semester 1	Classes per Week	
Required Materials	1. Basic knowledge of human growth and development related to the functions of various body systems. 2. Students learn about health care planning and disease prevention. 3. Students learn about basic first aid. 4. Students learn about violence in society and the effects of addictive substances to self and society. 5. Students can use swimming to promote physical, social, emotional and mental health.		
Instructor	A. Manul, S. Sornvichai, J. Wisetorn Suvan		

Course Objective			
1. Students learn about human growth and development related to the functions of various body systems. 2. Students learn about health care planning and disease prevention. 3. Students learn about basic first aid. 4. Students learn about violence in society and the effects of addictive substances to self and society. 5. Students can use swimming to promote physical, social, emotional and mental health.			

Evaluation/Rubric	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fail)
Assessment Topic 1	Understand and explain basic knowledge of human growth and the work of various body systems.	Understand basic knowledge of human growth and the work of various body systems.	Cannot understand basic knowledge of human growth and the work of various body systems.
Assessment Topic 2	Recognize and understand how to plan for health care and disease prevention.	Understand how to plan for health care and disease prevention.	Cannot understand how to plan for health care and disease prevention.
Assessment Topic 3	Understand and practice basic first aid.	Understand basic first aid.	Cannot understand and practice basic first aid.
Assessment Topic 4	Understand and prevent violence in society.	Understand and prevent violence in society.	Cannot understand and prevent violence in society.
Assessment Topic 5	Understand and practice basic skills of swimming.	Understand and basic skills of swimming.	Cannot understand and practice basic skills of swimming.

**Relationship with Learning Outcomes**

**GI4 Creativity to make a new value with using the knowledge from various fields.**

**GI5 As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.**

Please change

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

Course Plan	Semester 1	Contents and Method of Course	Goals	Related MCC
	1st week	Health & Physical Education Orientation	1. Understand the importance of Health and Physical Education subjects. 2. Know and understand the syllabus and class assignments.	GE-B 2-7 GE-B 2-8 GE-B 2-9 GE-C 3-6
	2nd week	Health development plan for self and family	Students have knowledge about health assessment and activities for health care.	GE-B 2-7 GE-B 2-8 GE-B 2-9 GE-C 3-6
	3rd week	Eating behavior in Thailand and food waste management	1. Recognize and understand eating behaviors that affect health. 2. How to manage food waste in Thailand.	GE-A 1-1 GE-A 1-2 GE-C 3-6
	4th week	Drugs and addictive substances	1. Understand the types of medicines and how to take them correctly. 2. Effects of addictive substances to self and society.	GE-A 1-1 GE-A 1-2 GE-C 3-6
	5th week	Violence in society	1. Understand the causes of violence in society. 2. Guidelines for the prevention of problems violent in society.	GE-B 2-3 GE-B 2-4 GE-B 2-5 GE-C 3-6
	6th week	The function of the skin, bone and muscle	1. Understand the basic functions of the body's systems. 2. Know how to strengthen and maintain the efficiency of skin, bone and muscle system.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	7th week	First aid and resuscitation	Understand first aid and cardiopulmonary resuscitation procedures.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	8th week	Principles of exercise to improve physical fitness	1. Know and understand how to prepare before exercise. 2. Understand principles of exercise to improve physical fitness.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	9th week	Midterm exam		GE-1 9-33 GE-1 9-34
	10th week	History and Benefits of Swimming	1. Understand history and benefits of swimming. 2. Swimming class assignment.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	11th week	Basic swimming skills and physical education activities chapter 1	Familiarize yourself with the location equipment.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	12th week	Basic swimming skills and physical education activities chapter 2	Students can dive and float in the water.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	13th week	Free Style Stroke chapter 1	Can leg action.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	14th week	Free Style Stroke chapter 2	Can arm action.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	15th week	Free Style Stroke chapter 3	Can arm action and breathing.	GE-D 4-7 GE-D 4-8 GE-D 4-9 GE-D 4-10
	16th week	Freestyle timing coordination	Students can swim freestyle correctly and practice continuously for a long time.	GE-D 4-7 GE-D 4-8 GE-E 5-11 GE-E 5-12 GE-E 5-13
	17th week	Swimming skills test	Pass the skill test.	GE-D 4-7 GE-E 5-11 GE-E 5-12 GE-E 5-13
	18th week	Swimming skills test	Pass the skill test.	GE-D 4-7 GE-D 4-8 GE-E 5-11 GE-E 5-12 GE-E 5-13
	19th week	Final exam		GE-1 9-33 GE-1 9-34
	20th week	Review exam		GE-1 9-33 GE-1 9-34

Do not					
Reason Ability	Quiz	Midterm/Assignment	Report	Final	Other
Reason Ability	20	10	20	10	10
Quiz					
Midterm/Assignment					
Report					
Final					
Other					