

Health & Physical Education 3

Basic Course Information		Subject Category	Compulsory/GE
Course Number	5009056	Student Type and Number of Credits	1
Class Format	Experiment / Practical train	Student Category	Year 2
Department	Computer	Classes per Week	1
Period of Study	Semester 1		
Required Materials	A. Manual, 3rd edition, [C] Worksheet/Slides		

Course Objective
 1. Students learn about human growth and development and 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	Can understand and explain basic knowledge of the functions of the body's systems.	Can understand basic knowledge of the functions of the body's systems.	Cannot understand basic knowledge of the functions of the body's systems.
Assessment Topic 2	Understand and have life skills to solve problems.	Understand life skills to solve problems.	Cannot understand and have life skills.
Assessment Topic 3	Students can use their movement skills while dancing to music and be creative and integrated in dance design.	The students execute movement skills with minimal errors while dancing to music.	The students always mis-proper movement skills while dancing to music.

Relationship with Learning Outcomes
G14) Creativity to make a new value with fusing the knowledge from various fields.
G15) 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, lay up.
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 relevance and class assignments.	B-B 5 6 8 B-C 5 6 8
2nd week		Fundamentals of Movement	Define and differentiate basic terms Identify various dances, its fundamental movements and various dance steps.	B-B 2 7 B-B 2 8 B-B 2 9 B-C 3 6
3rd week		Folk Dance (Pasko Dancel)	Students know and can pasiko dance correctly.	B-A 1 1 B-A 1 2 B-C 3 6
4th week		Aerobic Dance	Students know and can aerobic dance correctly.	B-A 1 1 B-A 1 2 B-C 3 6
5th week		Zumba Dance	Students know and can zumba dance correctly.	B-B 2 3 B-B 2 4 B-B 2 5 B-C 3 6
6th week		Ballroom Dancing	Students know and can Social Ballroom Dancing correctly.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
7th week		Ballroom Dancing	Students know and can Social Ballroom Dancing correctly.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
8th week		Popular Dance Creation	Create and Design their genre of dance	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
9th week		Midterm exam		B-1 9 33 B-1 9 34
10th week		Life skills for mental health chapter 1	Students are skilled in dealing with everyday situations.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
11th week		Life skills for mental health chapter 2	Students are skilled in dealing with everyday situations.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
12th week		Consumer rights	Study and understand the consumer protection act.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
13th week		Consumer rights Presentation	Group presentation about Consumer rights.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
14th week		Sexual values and culture	Understand differences in sexual values and culture	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
15th week		Sickness and Death of Thai people	Understand the situation of illness and death of Thai people.	B-D 4 7 B-D 4 8 B-D 4 9 B-D 4 10
16th week		Respiratory system, circulatory system, digestive system and excretory system	Understand the functions of the body's systems.	B-D 4 7 B-D 4 8 B-E 6 11 B-E 6 12 B-E 6 13
17th week		Food for Life	Have knowledge about the benefits of Thai food and international food.	B-D 4 7 B-D 4 8 B-E 6 11 B-E 6 12 B-E 6 13
18th week		Food for Life Presentation	Group presentation about food from around the world	B-D 4 7 B-D 4 8 B-E 6 11 B-E 6 12 B-E 6 13
19th week		Final exam		B-1 9 33 B-1 9 34
20th week		Review exam		B-1 9 33 B-1 9 34

Do not

	Examination	Quiz	Midterm Examinations	Report	Portfolio	Other
Basic Ability	100	100	100	100	100	100
Technical Ability	100	100	100	100	100	100
Entrepreneurial Ability	100	100	100	100	100	100