Health & Physical Education 5

Basic Course Information			
Course Number	02005060	Subject Category	Compulsory(G)
	Experiment / Practical training		1
Department	Computer	Student Category	Year 3
Period of Study	Semester 1	Classes per Week	1
Required Materials	พบังสือเรียนสุขศึกษาและพลศึกษาร	ในมัธยมศึกษาปีที่ 4 ตามหลัก	สุดรนกนกลางการศึกษาขั้นพื้นฐาน พ.
Instructor	Ai Marut Songsakchai	Ai Warapom Buavai	

Course Chieston

1. Students bern situat, heith promotion and disease prevention in the community and the functions of the body's selecture.

2. Students been situat, prevention of current extentions above. Violence in cooking and community select, 3. Students learn situat a publishes for sells and framit consumer choice. Or treated students of sharpfairing mode, Munition principles for exercise and have seller for situation sold, extended sell-community.

Evaluation(Rubrio)	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fail)
Assessment Topic 1	Understand and explain knowledge of Health promotion and disease prevention in the community, and the functions of the body's systems.	Understand knowledge of Health promotion and disease prevention in the community, and the functions of the body's systems.	Cannot understand and exclain knowledge of Health promotion and disease prevention in the community and the functions of the body's systems.
Assessment Topic 2	Recognize and understand prevention of current substance abuse. Volence in society and enhancing community safety.	Understand prevention of current substance abuse. Violence in society and enhancing community safety.	Cannot recognize and understand prevention of current substance abuse. Violence in society and enhancing community safety
Assessment Topic 3	Understand and explain guidelines for safe and smart consumer choices. Characteristics of advertising media, Nutrition principles for exercise and have basic table tennis skills for phesical, social, emotional, and mental development.	Understand sudelines for safe and smart consumer choices. Cheracteristics of advertising media. Nutrition principles for sorticise and have basic table tennis skills for physical social, emotional and mental development.	Cannot understand and exclain suicidines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.

Pelastonahio with Learning Outcomes

(I/4) Creativity to make a new value with fusing the knowledge from various fields.

(I/5) As an engineer, attitude to act with everances of social roles and responsibility to make a better society. Please change

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Course Plan			1
Semester 1	Contents and Method of Course	Goale	Related MCC VI-B 2 7
1st week	Principles of nutrition for exercise	Understand the principles of nutrition for exercise and apply them in daily life, 2. Know how to manage calories for yourself,	W-B 2 8 W-B 2 9 W-C 3 6
2nd week	Guidelines for safe and smart consumption choices	Know how to read food labels, 2. Characteristics of health advertising media	W-B 2 7 W-B 2 8 W-B 2 9 W-C 3 6
3rd week	Community Safety	Understand the causes of accidents, 2. Students have life skills to prevent accidents.	W-A 1 1 1 W-C 3 6
4th week	Community Safety Presentations	Presentation on ways to prevent and increase security in the community.	III-A 1 1 III-A 1 2 III-C 3 6
5th week	Health promotion and disease prevention in the community	Understand community health problems and have knowledge in disease prevention.	W-B 2 3 W-B 2 4 W-B 2 5 W-C 3 6
6th week	Sex education	Students have knowledge of disease prevention and its effects on themselves, 2. Understand about sexual harassment,	W-D 4 7 W-D 4 8 W-D 4 9 W-D 4 10
7th week	Prevention of current substance abuse	Prepare for table tennis class and understand the history of table tennis.	W-D 4 7 W-D 4 8 W-D 4 9 W-D 4 10
8th week	Nervous system, reproductive system and endocrine system	Understand the functions of the body's systems,	間-D 4 7 間-D 4 8 間-D 4 9 間-D 4 10
9th week	Midterm exam		11-1 9 33 11-1 9 34
10th week	Orientation for table tennis classes	Prepare for table tennis class and understand the history of table tennis,	W-D 4 7 W-D 4 8 W-D 4 9 W-D 4 10
11th week	Basic table tennis skills and physical education activities	Can holding the paddle.	唯-D 4 7 唯-D 4 8 唯-D 4 9 唯-D 4 10
12th week	Basic table tennis skills 1	Can forehand Drive.	曜-D 4 7 曜-D 4 8 曜-D 4 9 曜-D 4 10
13th week	Basic table tennis skills 2	Can backhand Drive,	W-D 4 7 W-D 4 8 W-D 4 9 W-D 4 10
14th week	Table ternis serve skills	Can serve both forehand and backhand.	UE-D 4 7 UE-D 4 8 UE-D 4 9 UE-D 4 10
15th week	Table tennis smash skills	Can smash both forehand and backhand.	W-D 4 7 W-D 4 8 W-D 4 9 W-D 4 10
16th week	Rules and regulations of table tennis competitions	Understand the rules and regulations of table ternis competitions.	W-D 4 7 W-D 4 8 W-E 5 11 W-E 5 12 W-E 5 13
17th week	Table Tennis match	Can play table tennis and understand the rules.	間・D 4 7 間・D 4 8 間・E 5 11 間・E 5 12 電・E 5 13
18th week	Table Tennis skills test	Pass the skill test,	₩-D 4 7 ₩-D 4 8 ₩-E 5 11 ₩-E 5 12 ₩-E 5 13
19th week	Final exam		W-1 9 33 W-1 9 34
20th week	Review exam		〒1 9 33 〒1 9 34
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Basic Ability Technical Ability Interdisciplinary Ability	157		10
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