

Health & Physical Education 1

Basic Course Information			
Course Number	0305056	Subject Category	Communication
Class Format	Experiment / Practical train	Credit Type and Number of Credits	1
Department	Electrical and Electronics	Student Category	Year 1
Period of Study	Semester 1	Classes per Week	1
Required Materials	Health & Physical Education 1	Instructor	At. Merd. Srasakichai
Instructor	At. Merd. Srasakichai		At. Wasirorn Buael

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/Unit	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Fair)
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.

Relationships with Learning Outcomes
GI(A) Creativity to make a new value with fusing the knowledge from various fields.
GI(B) As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.
Please changes
Teaching Method
Outline Study the history of basketball. Basic skills in aerobic, anaerobic, strength, and skill.
Class Format Lecture, sharing of learning between students and teachers, Presentation.
Please Note :

Course Plan	Semester 1	Contents and Method of Course	Goals	Related MCC	
				BE	CE
1st week		Health & Physical Education Orientation	1. Understand the importance of Health and Physical Education subjects. 2. Know and understand the syllabus and class agreements.	BE-2 BE-3 BE-4	CE-2 CE-3 CE-4
2nd week		Health development plan for self and family	Students have knowledge about health assessment and guidelines for health care.	BE-2 BE-3 BE-4	CE-2 CE-3 CE-4
3rd week		Etiquette behavior in Thailand and food waste management	1. Recognize and understand etiquette behaviors that affect health. 2. How to manage food waste in Thailand.	BE-1 BE-2 BE-3 BE-4	CE-1 CE-2 CE-3 CE-4
4th week		Drugs and addictive substances	1. Understand the types of medicine and how to take them correctly. 2. Effects of addictive substances to self and society.	BE-1 BE-2 BE-3 BE-4	CE-1 CE-2 CE-3 CE-4
5th week		Violence in society	1. Understand the cause of violence in society. 2. Guidelines for the prevention of problems related in society.	BE-2 BE-3 BE-4	CE-2 CE-3 CE-4
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.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
7th week		First aid and resuscitation	Understand first aid and cardiopulmonary resuscitation procedures.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
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.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
9th week		Midterm exam		BE-1 BE-2 BE-3 BE-4 BE-5 BE-6 BE-7	CE-1 CE-2 CE-3 CE-4 CE-5 CE-6 CE-7
10th week		History and Benefits of Swimming	1. Understand History and benefits of swimming. 2. Swimming class agreement.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
11th week		Basic swimming skills and physical education activities chapter 1	Familiarize yourself with the location, equipment,	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
12th week		Basic swimming skills and physical education activities chapter 2	Students can dive and float in the water.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
13th week		Free Style Stroke chapter 1	Can leg action.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
14th week		Free Style Stroke chapter 2	Can arm action.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
15th week		Free Style Stroke chapter 3	Can arm action and breathing.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
16th week		Freestyle timing coordination	Students can swim freestyle correctly and practice continuously for a long time.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
17th week		Swimming skills test	Pass the skill test.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
18th week		Swimming skills test	Pass the skill test.	BE-4 BE-5 BE-6 BE-7	CE-4 CE-5 CE-6 CE-7
19th week		Final exam		BE-1 BE-2 BE-3 BE-4 BE-5 BE-6 BE-7	CE-1 CE-2 CE-3 CE-4 CE-5 CE-6 CE-7
20th week		Review exam		BE-1 BE-2 BE-3 BE-4 BE-5 BE-6 BE-7	CE-1 CE-2 CE-3 CE-4 CE-5 CE-6 CE-7

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Basic Ability	Examination	Style	Actual Evaluation between students	Report	Portfolio	Other
Technical Ability						
Understand Theory Ability						