

Health & Physical Education 3

Basic Course Information		
Course Number	3300558	Subject Category
Class Format	Experiment / Practical training	Credit Type and Number of Credits
Department	Electrical and Electronics	Student Category
Period of Study	Semester 1	Classes per Week
Required Materials	Materials for this course are available at the following link: http://www.mitsbhu.ac.in/academic/2014-15/undergraduate/undergraduate.html	
Instructor	AJ Manu, Sangeetha	AJ Watson Bales

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/Hubrid	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 student's execute movement skills with minimal errors while dancing to music.	The students always miss proper movement skills while dancing to music.

Relationship with Learning Outcomes
G(4) Creativity to make a new value with fusing the knowledges from various fields.
G(6) 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 syllabus and class agreements.	B.B. 2 7 B.B. 2 8 B.C. 2 8 B.C. 3 6	
2nd week	Fundamentals of Movement	Define and differentiate basic terms. Identify various dances, its fundamental movements and various dance steps.	B.A. 1 1 B.A. 1 2 B.C. 3 6	
3rd week	Folk Dance (Pasiko Dance)	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 Dance's 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 pairs of dance	B.D. 4 7 B.D. 4 8 B.D. 4 9 B.D. 4 10	
9th week	Midterm exam		B.E. 5 33 B.E. 5 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. 5 11 B.E. 5 12 B.E. 5 13	
17th week	Food for Life	Have knowledges about the benefits of Thai food and international food.	B.D. 4 7 B.D. 4 8 B.E. 5 11 B.E. 5 12 B.E. 5 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. 5 11 B.E. 5 12 B.E. 5 13	
19th week	Final exam		B.E. 5 33 B.E. 5 34	
20th week	Review exam		B.E. 5 33 B.E. 5 34	

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	Observation	Quiz	Midst Evaluations between systems	Report	Portfolio	Other
Basic Ability	20	10	10			
Technical Ability	20	10	10			
Effective/Exp. Ability	20	10	10			