

Health & Physical Education 1

Basic Course Information		
Course Number	PH100056	Subject Category
Class Format	Experiment / Practical training	Credit Type and Number of Credits
Department	Mechatronics	Student Category
Period of Study	Semester 1	Classes per Week
Required Materials	A. Manual, Specifications B. Worksheet/Book	
Instructor		

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	Usual 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
G4/ Creativity to make a new value with using the knowledge from various fields.
G5/ 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.	W-B 2, 7 U-B 2, 8 S-C 3, 6
2nd week		Health development plan for self and family	Students have knowledge about health assessment and activities for health care.	W-B 2, 7 W-B 2, 8 U-B 2, 9 S-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.	W-A 1, 1 U-A 2 S-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.	W-A 1, 1 U-A 2 S-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.	W-B 2, 3 W-B 2, 4 U-B 2, 5 S-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.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
7th week		First aid and resuscitation	Understand first aid and cardiopulmonary resuscitation procedures.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-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.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
9th week		Midterm exam		W-I 9, 33 W-I 9, 34
10th week		History and Benefits of Swimming	1. Understand history and benefits of swimming. 2. Swimming class assignment.	W-D 4, 7 W-D 4, 8 U-D 4, 9 U-D 4, 10
11th week		Basic swimming skills and physical education activities chapter 1	Familiarize yourself with the location equipment.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
12th week		Basic swimming skills and physical education activities chapter 2	Students can dive and float in the water.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
13th week		Free Style Stroke chapter 1	Can leg action.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
14th week		Free Style Stroke chapter 2	Can arm action.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
15th week		Free Style Stroke chapter 3	Can arm action and breathing.	W-D 4, 7 U-D 4, 8 U-D 4, 9 U-D 4, 10
16th week		Freestyle timing coordination	Students can swim freestyle correctly and practice continuously for a long time.	W-D 4, 7 U-D 4, 8 U-E 6, 11 U-E 6, 12
17th week		Swimming skills test	Pass the skill test.	W-D 4, 7 U-E 6, 11 U-E 6, 12 U-E 6, 13
18th week		Swimming skills test	Pass the skill test.	W-D 4, 7 U-D 4, 8 U-E 6, 11 U-E 6, 12 U-E 6, 13
19th week		Final exam		W-I 9, 33 W-I 9, 34
20th week		Review exam		W-I 9, 33 W-I 9, 34

Do not

	Qualification	Quiz	Midterm/semester exam	Report	Finals	Other
Reason Ability	20	10	20	10	10	
Technical Ability						
Extra-technical Ability						