

Health & Physical Education 3

Basic Course Information		Subject Category	Compulsory/GE
Course Number	EN00058	Student Type and Number of Credits	1
Class Format	Experiment / Practical train	Student Category	Year 2
Department	Mechatronics	Classes per Week	1
Period of Study	Semester 1		
Required Materials	A. Manual, Specifications, [C] Worksheet/Slides		
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	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unsatisfactory Level of Achievement (Fair)
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 miss 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-E 5 6 8 B-E 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-E 2 7 B-E 2 8 B-E 2 9 B-C 3 6
3rd week	Folk Dance (Pasko Dancal)		Students know and can pasko 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-E 2 3 B-E 2 4 B-E 2 5 B-E 2 6 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

Basic Ability	Examination	Quiz	Midterm Examinations	Report	Portfolio	Other
Technical Ability	60	10	10	10	10	10
Entrepreneurial Ability						