Health & Physical Education 5

Basic Course Information			
Course Number	01005060	Subject Category	Compulsory(GI
	Experiment / Practical trainin	Credit Type and Number of Credits	1
Department	Mechatronics	Student Category	Year 3
Period of Study		Classes per Week	1
Required Materials	พจังสือเรียนสุขศึกษาและพลศึกษาขึ้นมัธยมศึกษาปีที่ 4 ตามพลักสุดรนกนกลางการศึกษาขึ้นพื้นฐาน พ.		
Instructor	Ai Man & Songsakohai	Ai Waranom Buayai	

Course Chloribe

1. Students lateral than the students and disease prevention in the community and the functions of the body's pattern.

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2. Students lateral than the students are students are students and the students are students are students. As it is not considered that the students are students are students are students. As it is not a student students are students are students.

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 explain 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.	Violence in society and	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 seolain audielines for safe and smart consumer choices. Characteristics of advertising media. Nutrition principles for owercies 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

Please change

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Please Note:

11 th week	Course Plan			
1 to treate 1 to treate 2 to treate	Semester 1	Contents and Method of Course	Goele	Related MCC
2nd week	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
### Ath week Community Selfer Presentations Presentation in views 30	2nd week	Guidelines for safe and smart consumption choices		W-B 2 8
Process Pacific promotion and disease prevention in the process Pacific proces	3rd week	Community Sefety	Understand the causes of accidents, 2. Students have life skills to prevent accidents.	W-A 1 1 W-C 3 6
Feelth cromotion and disease prevention in the host providers and an investigation of the providers and an investigation of the prevention of contract of the prevention of the pr	4th week	Community Safety Presentations	Presentation on ways to prevent and increase security in the community.	W-A 1 1 W-C 3 6
Sin veels	5th week	Health promotion and disease prevention in the community	Understand community health problems and have knowledge in disease prevention.	W-B 2 4
Prevention of current substance abuse Prevention of public prints Prevention of public prints Prevention of current substance abuse Prevention of public prints Prevention Prevention of public prints Prevention Prevention of public prints Prevention of public prints Prevention of public prints Prevention of public prints Prevention Prevention of public prints Prevention Prevention Prevention of public prints Prevention Preven	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
Nervous entern reproductive potent and endocrine Understand Test Invotices E	7th week	Prevention of current substance abuse	Prepare for table tennis class and understand the history of table tennis,	W-D 4 9
Oth veels	8th week	Nervous system, reproductive system and endocrine system	Understand the functions of the body's systems,	W-D 4 8
10th week	9th week	Midterm exam		祖-1 9 3 祖-1 9 3
Basic table termin selfle of Can holding the coadion 12th week Basic table termin selfle 1 Can holding the coadion 12th week Basic table termin selfle 2 Can bachmand Dries 13th week Basic table termin selfle 2 Can bachmand Dries 13th week Can bachmand Dries 13th week Table termin serve stills Can serve both forwhand Dries 10th week Table termin serve stills Can serve both forwhand 10th w	10th week	Orientation for table tennis classes	Prepare for table tennis class and understand the history of table tennis.	WI-D 4 8
12th veels	11th week	Basic table tennis skills and physical education activities	Can holding the paddle.	W-D 4 8
13th week	12th week	Basic table tennis skills 1	Can forehand Drive.	W-D 4 8
1-4th vools	13th week	Basic table tennis skills 2	Can backhand Drive,	W-D 4 8
16th veels	14th week	Table tennis serve skills	Can serve both forehand and backhand.	WI-D 4 8
16th week	15th week	Table tennis smash skills	Can smash both forehand and backhand.	
17th week	16th week	Rules and regulations of table tennis competitions	Understand the rules and regulations of table tennis competitions.	W-D 4 8 W-E 5 1 W-E 5 1
18th week	17th week	Table Tennis match	Can play table tennis and understand the rules.	W-D 4 8 W-E 5 1 W-E 5 1
19th week	18th week	Table Tennis skills test	Pass the skill test,	W-D 4 8 W-E 5 1 W-E 5 1:
	19th week	Final exam		
	20th week	Review exam		WH 9 3
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schrical Ability	Donio Aldino	Exemination Quiz	Manual Conhusters between students	Report Persido Oth
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