

Health & Physical Education 8

Basic Course Information			
Course Number	0105563	Subject Category	Concussion/G
Class Format	Experiment / Practical train	Credit Type and Number of Credits	1
Department	Microbiology	Student Category	Year 5
Period of Study	Semester 1	Classes per Week	1
Required Materials	Strength Training, Anatomy, Arthro Kinesiology, Postweight Strength Training, etc		
Instructor	Al, Meri J. Spasakova	Al, Waseem Basal	

Course Objective
 1. Students have the basic skills and knowledge of weight training and how to use weight machines correctly and safely. 2. Students can use physical education activities for physical, social, emotional, and mental development. 3. Students apply knowledge for holistic health.

Evaluation/Unit	Ideal Level of Achievement (Very Good)	Standard Level of Achievement (Good)	Unacceptable Level of Achievement (Poor)
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, Violence in society and enhancing community safety.	Understand prevention of current substance abuse, Violence in society and enhancing community safety.	Cannot recognize and explain 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 physical, social, emotional, and mental development.	Understand guidelines for safe and smart consumer choices. Characteristics of advertising media, Nutrition principles for exercise and have basic table tennis skills for physical, social, emotional, and mental development.	Cannot 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 physical, social, emotional, and mental development.

Relationship with Learning Outcomes

GA) Creativity to make a new value with fusing the knowledge from various fields.

GB) As an engineer, attitude to act with awareness of social roles and responsibility to make a better society.

Please choose

Teaching Method

Outline: Study the history of basketball, Basic skills in passing, dribbling, shooting, etc as a

Class Format: Lectures, sharing of learning between students and lecturers, Peer-teaching.

Please Note 1

Course Plan	Semester 1	Contents and Method of Course	Goals	Related MCC
1st week		Health & Physical Education Orientation	Understand Health and Physical Education course 7 and the rules for using the fitness room.	HE-D-2-2 HE-D-2-3 HE-D-2-9 HE-C-3-2
2nd week		Principles and general knowledge of fitness	Understand principles and general knowledge of fitness	HE-D-2-2 HE-D-2-9 HE-C-3-2
3rd week		Fitness equipment	Know and understand the types of fitness equipment	HE-D-1-11 HE-D-1-9 HE-C-3-6
4th week		Body composition	Measure your body composition	HE-D-1-11 HE-D-1-9 HE-C-3-6
5th week		Principles of cardiovascular endurance exercise	Learn the principles of cardiovascular endurance exercise.	HE-D-2-3 HE-D-2-4 HE-D-2-9 HE-C-3-6
6th week		Program for cardiovascular endurance exercises	Can create a program for cardiovascular endurance.	HE-D-4-1 HE-D-4-6 HE-D-4-10
7th week		Practice for Cardiovascular Endurance Chapter 1	Can use the treadmill correctly and safely.	HE-D-4-4 HE-D-4-6 HE-D-4-10
8th week		Practice for Cardiovascular Endurance Chapter 2	Can use the stationary bike correctly and safely.	HE-D-4-4 HE-D-4-6 HE-D-4-10
9th week		Midterm exam		HE-D-9-23 HE-D-9-24
10th week		Practice for Cardiovascular Endurance Chapter 3	Can use the elliptical machines correctly and safely.	HE-D-4-4 HE-D-4-6 HE-D-4-10
11th week		Principles of muscle strength and muscle endurance	Understand principles of muscle strength and muscle endurance	HE-D-4-7 HE-D-4-9 HE-D-4-10
12th week		Fitness Training program for chest muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10
13th week		Fitness Training program for back muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10
14th week		Fitness Training program for shoulder muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10
15th week		Fitness Training program for arm muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10
16th week		Fitness Training program for leg muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10 HE-D-5-12 HE-D-5-13
17th week		Fitness Training program for abdominal muscles	Understand the principles of weight training equipment and practice correctly.	HE-D-4-7 HE-D-4-9 HE-D-4-10 HE-D-5-11 HE-D-5-12 HE-D-5-13
18th week		Physical fitness Test	Pass the fitness test and Students have better physical development.	HE-D-4-7 HE-D-4-9 HE-D-4-10 HE-D-5-11 HE-D-5-12 HE-D-5-13
19th week		Final exam		HE-D-9-23 HE-D-9-24
20th week		Review exam		HE-D-9-23 HE-D-9-24

	Examination	Quiz	Manual behaviors between students	Report	Participate	Other
Basic Ability	30	10	40	10	10	
Advanced Ability						
Extraordinary Ability						

Do not