



SAMSENWITTAYALAI SCHOOL ENGLISH PROGRAM

COURSE OUTLINE

Subject: Health Education (HP21101)	Course Classification: Foundation
Learning Period: 1 Period/Week 50 min)	Credit Unit: 0.5
Grade Level: Mattayomsuksa 1 (Grade 7)	Semester 1 Academic Year 2022
Learning Area: Health and Physical Education	Samsenwittayalai School English Program
Teacher: Ms. Alena Flor Gallo	

I. COURSE DESCRIPTION

The students will study the practical skills, knowledge, and understanding that will influence behavior relative to their physical and emotional needs. Emphasis is directed towards self-awareness, decision-making, and coping action. The development of positive self-esteem, the ability to deal with real-life situations, and health enhancing behavior is very indispensable for the first year students to attain and develop. Thus, they can apply to the real world.

By learning this course is via analyzing knowledge, assessing, and integrated learning, discussing, practicing and applying skills in real life situations. Evaluations are done via various assessment methods according to the school's curriculum and students' skills level and interest.

For applying the concept of this course can increase students' knowledge and understanding about physical, mental, emotional and social health particularly in growth and development. The course also helps learners to create a positive attitude towards their own well-being. This motivates students to improve and maintain health, avoid unhealthy behaviors and make healthy choices over their health.

The course is designed to develop discipline, honesty, kindness, empathy and health enhancing behaviors towards themselves, family, community and society.

II. INDICATORS / LEARNING OUTCOMES

1. Learners' reading, analytical thinking and writing skills meet the criteria prescribed by the respective educational institutions.
2. Learners' desirable characteristics meet the criteria prescribed by the respective educational institutions.
3. Explain the importance of the nervous and ductless gland systems affecting health, growth and development of teenagers
4. Explain methods of taking care of nervous and ductless gland systems for normal functioning.
5. Analyse conditions of their own physical growth with standard criteria.
6. Search for guidelines for self- development to attain growth in accord with their ages.
7. Explain appropriate methods for self-adjustment to physical, mental and emotional changes and sexual development.
8. Show skills in refusing for self –protection from sexual harassment.

III. TENTATIVE COURSE OUTLINE (about 18 weeks)

Week	Topics / Contents	Indicators	Period(s)
1-2	Topic 1. What is Health? Four parts of Health Health Triangle <i>Evaluation and Assessment</i>	H1.1 Gr7/1	2
3-5	Topic 2. The Nervous System and the Endocrine System The Nervous System The Endocrine System Taking care of our Nervous and Endocrine System <i>Evaluation and Assessment</i>	H1.1 Gr7/1 H1.1 Gr7/2	3
6-8	Topic 3. Growth in Teenagers Growth and its Factors Monitoring Growth Personal Development Health Promotions <i>Evaluation and Assessment</i>	H1.1 Gr7/3 H1.1 Gr7/4	3
9	Midterm Examination		1
10-14	Topic 4. Coping with Changes Physical Changes in Teenagers Social and Emotional Changes in Teenagers Coping with Changes <i>Evaluation and Assessment</i>	H2.1 Gr7/1	4

15-18	Topic 5. Sexual Harassment What is Sexual Harassment Reasons for Sexual Harassment Effects of sexual harassment Prevention of sexual harassment <i>Evaluation and Assessment</i>	H5.1 Gr7/2	4
19	Final Examination		1

IV. Teaching Methods and Management

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| <input type="radio"/> Experiment | <input type="radio"/> Lecture/Discussion | <input type="radio"/> Group work |
| <input type="radio"/> Individual work | <input type="radio"/> Game | <input type="radio"/> Song |
| <input type="radio"/> Self-learning | <input type="radio"/> Demonstration | <input type="radio"/> Role play |
| <input type="radio"/> Project | <input type="radio"/> Experience | <input type="radio"/> ICT |
| <input type="radio"/> Local Wisdom based | <input type="radio"/> Others | |

V. Teaching Materials/ Supplements

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| <input type="radio"/> Handouts | <input type="radio"/> Worksheets | <input type="radio"/> Teacher's textbook |
| <input type="radio"/> Graphs/ Diagrams | <input type="radio"/> Maps | <input type="radio"/> Pictures |
| <input type="radio"/> Samples/ Models | <input type="radio"/> Exercises | |
| <input type="radio"/> Commercial Text Book | <u>Health Education 1</u> | |
| <input type="radio"/> DVD/VCD | | |
| <input type="radio"/> Website | | |
| <input type="radio"/> Others | | |

VI. Assessment and Evaluation

Indicator / Learning Outcome Score from SGS	Formative I				Midterm	Formative II						Final
	1	2	3	4		10	11	12	13	14	15	
Total score	10	10			10	10	10	20	10			20
Learners' reading, analytical thinking and writing						10						

Learners' desirable characteristics							10					
H1.1 Gr7/1 H1.1 Gr7/2	10				5							
H1.1 Gr7/3 H1.1 Gr7/4		10			5							
H2.1 Gr7/1								20				10
H5.1 Gr7/2									10			10

VII. Assignment

SGS No.	Score (points)	Assignment	Deadline	Type		
				Test	Individual	Group
1.	10	Homework/Activity	Week 3		✓	
2.	10	Quiz/homework/ Worksheet	Week 7		✓	
Midterm	15	Midterm Exam	Week 9	✓		
10	10	Learners' reading, analytical thinking and writing	Week 18		✓	
11	10	Learners' desirable characteristics	Week 18		✓	
12	15	Group work	Week 15			✓
13	10	Quiz	Week 17	✓		
Final	20	Final Exam	Week 18	✓		

