



**SAMSENWITTAYALAI SCHOOL
ENGLISH PROGRAM**

COURSE OUTLINE

Subject: Health Education (HP22101)

Learning Period: 1. Period/Week 50 min)

Grade Level: Mattayomsuksa 2 (Grade 8)

Learning Area: Health and Physical Education

Teacher: Ms. Alena Flor Gallo

Course Classification: Foundation

Credit Unit: 0.5

Semester 1 Academic Year 2022

Samsenwittayalai School English Program

I. COURSE DESCRIPTION

The course is aimed to study 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 students to attain and develop. Thus, they can apply to the real world.

By learning this course is via building knowledge, analyzing, and integrated learning, discussing, evaluating, 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 learned skills and knowledge of this course can raise students' interest, knowledge and understanding about physical, mental, emotional and social aspects of growth; sexuality and reproductive health. The course also helps learners improve skills and change attitude in making decisions and solving problems. This also helps students to improve and maintain health, avoid unhealthy behaviors, make healthy choices over their health and promote the proper use of health services available. The course is designed to stimulate discipline, self-reliance, active participation, 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 changes in physical, mental, emotional, social and intellectual respects among teenagers.
4. Specify factors affecting growth and development in physical, mental, emotional, social and intellectual respects among teenagers.
5. Analyze factors influencing attitudes about sexual matters.
6. Analyze problems and effects of having sexual intercourse at school age.
7. Explain methods of self-protection and avoid sexually transmitted diseases, AIDS, and unwanted pregnancy.
8. Explain the importance of gender equality and conduct them appropriately.
9. Analyze the relationship of the balance between physical and mental health.
10. Explain basic characteristics and symptoms of those who have mental health problems.
11. Choose to use health services with proper reasons.

III. TENTATIVE COURSE OUTLINE (about 18 weeks)

Week	Topics / Contents	Indicators	Period(s)
1-4	Topic 1.Changes in Teenagers and Factors Affects Them Development in Teenagers Factors Affecting Development in Teenagers Promoting Growth and Development <i>Evaluation and Assessment</i>	H1.1 Gr8/1 H1.1 Gr8/2	4
5-8	Topic 2. Sexuality and Teenagers Sexuality Consequences of Sexual Activity Among Teenagers Safe Sex and Contraception <i>Evaluation and Assessment</i>	H2.1 Gr8/1 H2.1 Gr8/2 H2.1 Gr8/3	4
9	Midterm Examination		1
10-11	Topic 3. Gender Equality Gender Roles Gender Equality Promoting Gender Equality <i>Assessment and Evaluation</i>	H2.1 Gr8/4	2
12-14	Topic 4. Health Care Services Traditional Thai Medicine		3

	Choosing Health Care Services <i>Evaluation and Assessment</i>		
15-17	Topic 5. Mental Health and Physical Health Mental Health and Physical Health Characteristics of Good Health Signs of Mental Health Problems Improving our Overall Health <i>Evaluation and Assessment</i>	H4.1 Gr8/4 H4.1 Gr8/5	3
18	Final Examination		1

IV. Teaching Methods and Management

- Experiment
- Individual work
- Self-learning
- Project
- Local Wisdom based
- Lecture/Discussion
- Game
- Demonstration
- Experience
- Others
- Group work
- Song
- Role play
- ICT

V. Teaching Materials/ Supplements

- Handouts
- Graphs/ Diagrams
- Samples/ Models
- Commercial Text Book Health Education 2
- DVD/VCD
- Website
- Others
- Worksheets
- Maps
- Exercises
- Teacher's textbook
- Pictures

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			20	10	10	10	10			20
Learners' reading, analytical thinking and writing						10						
Learners' desirable characteristics							10					
H1.1 Gr8/1 H1.1 Gr8/2	10				10							
H2.1 Gr8/1 H2.1 Gr8/2 H2.1 Gr8/3		10			10							
H2.1 Gr8/4								5				8
H4.1 Gr8/1								5				7
H4.1 Gr8/4 H4.1 Gr8/5									10			10

VII. Assignment

SGS No.	Score (points)	Assignment	Deadline	Type		
				Test	Individual	Group
1.	10	Activity/Worksheet/ Quiz	Week 4		✓	

2.	10	Activity/Worksheet/ Quiz	Week 8		✓	
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	Activity/Worksheet/ Quiz	Week 11		✓	
		Activity/Worksheet/ Quiz	Week 14		✓	
13	10	Quiz/Group work	Week 17	✓		
Final	20	Final Exam	Week 18	✓		