



**SAMSENWITTAYALAI SCHOOL
ENGLISH PROGRAM**

COURSE OUTLINE

Subject: Health Education (HP23101)

Learning Period: 1 Period/Week 50 min)

Grade Level: Mattayomsuksa 3 (Grade 9)

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 students will study, inquire about the health information and skills necessary to become healthy adults and learn about behaviors in which they should and should not participate. To achieve that goal, students will understand the following; Students should first seek guidance in the area of health from their parents; personal behaviors can increase or reduce health risks throughout the lifespan, health is influenced by a variety of factors. Students can recognize and utilize health information; and personal /interpersonal skills to promote individual, family, and community health.

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

For applying the goals of this course can increase students' knowledge and understanding about human growth and development, create plans and strategies beneficial to health. The course also helps build competence, skills and self-efficacy. This contributes to students improving and maintaining a healthy lifestyle, promoting healthy decisions and behaviors. The course is designed to develop discipline, self-reliance 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. Compare changes in physical, mental, emotional, social, and intellectual respects at each stage in life.
4. Analyze social influences and expectations on changes among teenagers.
5. Analyze advertising media influencing growth and development of teenagers.
6. Explain mother and child health, family planning and methods for appropriate self-conduct.
7. Analyze factors affecting pregnancy.
8. Analyze causes and propose guidelines for prevention and resolution of family conflicts.
9. Set menus suitable to various ages, bearing in mind cost effectiveness and nutritional value.

III. TENTATIVE COURSE OUTLINE (about 18 weeks)

Week	Topics / Contents	Indicators	Period(s)
1-4	Topic 1. Human Growth and Development Infancy Childhood Adolescence Adulthood <i>Evaluation and Assessment</i>	H1.1 Gr9/1	4
5-8	Topic 2. Society and Teenagers Social Influences on Teenagers Influence of Advertising Media <i>Evaluation and Assessment</i>	H1.1 Gr9/2 H1.1 Gr9/3	4
9	Midterm Examination		1
10-12	Topic 3. Reproductive Health What is Reproductive Health? Family Planning Maternal and Child Health <i>Evaluation and Assessment</i>	H2.1 Gr9/1 H2.1 Gr9/2	3
13-15	Topic 4. Family Conflicts Family Conflicts Causes of Family Conflicts Consequences of Conflicts Ways to Deal with Conflicts <i>Evaluation and Assessment</i>	H2.1 Gr9/3	2
16-17	Topic 5. Food Food and Nutrients Food- Based Dietary Guidelines Good Eating Habits	H4.1 Gr9/1	2

	Food for Different Age Groups <i>Evaluation and Assessment</i>		
18	Final Examination		1

IV. Teaching Methods and Management0

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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 3</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	15				20	10	10	25				20
Learners' reading, analytical thinking and writing						10						
Learners' desirable characteristics							10					

H1.1 Gr9/1	10				10							
H1.1 Gr9/2 H1.1 Gr9/3	5				10							
H2.1 Gr9/1 H2.1 Gr9/2								8				5
H2.1 Gr9/3								7				5
H4.1 Gr9/1								10				10

VII. Assignment

SGS No.	Score (points)	Assignment	Deadline	Type		
				Test	Individual	Group
1.	15	Activity/Worksheet/ Quiz	Week 4		✓	
		Activity/Worksheet/ Quiz	Week 8		✓	
Midterm	20	Midterm Exam	Week 9	✓		
10	10	Learners' reading, analytical thinking and writing	Week 18		✓	
11	10	Learners' desirable characteristics	Week 18		✓	
12	25	Activity/Worksheet/ Quiz	Week 12		✓	
		Group work	Week 15	✓		
Final	20	Final Exam	Week 18	✓		