



## SAMSENWITTAYALAI SCHOOL ENGLISH PROGRAM

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### COURSE OUTLINE

**Subject:** Health Education (HP31103)

**Course Classification:** Foundation

**Learning Period:** 1 Period/Week 50 min)

**Credit Unit:** 0.5

**Grade Level:** Mattayomsuksa 4 (Grade 10)

**Semester 1 Academic Year 2022**

**Learning Area:** Health and Physical Education

**Samsenwittayalai School English Program**

**Teacher:** Ms. Alena Flor Gallo/ Mrs.Marychelle Louise

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### I. COURSE DESCRIPTION

The students will study how to make important decisions about health and other related factors. Thus, they are the best health agents in their own places. It is also assured that the topics are aligned to enhance their learning capacities to be able to become realistic in their views that health aspects are very much needed in human lives. They must also aim to fully develop the concepts fundamental to health education, and to a larger extent, the health promotion.

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 learned knowledge and skills of this course can build students' understanding in preventing diseases, health care plans for proper growth and development, and sexual behaviors. This course also raises learners' interest to improve physical health through playing sports. This motivates students to improve and maintain health, avoid unhealthy and risky behaviors, and make healthy choices throughout their lifetime. 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 processes of strengthening and maintaining efficient functioning of various organ systems.
4. Plan for health care in accord with conditions of their own growth and development and those of their family members.
5. Analyse influences of family, friends, society and culture on sexual behavior and one's lifestyle.
6. Analyze sexual values in accord with Thai and other cultures.
7. Analyze concepts of various patterns of movements in playing sports.
8. Use their capacities for increasing team potential bearing in mind the effects on others and on society.
9. Can play Thai sports, international sports in singles / doubles and team sports, one of each kind.
10. Do physical exercise and play sports suitable to them regularly and use their capacities of increasing the potential of the team, decreasing egoism, and bearing in mind the effects on society.

### III. TENTATIVE COURSE OUTLINE (about 18 weeks)

Week	Topics / Contents	Indicators	Period(s)
1	Organ Systems and Functions	H1.1 Gr10/1	1
2-3	Human Diseases and Conditions	H1.1 Gr 10/2	2
4-5	Plan for health care in accord with conditions of their own growth and development and those of their family members	H1.1 Gr 10/2	2
6	<i>Evaluation and Assessment</i>		1
7	Sexual behavior with daily life	H2.1 Gr10/1	1
8	Sexual values in Thai and other cultures	H2.1 Gr10/2	1
9	<i>Evaluation and Assessment</i>		
10	<b>Midterm Examination</b>		
11	Orientation /Physical test	H3.1 Gr10/1	1
12	History, Equipment used in Volleyball	H3.1 Gr10/1	1
13	Drill; Forearm Pass and Dig	H3.1 Gr10/2	1
14	Skill Test 1( Forearm Pass)	H3.1 Gr10/2	1

15	Skill Test 2 ( Dig)	H3.1 Gr10/2	1
16	Drill: Setting and Spike	H3.1 Gr10/3	1
17	Types of Services	H3.1 Gr10/3	1
18-19	How to play volleyball ( team ) Application ( Game )	H3.1 Gr10/3	1
20	<b>Final Examination</b>		1

#### IV. Teaching Methods and Management

- |  |  |                                  |
|--|--|----------------------------------|
| <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 ..... |                                  |  |
| <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	20	10		10	10	10	10				20

Learners' reading, analytical thinking and writing						10						
Learners' desirable characteristics							10					
H1.1 Gr10/1	10				3							
H1.1 Gr 10/2		20			4							
H2.1 Gr10/1 H2.1 Gr10/2			10		3							
H3.1 Gr10/1 H3.1 Gr10/2								5				10
H3.1 Gr10/3								5				10

## VI. Assignment

SGS No.	Score (points)	Assignment	Deadline	Type		
				Test	Individual	Group
1.	10	Activity/ Quiz	Week 3		✓	
2.	20	Activity/ Group work/ Presentation	Week 6		✓	✓
3	10	Activity/ 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	Quiz/Skill test/ Application	Week 17		✓	✓
13	10	Quiz	Week 18	✓		
Final	20	Final Exam	Week 18	✓		