



Course Syllabus Second Semester 2017

1. **Responsible Unit:** KU Integrated General Education Division

2. **Course Code:** 01999012 **Course Title:** Health for Life

Credits: 3(3-0-6)

Prerequisite

Section 450 Wednesday 13-16 P.M. Building E17-401

3. **Lecturers:**

3.1 Assoc.Prof.Supat Teravecharoenchai

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3.2 Asst.Prof.Prasertsak Kainakha Department of Physical Education, Faculty of Education

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3.3 Maj.Dr.Nutthakritta Sirisopon Department of Physical Education, Faculty of Education

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3.4 Ajarn Phubate Napatpittayatorn Department of Physical Education, Faculty of

Education Tel. 02 942 8671, 088 282 8451 E-mail: fedupbn@ku.ac.th

3.5 Dr.Kanlapruk Polsorn Department of Physical Education, Faculty of Education

Tel. 02 942 8671, 081 354 2327 E-mail: fedukrp@ku.ac.th

3.6 Asst.Prof. Dr.Tippawan Duangpanya Faculty of Agriculture, Department of Home

Economics Tel. 02 579 5514, 098 829 9113 E-mail: agrtwd@ku.ac.th

3.7 Asst.Prof.Dr.Orapin Stiramon Faculty of Social Sciences, Department of

Psychology Tel. 02 561 3480 ext 716, 02 561 3484 ext 716

3.8 Dr.Chomchid Phromsin Department of Geography, Faculty of Social Sciences

Tel. 083 050 1029 E-mail: fsoccci@ku.ac.th

3.9 Dr.Sukkamol Punyachand Faculty of Agriculture, Department of Home Economics

Tel. 081 985 7377 E-mail: agrsmpc@ku.ac.th

4. **Section 450 Coordinator**

Maj.Dr.Nutthakritta Sirisopon Department of physical education, Faculty of Education,

Building 3 Room 3-105 Tel. 02 942 8671, 081 999 4182 E-mail: nuttakritta@gmail.com

5. Objective

1. Students have good knowledge, attitude to prevention and health promotion physical
2. To develop skills to self-care
3. To be knowledge and comprehend health science innovation

6. Course Description

Fertilization and human development, sex roles, physical and mental health care promotion, human risk prevention, consumer health, environment and health, family factors influencing health, health science innovation, field trip.

7. Course Outline

1. Introduction (1.5 hours)
2. The beginning of life (3 hours)
 - 2.1 Sperm a coogenesis & oogenesis
 - 2.2 Fertilize
 - 2.3 Zygote and enlygenic development
 - 2.4 Fetal and Maternal relationship
 - 2.5 Reproductive system and endocrine organs and their significances to the beginning of life
3. Development of life (6 hours)
 - 3.1 Concept of Development
 - 3.2 The Stage of Human Development
 - Infancy
 - Childhood
 - Adole
 - Adult and Elderly
4. Intervention and promotion in each stage of human life (12 hours)
 - 4.1 Concept of Health
 - 4.2 Factors in Health
 - 4.3 Risk and Security health in each stage of life human
 - 4.4 Preparing to care for Elderly
5. Mental health (3 hours)
 - 5.1 Good Mental health
 - 5.2 Adaptation and Emotion maturity
 - 5.3 The effect of mental health
 - 5.4 Develop and promoting for Good Mental health
6. Consumer Health (6 hours)
 - 6.1 Introduction for Consumer health
 - 6.2 Public Health Service

- 6.3 Health Assurant
- 6.4 Advertising and Consumer health
- 7. Health and Environment (3 hours)
- 8. Family Factors Affect to Health (6 hours)
- 9. Health Science Innovation (3 hours)
 - 9.1 Medicine and public health Innovation
 - 9.2 Result research of health science
- 10. Summary and Conclusion (1.5 hours)

8. Method of Teaching

- 1. Lecture
- 2. Discussion & Analysis
- 3. Self studies
- 4. Extra cussicular activity

9. Instructional Media

- 1. Handouts
- 2. VDO
- 3. Visualize
- 4. Auditable IT system

10. Requirements/Markallocation:

10.1 Examination by Report and Presentations in class	90 %
10.2 Parcipatory learning activity	10 %
total	100 %

To measure and evaluate quality and quantity of attendance in class required by the regulation of Kasetsart University.

13. Lesson plan

M. 450 Wednesday 13-16 P.M. Building E17-401

Coordinator: Maj.Dr.Nutthakritta Sirisopon Department of physical education Building 3
Room 3-105 Tel. 081 999 4182 E-mail: nuttakritta@gmail.com

สัปดาห์ที่	วัน/เดือน/ปี	เนื้อหา	ผู้สอน
1	Wed. 10 Jan 18	Introduction and orientation of learning, Measuring and evaluating.	Assoc.Prof.Supat Teravecharoenchai
2	Wed. 17 Jan 18	The beginning of life	Ajarn Phubate Napatpittayatorn
3	Wed. 24 Jan 18	Development of life	Dr.Kanlapruk Polsorn
4	Wed. 31 Jan 18	National Agricultural Fair (Kaset Fair)	-
5	Wed. 7 Feb 18	Development of life	Dr.Kanlapruk Polsorn
6	Wed. 14 Feb 18	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisopon
7	Wed. 21 Feb 18	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisopon
8	Wed. 28 Feb 18	Exercise in class (9.00 –12.00 น.)	Ajarn Manatee Jitanun
9	Wed. 7 Mar 18	Health risk and security	Maj.Dr.Nutthakritta Sirisopon

10	Wed. 14 Mar 18	Preparing to care for Elderly	Maj.Dr.Nutthakritta Sirisopon
11	Wed. 21 Mar 18	Good Mental Health	Asst.Prof.Dr.Orapin Stiramon
12	Wed. 28 Mar 18	Health and Envelopment	Dr. Chomchid Phromsin
13	Wed. 4 Apr 18	Family Life Development	Asst.Prof.Dr.Tippawan Duangpanya
14	Wed. 11 Apr 18	Family Life Development	Asst.Prof.Dr.Tippawan Duangpanya
15	Wed. 18 Apr 18	Consumer Health	Assoc.Prof.Supat Teravecharoenchai
16	Wed. 25 Apr 18	Health Science	Assoc..Prof.Supat Teravecharoenchai
17	Wed. 2 May 18	Summary and Conclusion	Assoc.Prof.Supat Teravecharoenchai

***Make up Class** Information about room of the makeup class will be announced later.

Signature.....

(Asst.Prof.Prasertsak Kainakha)

8 January 2018

Note : Only Student in university uniform has been permitted for class and examination