



Course Syllabus First Semester 2018

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 Thu 9-12 A.M. Building E17-201

Section 440 Thu 13-16 A.M. Building BA4-302

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 Dr.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 Stiramom 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

3.10 Asst.Prof. Dr.Sujittra Charoenhirunyngyos Department of Geography,

Faculty of Social Sciences Tel. 02 561 3484 ext 5 E-mail: fsocsjc@ku.ac.th

4. Section 450 Coordinator

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5. Objective

1. Students have good knowledge, a 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 cogensis & 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
 - Adolescence
 - 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

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Section 440 Thu 13-16 A.M. Building BA4-302


Coordinator: Maj.Dr.Nutthakritta Sirisopon Department of physical education Building 3 Room 3-

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สัปดาห์ที่	วัน/เดือน/ปี	เนื้อหา	ผู้สอน
1	Thu 9 Aug. 18	Introduction and orientation of learning, Measuring and evaluating.	Assoc.Prof.Supat Teravecharoenchai
2	Thu 16 Aug. 18	The beginning of life	Dr.Phubate / Dr.Kanlapruk
3	Thu 23 Aug. 18	“Wai Kru Day” or Teacher Appreciation Day	-
4	Thu 30 Aug.18	Development of life	Dr.Kanlapruk Polsorn
5	Thu 6 Sep.18	Development of life	Dr.Kanlapruk Polsorn
6	Thu 13 Sep.18	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisopon
7	Thu 20 Sep.18	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisopon
8	Sat 22 – Sun 30 Sept. Mid-Semester Examination Week		-
9	Thu 4 Oct. 18	Health risk and security	Maj.Dr.Nutthakritta Sirisopon
10	Thu 11 Oct. 18	Preparing to care for Elderly	Maj.Dr.Nutthakritta Sirisopon
11	Thu 18 Oct. 18	Exercise in class (9.00-12.00 A.M.)	Ajam Manatee Jitanun
12	Thu 25 Oct. 18	Commencement Days	-
13	Thu 1 Nov.18	Good Mental Health	Asst.Prof.Dr.Orapin Stiramom
14	Thu 8 Nov.18	Health and Environment	Dr. Chomchid Phromsin/ Asst.Prof. Dr.Sujittra
15	Thu 15 Nov.18	Consumer Health	Assoc.Prof.Supat Teravecharoenchai
16	Thu 22 Nov.18	Health Science	Assoc..Prof.Supat Teravecharoenchai
17	Thu 29 Nov.18	Family Life Development	Asst.Prof.Dr.Tippawan/ Dr.Kanlapruk
18	Thu 6 Dec. 18	Family Life Development	Asst.Prof.Dr.Tippawan/ Dr.Kanlapruk
19	Fri 7 Dec.18	Health Science ,Summary and Conclusion	Assoc.Prof.Supat Teravecharoenchai
20	Mon 10 - Fri 21 Dec. Final Examination Weeks		-

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

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

Signature.....
(Asst.Prof.Prasertsak Kainakha)
july 2018