



**Course Syllabus
First 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 Thursday 9-12 A.M. Building E 17302

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

Tel. 02 942 8671, 094 324 9559 Fax 02 942 8671 E-mail: prsert29@yahoo.co.th

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

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

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 Satiramon Faculty of Social Sciences, Department of Psychology Tel. 02 561 3480 ext 716 E-mail: fsocops@ku.ac.th

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.Asamaporn Sitthi Tel. 080 445 522

4. Section 450 Coordinator

Maj.Dr.Nutthakritta Sirisophon 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 cogenesis & 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 Thursday 9.00 - 12.00 A.M. Room E 17302 Coordinator: Maj.Dr.Nutthakritta Sirisophon

Department of physical education Building 3 Room 3-105 Tel. 02 942 8671, 081 999 4182

E-mail: nuttakritta@gmail.com

Week	Date	Topic	Lecturers
1	Thu.3 Aug 17	Introduction and orientation of learning, measuring and evaluating.	Assoc.Prof.Supat Teravecharoenchai
2	Thu.10 Aug 17	The beginning of life	Ajarn Phubate Napatpittayatorn
3	Thu.17 Aug 17 *	Development of life	Dr.Kanlapruk Polsorn
4	Thu.24 Aug 17	Development of life	Dr.Kanlapruk Polsorn
5	Thu.31 Aug 17	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisophon
6	Thu.7 Sep 17	Health promotion and Health Life Style	Maj.Dr.Nutthakritta Sirisophon
7	Thu.14 Sep 17	Exercise in class (9.00 –12.00 A.M.)	Ajarn Manatee Jitanun
8	Thu.28 Sep 17	Preparing to care for Elderly	Maj.Dr.Nutthakritta Sirisophon
9	Thu.5 Oct 17	Good Mental Health	Asst.Prof.Dr.Orapin Stiramom
10	Thu.12 Oct 17	Health and Envelopment	Dr.Asamapon /Dr. Chomchid
11	Thu.19 Oct 17	Family Life Development	Asst.Prof.Dr.Tippawan Duangpanya
12	Thu.2 Nov 17	Family Life Development	Asst.Prof.Dr.Tippawan Duangpanya
13	Thu.9 Nov 17	Consumer Health	Assoc.Prof.Supat Teravecharoenchai
14	Thu.16 Nov 17	Health Science	Assoc..Prof.Supat Teravecharoenchai
15	Thu.23 Nov 17	Health risk and security	Maj.Dr.Nutthakritta Sirisophon
16	Thu.30 Nov 17	Summary and Conclusion	Assoc.Prof.Supat Teravecharoenchai

***Make up Class** Information about date and 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)

31 July 2017