**Course Focus:** Health Education is an academic requirement in which students are geared to acquire the basic understanding of concepts and details of growth and development during adolescence. At Mathayom 1 (Secondary Grade 7) level, students will cover chapters from Health and Physical Education textbook and participate in interactive discussions during class sessions. Assignments at end of chapters are assigned to gradually be completed after weekly class session in preparing students to align materials covered and keep up with the pace of instruction.

|  |  |
| --- | --- |
| **Semester 2: (HPE 21102) 0.5 Credit, 60 hours****Grade 7 (M.1) Health Education 2** | **Reading** |
| **Topics Covered** | **Details** |  |
| 1 | Prevention of Sexual Harassment | * Definition and Behavioral Characteristics of Sexual Harassment
* Causes of Sexual Harassment
* Effects of Sexual Harassment
* Prevention and Avoidance of Situation Prone to Sexual Harassment
* Refusal Skills to Prevent Sexual Harassment
 | Unit 4 |
| 2 | Teenagers and Nutrition for Health Promotion | * General Knowledge of Food and Nutrition
* Nutritional Status
* Food-Based Dietary Guidelines
* Principles for choosing Food Accordance to Age
* Labels on Food Products
* Choosing Products for Teenagers
 | Unit 5 |
|  | **Midterm Exam** | **Cover up to topics 1-2** |  |
| 3 | First Aid Treatment and Safe Transfer for Patients | * Body Weight and Height According to the Standard Criteria
* Watching and Controlling Body Weight According to Standard Criteria
* Physical Capacity Test
 | Unit 6 |
| 4 | First Aid Treatment and Safe Transfer of Patients | * General Knowledge about First Aid
* How to Provide First Aid Safely
* How to Move a Patient
 | Unit 7 |
|  | **Final Exam** | **Cover up to topics 3-4** |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Score Assessment** | **Points** | **Total Points** |
| 1 | Class Attendance  |  10 |  60 |
| 2 | Class Manners and Participation* Attention/responsiveness
* Inappropriate conduct such as playing on mobile phones, tablets, etc… will result in point(s) deduction.

**Note:** Mobile phones will be permitted for searches in accordance to specific assignment/class activities once announced at specific timepoint(s). | 10 |
| 3 | Units 4 -7 (assignments at end of units) Specific Topics from units 8-9 to be covered. | 40 |
|  |
| 4 | Midterm | 20 | 40 |
| 5 | Final | 20 |
|  | **Passing Score**  |  **50 %** |

**Reading and Study Material:**

Health and Physical Education Secondary 1