**Course Focus:** At Mathayom 2 (Secondary Grade 8) level, students will cover continue in Health and Physical Education book 2. Students will be responsible participate in reading 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.

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| --- | --- |
| **Semester 2: (HPE 22102) 0.5 Credit, 60 hours****Grade 8 (M.2) Health Education 4** | **Reading** |
| **Topics Covered** | **Details** |  |
| 1 | Physical and Mental Health | * Significance of Physical and Medical Health
* Relationship between Physical and Mental Development
* Balance between Physical and Mental Health
* Practices for Enhancing Physical and Mental Health
 | Unit 4 |
| 2 | Development of Physical Fitness | * Definition, Value, and Significance of Physical Fitness
* Criteria Prescribed for Physical Capacities
* Development of Physical Fitness
 | Unit 5 |
|  | **Midterm Exam** | **Cover up to topics 1-2** |  |
| 3 | Emotion and Stress | * Emotions and Stress and their Effects on Health
* Basics Symptoms of People with Basic Health Problems
* Practicing Emotional and Stress Management
 | Unit 6 |
| 4 | Technological Application to Health and Medical Advancements affecting Health | * Health-related Technologies in Daily Life
* Examples of Technology in Health Issues
* Effects of Technology on the Environment
* Deciding on Adapting and Applying Health Technology
* Medical Advancements Affecting Health
 | Unit 8 |
|  | **Final Exam** | **Cover up to topics 3-4** |  |

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|  | **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 4-6, 8 (assignments at end of units) Specific Topics from units 7, 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 2