**Course Focus:** At Mathayom 3 (Secondary Grade 9) level, students will cover continue in Health and Physical Education book 3. 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 23102) 0.5 Credit, 60 hours****Grade 9 (M.3) Health Education 6** | **Reading** |
| **Topics Covered** | **Details** |  |
| 1 | Food Suitable for Various Ages | * The Importance of Food
* Principles of Choosing Food Intake
* Menu and Meal Planning
 | Unit 5 |
| 2 | Disease and Prevention | * Current Situation Regarding Illness and Death among Thai People
* Communicable Diseases as Causes of Illness and Death among Thai People
* Non-communicable Diseases as Causes of Illness and Death among Thai People
 | Unit 6 |
|  | **Midterm Exam** | **Cover up to topics 1-2** |  |
| 3 | Health Care in the Community | * Concepts of Community Health
* Health Problems in the Community
* Ways of Solving Health Problems in the Community
 | Unit 7 |
| 4 | Development of Physical Capacity for Health | * Planning and Allocating Time for Exercise
* Planning and Time Management for Resting
* Planning and Time Management for Increasing the Body’s Physical Capacity
* Testing Physical Capacity and Fitness
* Ways to Build Capacity Development for 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 5-8 (assignments at end of units) Specific Topics from units 9-10 to be covered. | 40 |
|  |
| 4 | Midterm | 20 | 40 |
| 5 | Final | 20 |
|  | **Passing Score**  |  **50 %** |

**Reading and Study Material:**

Health and Physical Education Secondary 3