

Course Syllabus

1. **Program of Study** Bachelor of Science Program
Bachelor of Arts Program
Bachelor of Business Administration Program
Bachelor of Nursing Science Program
Faculty/Institute/College Mahidol University International College
2. **Course Code** ICHE101
Course Title Health Education
3. **Number of Credits** 2 (2-0-4) (Lecture/Lab/Self-Study)
4. **Prerequisite (s)** None
5. **Type of Course** General Education
6. **Session** Trimester 1, 2 and 3/ every academic year
7. **Conditions** -

8. Course Description

Developing understanding of an attitude toward personal, family and community health needs; epidemiology of diseases; nutritional behavior; communicable diseases; nutritional behavior; communicable diseases; sexual behavior; sexually transmitted diseases; mental health; drug usage.

9. Course Objective (s)

After successful completion of this course, students should be able to
9.1 develop a practical approach to health behavior and obtain an understanding of risk factors as they relate to disease.

10. Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Introduction to Health	2	0	4	Val Viravong
2	Nutrition	2	0	4	
3	Energy Balance	2	0	4	
4	Personal Fitness	2	0	4	
5	Infectious Disease	2	0	4	
6	Review; Midterm exam	2	0	4	
7	Chronic noninfectious Disease;	2	0	4	
8	Substance abuse/Illicit drugs	2	0	4	
9	Injury prevention/Emergency care	2	0	4	

10	Managing stress	2	0	4
11	Sex Education; review session	2	0	4
12	Final exam	2	0	4
Total		24	0	48

11. Teaching Method (s)

11.1 Lecture, Discussion, Q&A, Self study

12. Teaching Media

Texts and teaching materials, transparencies

13. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

13.1 the ability to develop a practical approach to health behavior and obtain an understanding of risk factors as they relate to disease.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+,C,D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

Ratio of mark

Class participation 10%

Midterm Exam 30%

Final group project 20%

Final Exam 40%

Class participation includes attendance and contributing in the classroom. It is recommended that students answer questions, ask questions, and actively listen to the instructor and other students. A deduction will be made from the participation score for each unexcused absence. If you have more than **three absences**, you will **not** be allowed to take the **final exam**.

Assessment made from the set-forward criteria:

100 – 90% = A

89 – 85% = B+

84 – 80% = B

79 – 75 = C+

74 – 70% = C

69 – 60% = D

59 > = F

14. Course evaluation

14.1 Students' achievement as indicated in number 13 above.

14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

15. Reference (s)

Greenberg, J. and Gold, R., 1994. *Health*. Holt, Rinehart, and Winston Inc., Orlando, Florida.

Course Notes and transparencies provided by the instructor (available in the main copy center 1st floor)

16. **Instructor (s)**
Val Viravong

17. **Course Coordinator**
Michael Naglis