



Department of Physiology, Faculty of Science, Mahidol

UniversitySCPS101: Health and wellness 2(2-0-4)

Semester 2/2023

Course description

Physical and spiritual factors that affect health and wellness including physical fitness and health, nutrition, physical activity, stress management, disease awareness and prevention

Course Coordinator: Dr. Metaneeya Pилanthanonnd
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Instructors:

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Course schedule:

On-Site lecture: Salaya campus

Student Assessment

Participation and discussion	30%
Report and presentation	35%
Assignments	35%

Student achievement will be graded according to the faculty and university standard using the symbols:

A, B⁺, B, C⁺, C, D⁺, D, and F.

SCPS101 Schedule

(Onsite @Room SC1-152 Salaya campus)

Week	Time	Topics	h	Instructor
Jan 10	8:30-10:30	Course orientation L1 Get to know your body	2	Metaneeya Nattapon
Jan 17	8:30-10:30	L2 Stress management	2	Nattinee
Jan 24	8:30-10:30	L3 Brain power	2	Tai
Jan 31	8:30-10:30	L4 Healthy skin	2	Nisamanee
Feb 7	8:30-10:30	L5 Bone health	2	Ratchaneevan
Feb 14	8:30-10:30	L6 Weight management; Making changes in body composition	2	Tepmanas
Feb 21	8:30-10:30	L7 Theory of love	2	Benjamin
Feb 28	8:30-10:30	L8 Cell and gene therapy	2	Kanit
Mar 6		Midterm exam		
Mar 13	8:30-10:30	L9 Physical fitness	2	Ioannis
Mar 20	8:30-10:30	L10 Reproductive health	2	Nittaya
Mar 27	8:30-10:30	L11 Healthy sleep	2	Chonlawan
Apr 3	8:30-10:30	L12 Glowing naturally: Stem cell beauty	2	Suwimol
Apr 10	8:30-10:30	L13 The speed gene	2	Ioannis
Apr 17	8:30-10:30	Student presentation	2	Metaneeya
Apr 24	8:30-10:30	Class reflection	2	Metaneeya

References

- 1) Fahey TD, Insel PM, Roth WT, Insel CEA. Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Alternate Edition. 12th ed. (2017) McGraw Hill.
- 2) Guyton AC and Hall JE, Textbook of Medical Physiology, 12th ed., Elsevier, 2011
- 3) Assigned research/review articles