



Department of Physiology, Faculty of Science, Mahidol University

SCPS101: Health and wellness 2(2-0-4)

Semester 1/2022

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. Kanit Bhukhai
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Instructors:

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Course schedule: Online from Wednesday August 10 – November 16, 2022 from 9:00 a.m. - 11:00 a.m.

On-Site lecture: Salaya campus, Online lecture: Zoom meeting

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

Week	Time	Topics	h	Instructor
Aug 10	9:00-11:00	Course orientation L1 Get to know your body	2	Kanit Nattapon
Aug 17	9:00-11:00	L2 Bone Health	2	Ratchaneevan
Aug 24	9:00-11:00	L3 Nutritional planning & Functional food	2	Kanit
Aug 31	9:00-11:00	L4 Healthy skin	2	Nisamanee
Sep 7	9:00-11:00	L5 Brain power	2	Witchuda
Sep 14	9:00-11:00	L6 Stress management	2	Nattinee
Sep 21	9:00-11:00	L7 Real Size Beauty	2	Tepmanas
Sep 28	9:00-11:00	L8 Weight management; Making changes in body composition	2	Tepmanas
Oct 12	9:00-11:00	L9 Physical fitness	2	Ioannis
Oct 19	9:00-11:00	L10 Muscle, Genes and Athletic Performance	2	Ioannis
Oct 26	9:00-11:00	L11 Obesity	2	Nittaya
Nov 2	9:00-11:00	L12 Healthy sleep	2	Chonlawan
Nov 9	9:00-11:00	L13 Disease awareness and prevention	2	Arthit
Nov 16	8:00-12:00	<i>Conference</i>	4	Kanit

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