



Department of Physiology, Faculty of Science, Mahidol University

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

Semester 2/2022

Course coordinator: **Assistant Professor** Ioannis Papadimitriou Ph.D.

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### 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

### Instructors:

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**Course schedule** : From 11 January 2023 – 26 April 2023, from 8:30 a.m - .10:30 a.m .

<b>Evaluation</b>	Participation and discussion	30%
	Class exercise	35%
	Report - assignment or presentation	35%

**SCPS101 Schedule; Room: SC1-152**

Week	Time	Topics	h	Instructor
Jan 11	8:30–09:00	Course orientation	0.5	Ioannis
Jan 18	8:30–10:30	L1 Get to know your body	2	Nattapon
Jan 25	8:30–10:30	L2 Bone Health	2	Ratchaneevan
Feb 01	8:30–10:30	L3 Nutritional planning & Functional food	2	Kanit
Feb 08	8:30–10:30	L4 Healthy skin	2	Nisamanee
Feb 15	8:30–10:30	L5 Brain power	2	Chonlawan
Feb 22	8:30–10:30	L6 Stress management	2	Nattinee
Mar 01	8:30–10:30	L7 Healthy sleep	2	Chonlawan
Mar 15	8:30–10:30	L8 Obesity	2	Nittaya
Mar 22	8:30–10:30	L9 Physical fitness	2	Ioannis
Mar 29	8:30–10:30	L10 Muscle, Genes and Athletic Performance	2	Ioannis
Apr 05	8:30–10:30	L11 Body composition and setting body composition goals	2	Tepmanas
Apr 12	8:30–10:30	L12 Weight management; Making changes in body composition	2	Tepmanas
Apr 19	8:30–10:30	L13 Disease awareness and prevention	2	Arthit
Apr 26	08.00-12.00	Conference	4	Ioannis

## References

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