

M2 Health

Course Syllabus - 2024 Term 2

Teacher: Rhudene Barnard

Department: Health

Subject Code: HP22102

Periods per week: 1

Credits: 0.5

Course Description

This course is designed to teach students that health is multidisciplinary. Physical, psychological, and sociocultural factors are equally contributing determinants of health. We will focus on deconstructing topics to better understand the factors that impact health with the aim of creating an attitude that promotes prevention rather than treatment where problems have already manifested.

These topics include mental health, the impact of technology on health and an exploration of stress and emotions. To reinforce learning, topics will require self-research, team research, and class discussion. This is with the aim of empowering students to apply their knowledge creatively and meaningfully in a project-based learning environment.

Course Content

1. Mental Health and Stigma
 - 1.1. Introduction to Mental Health
 - 1.2. Stigma and Discrimination
 - 1.3. Implications
 - 1.4. Effects on Daily Life

2. Mental Health Disorders
 - 2.1. Types of Mental Health Disorders
 - 2.2. Development of Mental Health Disorders
 - 2.3. Prevalence
 - 2.4. Influential Factors

3. Health and Technology
 - 3.1. Innovations Through Time
 - 3.2. Vaccines
 - 3.3. Web Doctor: Efficiency and Psychological Effect
 - 3.4. Impact of Technology on Increased Diagnosis

Learning Outcomes

- Explore the impacts of stigma and discrimination towards mental disorders
- Explore the impacts of stigma and discrimination
- Identify the types of mental disorders
- Explore the prevalence and impact of stigma on mental health
- Identify the innovations of technology on health
- Examine how vaccines evolved and their current impact on society
- Identify the types of stress and stress management
- Research the effects of hormonal imbalance on the body

Learning Resources

- Smart Work-Textbook Health and Physical Education
- Glencoe Teen Health Course 2
- Development Through the Lifespan 5th Edition
- Internet Videos
- Online research

Assessment Methods

To assess a student's progress in the classroom, the following measures are taken to quantify their performance. Evaluations will be conducted through the combination of a midterm project, a final exam, and student work. Assignments such as discussion questions provide opportunities for students to reflect and develop meaning by critically analyzing how the topic applies to one's life or by creating real-world examples of the topic's relevance. Assignments such as the discussion questions are not graded for accuracy but rather for completion and by abiding to submission deadlines.

Furthermore, the learning community at Panyarat High School fosters a dynamic and interactive classroom with the aim of empowering students to apply learned skills. To achieve this, students will demonstrate learned skills through hands-on application via project-based assignments that appeal to varying types of learners (e.g. visual, verbal). In regards to team projects, each student's evaluation will include (1) the team's overall assessment as well as (2) assessing the individual student's contribution. This method of grading team assignments represents fairness and encourages accountability among students.

Homework Policy

Any late assignments will receive a maximum score of 50% of the total possible points.

Two weeks after the due date, assignments will not be accepted and a grade of 0 will be given.

If students are absent when assignments are assigned or on an assignment due date it is the responsibility of the student to contact the teacher to make arrangements for submission.

Evaluation Breakdown

Unit Tests	10%
Student Work	50%
Midterm Project	20%
Final Project	20%

Thai National Curriculum Standards

Strand 4: Health Strengthening, Capacities, and Disease Prevention

Standard H4.1: Appreciation and skills in health strengthening; maintaining one's health; disease prevention and strengthening capacity for health

H4.1 Gr8/1: Research health services and physical/psychological conditions that constitute the needs for specific health services (e.g., suicide hotline, social services)

H4.1 Gr8/2: Analyze physical and psychological effects of technological advancements on health (e.g., slimming treatments)

H4.1 Gr8/3: Analyze physical and psychological effects of medical advancements on health (e.g., addiction to plastic surgery)

H4.1 Gr 8/4 Analyze the relationship between homeostasis and physical health; consequences of disruption between lower (physical) needs to attainment of higher (psychological) needs (e.g., Maslow's hierarchy of needs)

H4.1 Gr8/5: Explain basic characteristics and symptoms of people with mental health problems (e.g., depression, schizophrenia, PTSD, ADHD)

H4.1 Gr8/6: Understand methods for stress and emotion management

H4.1 Gr8/7: Develop and assess personal physical capacities and human motivation to self-actualize

Strand 5: Safety in Life

Standard H5.1: Prevention and avoidance of risk factors; behaviours detrimental to health accidents; use of medicines (e.g., valium); addictive substances and violence (e.g., domestic violence, bullying)

H5.1 Gr8/1: Specify methods, factors, and sources of assistance and rehabilitation for drug addicts

H5.1 Gr8/2: Explain methods of risk assessment and the importance of avoiding high risk behaviors. Consequences of participating in medium-high risk behaviors will also be addressed

H5.1 Gr8/3: Apply life skills for self-protection as well as avoidance of potentially dangerous situations. Safety procedures to confront or escape high risk situations will also be addressed

[Total 11 indicators]