



Department of Physiology, Faculty of Science, Mahidol University

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

Semester 1/2021

Course coordinator: Lecturer 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:

Lecturer	E-mail
Asst. Prof. Witchuda Saengsawang	Witchuda.san@mahidol.ac.th
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Course schedule :From 06 January 2021 – 21 April 2021, from 8:30 a.m - .10:30 a.m .

Evaluation	Participation and discussion	30%
	Class exercise	35%
	Report and presentation	35%

SCPS101 Schedule

Week	Time	Topics	h	Instructor
Jan 20	8:30–10:30	Get to know your body	2	Nattapon
Jan 27	8:30–10:30	Physical fitness	2	Ioannis
Feb 3	8:30–10:30	Body composition and setting body composition goals	2	Tepmanas
Feb 10	8:30–10:30	Muscle, Genes and Athletic Performance	2	Ioannis
Feb 17	8:30–10:30	Weight management; Making changes in body composition	2	Tepmanas
Feb 24	8:30–10:30	Obesity	2	Nittaya
Mar 3	8:30–10:30	Conference 1	2	Ioannis/Witchuda
Mar 10	8:30–10:30	Nutritional planning	2	Kanit
Mar 17	8:30–10:30	Functional food	2	Kanit
Mar 24	8:30–10:30	Disease awareness and prevention	2	Arthit
Mar 31	8:30–10:30	Brain power	2	Witchuda
Apr 7	8:30–10:30	Stress management	2	Nattinee
Apr 21	8:30–10:30	Developing a personal fitness plan	2	Ioannis
Apr 28	8:30–10:30	Exercise is medicine	2	Ioannis
May 5	8:30–10:30	Conference 2	2	Witchuda/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