

BBA Program (International)
Business Administration Department
Faculty of Management Sciences
Prince of Songkla University
Semester 2, 2020

472-117 Keeping Fit: Enjoy a Healthy and Happy Life

Timetable: Thursday 13:00-14:30

Classroom: Online class via Zoom

Number of Hours: 15 hours

Office Hours: Tuesdays 13:00 – 15:00 (Room G 220 or BBA Office)

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Course Description:

This course will cover all aspects of living a healthy and happy life by applying basic techniques regarding fitness and keeping yourself healthy. The course will focus on the importance of physical, mental and emotional wellbeing of human beings and how they are interrelated with one another. Furthermore, students will learn how fitness improve relationships among individuals and why it is a necessity to overall happiness.

Course Objectives

1. Student will be able to apply basic fitness techniques to maintain a healthy and happy life.
2. Student will be able to understand how physical and mental health would influence one another and the overall wellbeing.
3. Student will be able to classify food groups and their sources as well as creating a healthy diet program.

Course Outline

Week	Topic	Contents	Activities
1 and 2 (3 hours)	Why is it necessary to keep healthy?	<ul style="list-style-type: none"> ● Course introduction ● Reasons for keeping healthy ● Unhealthy lifestyle choices and what they do to our body and mind ● The importance of being aware of these choices 	<ul style="list-style-type: none"> ● Lecture ● Group Discussions ● Pair work: Mini presentation on the impact of unhealthy lifestyle choices ● Video analysis on the impact of unhealthy lifestyle
3, 4 and 5 (4.5 hours)	Food Groups - What to consume and what not to consume Mental Health	<ul style="list-style-type: none"> ● Food groups and what they do to the body ● Processed food and why we should avoid eating it ● Organic foods and drinks ● Healthy and unhealthy Thai food ● Building better mental health 	<ul style="list-style-type: none"> ● Lecture ● Class Discussions ● Pair work: Coming up with an appropriate 3-day diet.
6 (1.5 hours)	Types of Exercises	<ul style="list-style-type: none"> ● The four most common types of exercises: Endurance, Strength, Balance and Flexibility ● The importance of posture and body positioning 	<ul style="list-style-type: none"> ● Lecture ● Group and class discussions ● Essay questions 'The different types of exercises and finding what suits you'
7, 8 and 9 (4.5 hours)	Gym session - Finding what suits you best	<ul style="list-style-type: none"> ● Aerobic exercise <ul style="list-style-type: none"> - Indoor cliff climbing - Thai boxing 	<ul style="list-style-type: none"> ● Physical exercise

10 (1.5 hours)	Pair Presentations and Concluding the Course – What has been learned from the course?	<ul style="list-style-type: none"> ● Students are expected to deliver a reflecting speech about their own unhealthy and healthy lifestyle choices. ● The lecturer will wrap up and conclude what was learned through the course 	<ul style="list-style-type: none"> ● Pair presentations and concluding the course
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Class Assessment

- Attendance and participation 20%
- Homework and assignment 35%
- Quiz 15%
- Final assignment 30%

Grade

Grade	A	B+	B	C+	C	D+	D	E
Score	≥80	75-79	70-74	65-69	60-64	55-59	50-54	≤ 49