

TQF. 3

Science for daily life

## Preface

This course is focus on improve knowledge of science and life that can adaptable to use for daily life to increase skill with sciences such as food, costumes, living place, medication, exercises, recreation, cosmetics, energy, technology and how to be good health. Otherwise learner should adaptable between science and life for increase their quality of life during the day and also share the knowledge to other.

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## Course Details

|                         |  |
|-------------------------|--|
| Name of Institution     | Suan Dusit Rajabhat University               |
| Campus/Faculty/Division | School of Tourism and Hospitality Management |

### Section 1 General Information

#### 1. Code and Course

Course Code 4000109      Course Name Science for daily life

#### 2. Credit Ponds

3(3-0-6)

#### 3. Programme and Type of Course

Bachelor of Arts Programme in Hospitality Management

#### 4. Course Convener and Lecturers

Jongon Chuawongboon

#### 5. Semester/Year of Study

1<sup>st</sup> Semester/2<sup>nd</sup> Year

#### 6. Pre-requisite (if any)

None

#### 7. Co-requisites (if any)

None

#### 8. Location

Suan Dusit Rajabhat University

#### 9. Latest Update of Course Specifications

2013

## Section 2: Aims and Objectives

### 1. Aims of the Course

This course is focus on understanding to adaptable general science for daily life such as food, costumes, living place, medication, exercises, cosmetics and technology.

### 2. Objectives of Course Development/Modification

1. For understand content of sciences cope with modernity.
2. For create learning activities to meet the needed of students and also focus on student able to live like a perfect human in daily life. Able to apply knowledge and creativities to solve the problem.
3. Adaptable media to teach student for encourage improving their knowledge continuously.
4. Improve evaluation of study result with the environment of study.

## Section 3: Course Description and Implementation

### 1. Course Description

Study the scientific processes and application for daily life including food, costumes, living place, medication, exercises, recreation, cosmetics, energy, technology and how to be good health.

### 2. Number of Hours per Semester

| Lecture  | Tutorial | Practice/Field Experience/Internship | Self-directed Learning |
|----------|----------|--------------------------------------|------------------------|
| 45 hours | -        | -                                    | 90 hours               |

### 3. Number of hours provided for academic advice and guidance to students

- The faculty member provides academic advice and guidance to students (individual/group) 6 Hour/week.
- The faculty member announces the advising schedule by lecturer.

## Section 4: Development of learning method

### 1. Morals and Ethics

#### 1.1 Morals and Ethics to be developed

- (1) Recognize the value of morality and ethics.
- (2) Behavior of self-responsible, social and public.

#### 1.2 Teaching Methods

- (1) Provide moral and ethical experience in the real situation.
- (2) Assign work to make students has responsibility both of leader and follower.
- (3) Use the example situation to teach student that can improve their ability.

### 1.3 Evaluation Methods

Evaluate from the work assignment in individual and group work as well as helping the other in the classroom such as knowledge sharing.

## 2. Knowledge

### 2.1 Knowledge to be acquired

- (1) Knowledge and understanding of science as the basis of life.
- (2) Able to explain the content of science.
- (3) Able to adapt science with implicate thing to improve quality of life.

### 2.2 Teaching Methods

- (1) Lecture and discussion.
- (2) Practice with theory and adapt with real life.
- (3) Practice with real situation to encourage behavior.
- (4) Evaluation after practice to improve their knowledge.

## 3. Logical Skills

### 3.1 Logical Skills to be developed

- (1) Able to think systematically.
- (2) Able to discover and analyze information.
- (3) Able to apply knowledge with daily life.
- (4) Able to Analyze and solve the problems in creative way.

### 3.2 Teaching Methods

- (1) Pointed out the importance of system via thinking map and mind map to build habits of thought.
- (2) Lessons taught by programmed instruction that students can learn by themselves and use their ability to monitor their own learning.
- (3) Teach by using case studies and group discussion.

### 3.3 Evaluation Methods

- (1) Observe good judgment from the student. Student will have to do self-assessment with the questions framework provided by the teacher.
- (2) Evaluate of tests in education programs and group evaluation.
- (3) Authentic assessment is that students can apply their knowledge.
- (4) Provide questionnaires for the students to do self-assessment.

## 4. Interpersonal Skills and Responsibilities

### 4.1 Interpersonal Skills and Responsibilities to be developed

- (1) Ability to work in a group as a leader and a follower.
- (2) Able to initiate strategies that can be used for various activities.
- (3) Good planner and improve themselves continuously.
- (4) Respect and value the right of themselves and others.

#### 4.2 Teaching Methods

- (1) Teach in group
- (2) Teach by deduction which is teaching of the principles to examples so those students have the opportunity to practice the principles in new situation.
- (3) Generate the idea of democracy in the group.

#### 4.3 Evaluation Methods

- (1) Observe group work cooperation in term of leader and follower
- (2) Evaluate creativity
- (3) Observing the relationship between teachers and students.
- (4) Observe group management.

### 5. Numerical Analysis, Communication and Information Technology Skills

#### 5.1 Numerical Analysis, Communication and Information Technology Skills to be developed

- (1) Ability to use computer related.
- (2) Ability to search about general science to be applied in daily life.
- (3) Able to present and communicate information using mathematical or performance statistics.
- (4) Able to utilize general science in their own lives and solve problems appropriately.

#### 5.2 Teaching Methods

- (1) Introduce techniques for searching information, data sources and method to choose reliable data.
- (2) Assign work to be presented in the form of documents and oral media.
- (3) Encourage students to communicate using excel to build the statistics.
- (4) Train the students to know how to access the information they need also know how to use the information to life and fix the problem properly.

#### 5.3 Evaluation Methods

- (1) Assess the methods to search for information and the presentations.
- (2) Evaluate the work assigned from the methods on how to use of information technology in searching the data.
- (3) Evaluate on the excel presentation.
- (4) Evaluate from final exam.

## Section 5 : Teaching and Evaluation Plans

### 1. Lesson Plan

| Week | Topics  | No. of Hours | Teaching & Learning Activities, Instructional Media (If any)   | Faculty Member(s)   |
|------|---|--------------|--|---------------------|
| 1    | - Orientation.<br>- Explain assignment topic. | 3.0          | - Explain about aim and objective of this course also evaluation and recommend book is effective for this course.<br>- Lecture | Jongon Chuawongboon |

| Week  | Topics                                    | No. of Hours | Teaching & Learning Activities, Instructional Media (If any) | Faculty Member(s)   |
|-------|---|--------------|--|---------------------|
| 2     | - Science and finding knowledge.          | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise.                  | Jongon Chuawongboon |
| 3     | - Food and nutrition.<br>- Label to read. | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise                   | Jongon Chuawongboon |
| 4     | - Medication<br>- Label to read.          | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise.                  | Jongon Chuawongboon |
| 5     | - Cosmetics<br>- Knowledge of label.      | 3.0          | - Lecture.<br>- Practice.<br>- Exercise.                     | Jongon Chuawongboon |
| 6-7   | - Health and exercise. / Activities.      | 6.0          | - Lecture.<br>- Power Point.<br>- Exercise                   | Jongon Chuawongboon |
| 8     | - Costumes                                | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise                   | Jongon Chuawongboon |
| 9     | - Living place                            | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise                   | Jongon Chuawongboon |
| 10    | - Quality of life project.                | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise                   | Jongon Chuawongboon |
| 11    | - Energy.                                 | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise.                  | Jongon Chuawongboon |
| 12-13 | - Technology. / Activities.               | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise.                  | Jongon Chuawongboon |
| 14    | - Quality of life project                 | 3.0          | - Lecture.<br>- Power Point.<br>- Exercise.                  | Jongon Chuawongboon |
| 15    | - Abstract and review.                    | 3.0          |  | Jongon Chuawongboon |
| 16    | - Final exam                              | 3.0          |  | Jongon Chuawongboon |



## 2. Evaluation Plan

| Learning Outcomes        | Evaluation Methods                | Week        | Proportion of Evaluation (%) |
|--------------------------|-----------------------------------|-------------|------------------------------|
| 1.1<br>2.1<br>3.1<br>5.1 | Exercise checking for each lesson | Every weeks | 30%                          |
| 1.1<br>2.1               | Rating behavior                   | Every weeks | 10%                          |
| 2.1<br>3.1               | Activities in class.              | 7 and 13    | 10%                          |
| 1.1<br>3.1<br>4.1        | Project                           | 10 and 14   | 20%                          |
| 1.1<br>2.1<br>3.1        | Examination                       | 16          | 30%                          |

## Section 6 : Teaching & Learning Resources

### 1. Main Texts and Teaching Materials

- 1.1 Power Point.
- 1.2 Exercise.

### 2. Essential Teaching Resources (Books, journals, websites and other documents essential for additional reading)

- Chaowarit rattanakul, 2008. *Eat for health*. Bangkok. Auksornsumpan.
- Rajabhat Suandusit University, 2009. *Science for daily life*. Bangkok
- Suppaluk Wattanawivat, 2002. *Science for quality of life*. Bangkok. Thirdweb education.

### 3. Recommended Teaching Resources (Books, journals, websites and other documents recommended for additional reading)

- <http://www.nationweekend.com/weekend/20050303/wei01.shtml>.
- <http://nutrition.anamai.moph.go.th/article.htm>.
- <http://www.gistda.or.th>
- [http://www.rsu.ac.th/oriental\\_med/article9.html](http://www.rsu.ac.th/oriental_med/article9.html)
- <http://www.fda.moph.go.th/fda-net/html/new/label/label.html#what>
- <http://www.fda.moph.go.th/fda-net/html/product/cosmetic/dat/arti.htm>
- <http://www.dmr.go.th>
- <http://www.tmd.go.th>
- <http://www.pharmacafe.com/board/index.php?topic=13351.0:wap2>

- <http://www.rmutphysics.com>
- <http://se-ed.net/winyou/article05/enghouse.htm>
- <http://www.ra.mahidol.ac.th/poisoncenter/pois-cov/Herbal.html>

## **Section 7: Course Evaluation and Improvement**

### **1. Strategies for Course Effectiveness Evaluation by Students**

Effectiveness evaluation for this course is as follow:

1. Interview with students.
2. Observations of students' responses during class.
3. Survey on lecturer evaluation.

### **2. Strategies for Teaching Evaluation**

The strategies for collection data for teaching evaluation are as follows:

1. Exam results.
2. Revision of learning outcomes.

### **3. Teaching Improvement**

1. Seminar for course and teaching improvement.
2. Research for course and teaching improvement.

### **4. Verification of Students Achievements in the Course**

1. Revision of assessment evaluations by external lecturers or experts.

### **5. Course Review and Improvement Plan for Course Effectiveness**

1. Improvement of course every 3 years or as recommended by experts.
2. Change of lecturers to provide students with different perspectives for the course.