

ASSUMPTION UNIVERSITY
THEODORE MARIA SCHOOL OF ARTS
DEPARTMENT OF GENERAL EDUCATION
COURSE OUTLINE 1/2025

Course	:	GE2304 Lifestyles and Sustainability in Dynamic World [Equivalent GE2301 Lifestyles in Dynamic World]
Credit	:	3 [3-0-6]
Status	:	General Education Requirement/ Free Elective
Prerequisite	:	None
Lecturers	:	A.Watcharee Numprasert, Ph.D.

Course Description:

Interrelationships between lifestyle choices and impacts of these choices on individual's wellbeing, society, and the global environment, scientific approach, analysis, and evaluation power of choices on lifestyles, anticipation, and transition efforts of global sustainability.

Course Objectives: By the end of the course, students should be able to:

1. understand the interrelationships of lifestyle choices and impacts on individual's wellbeing.
2. analyze potential impacts of lifestyle choices on the society, and global environment.
3. evaluate the values of eco-friendly lifestyle choices on global decarbonization.
4. apply the knowledge gained to realize the importance of lifestyle decisions through a holistic application in the current world constraint and crisis.

Teaching-Learning Activities:

1. Discussions
2. Lectures
3. Presentations
4. Self-directed learning
5. Independent study

Course Components and Mark Allocation:

Attendance & Participation	10%
Assignments	30%
Independent Study Project	20%
Global Future Preparation	10%
Final Examination	<u>30%</u>
Total	<u>100%</u>

Course Requirements and Policies:**Attendance**

At least **80%** of class attendance is mandatory as listed on the course calendar. Absence of more than 6 classes will not be allowed to take the final exam. An optional via online or hybrid pedagogy, Microsoft Teams-Camera should be turned on during class sessions.

Assignments

All assignments will be submitted electronically through Microsoft Teams-Assignment unless otherwise instructed. Assignments must be submitted by the given deadline or special permission must be approved by the instructor before the due date. Extensions will be beyond the next assignment except under extreme circumstances.

Independent Study Project

All "Independence Study" projects must be completed by the allocated timeline. The proposal and typewritten report will be submitted electronically through Microsoft Teams-Assignment unless otherwise instructed. Late or missing "Independence Study" conferences will affect the student's grade.

Important note: For more information about the "Independence Study", please visit the Independence Study's outline posted through Microsoft Teams-Assignment. If there is any trouble keeping up with assignments and/ or other aspects of the course, students could proactively inform the instructor as early as possible.

Evaluation:
The grading system will be assigned based on the percentage of total points earned as follows:

<u>Grade</u>	<u>Mark</u>
A	80-100%
A ⁻	78-79%
B ⁺	73-77%
B	70-72%
B ⁻	68-69%
C ⁺	63-67%
C	60-62%
C ⁻	58-59%
D	50-57%
W	< 50%

References:

Cunningham, W. P. & Cunningham, M. A. (2020). *Environmental Science: A Global Concern*. 15thed. New York: McGraw-Hill Companies.

Dianna Hales (2017). *An Invitation to Health: The Power of Now*. 17th ed. Boston: Cengage Learning

Lori, A. Smolin; Mary, B. Grosvenor (2016). *Nutrition: Science and Application*. 4th edition USA: John Wiley& Sons

Miller, G. Tyler & Spoolman, Scott (2021). *Living in the Environment*, 20th ed., Cengage Learning, Singapore.

O’Mahony, T, (2022). Toward Sustainable Wellbeing: Advances in Contemporary Concepts. *Frontiers in Sustainability*. <https://doi.org/10.3389/frsus.2022.807984>.

Valls-Val, K. & Bovea, M.D. (2021). Carbon footprint in Higher Education Institutions: a literature review and prospects for future research. *Clean Technologies and Environmental Policy*, 23: 2325-2541. <https://doi.org/10.1007/s10098-021-02180-2>

Study Plan and Schedule:

Week	Contents
1	Unit I: Essential Concepts of Wellness, Wellbeing, and Sustainability - Wellness and wellbeing concepts - Principles and goals of sustainability ❖ Criticism of personal sustainable wellbeing
2	Unit II: The Science of Current Global Crisis - Global climate changes - Science behind global warming - Mitigation and adaptation to global warming

Week	Contents
3	Unit II: The Science of Current Global Crisis - Global climate changes (continue) - Mitigation and adaptation to global warming ❖ Taking change for adaptation and mitigation strategies
4	Unit II: The Science of Current Global Crisis - Global climate changes (continue) - Science behind Ozone depletion - Mitigation and adaptation to Ozone depletion ❖ Taking change for adaptation and mitigation strategies
5	Unit II: The Science of Current Global Crisis - Current global temporal trends of PM2.5 - Science behind PM2.5 - Adaptation to PM2.5 ❖ Taking change for adaptation and mitigation strategies
6	Unit III: Exploring Wellbeing Lifestyles - Nutrition and diet - Science behind nutrition - Macronutrients - Micronutrients - Dietary guidelines for a healthy diet practice
7	Unit III: Exploring Wellbeing Lifestyles - Nutrition and diet (continue) - Energy balance and managing body weight - Food risk and dietary supplements ❖ Implications of wellness and sustainability on food choice for global warming/ Ozone depletion/ PM2.5
8	Independent Study Project Presentation
9	Independent Study Project Presentation

Week	Contents
10	Unit III: Exploring Wellbeing Lifestyles (continue) • Sleep and rest ▪ Science behind sleep ▪ Factors affecting sleep ❖ Effects of sleep on working performances/ learning
11	Unit III: Exploring Wellbeing Lifestyles (continue) • Exercise and fitness ▪ Science behind exercise ▪ Exercise recommendations ▪ METs calculation ▪ Exercise injury ❖ Meeting needs of water intake on exercise-related global warming
12	Unit IV: Exploring Economics of Sustainable Energy • Economics of energy resources • Sustainable energy • Energy efficiency and conservation • Transitioning to a more sustainable energy society
13	Unit V: Exploring Economics of Biodiversity and Ecosystem Services • Ecological concepts and biodiversity • Managing and sustaining ecosystem services • Biodiversity conservation during global constraint
14	Unit VI: Exploring Economics of Water Resources and Availability • Earth's water resources • Factors affecting water availability. • Using freshwater more sustainability
15	Global Future Preparation • Conference
-----FINAL EXAMINATION----- Date : October 6, 2025 Time : 9:00-12:00 Hrs. <i>*Check and confirm with the registrar's notice.</i>	

September 19, 2025 Last day to withdraw with “W”

LOCATION AND CONTACT INFORMATION**General Education Department (GE)**

Office Hours: Monday – Friday, 8.30 a.m. – 4.30 p.m.
Office Location: CL10
Phone: 02-7832222 Ext.2485
Email Address: general_education@au.edu

Au VISION 2000

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

ENVISIONING Au GRADUATES

Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,
- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

AU MISSION

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover “Treasure Within” themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizens; excelling in serving communities comprising of diverse cultures.

Au UNIQUENESS

“An International Catholic University”

Au IDENTITY

- Ethics
- English Proficiency
- Entrepreneurial Spirit

THEODORE MARIA SCHOOL OF ARTS

(www.arts.au.edu)

VISION AND MISSION**Vision**

An international community of business communicators in Thailand

Mission

Theodore Maria School of Arts will ensure that: the School will...

1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

TAGLINE

เติมเต็มศิลปภาษา พัฒนาศาสตร์ธุรกิจ

Language Education, Business Inspiration

ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family

- Open communication
- Mentoring system
- Dedication
- Caring
- Teamwork
- Commitment
- Resource sharing

Core Values

A = Adaptability

R = Responsibility

T = Togetherness

S = Sustainability

Core Competencies

Employability

Multiculturalism

Internationalization

Quality Assurance Process

Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in all sorts of situations and can be clarified as follows:

Plan: Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.

Do: Implement the plans and new processes developed.

Check: Monitor and evaluate the implemented process by testing the results against the predetermined objectives.

Act: Apply actions necessary for improvement if the results require changes.

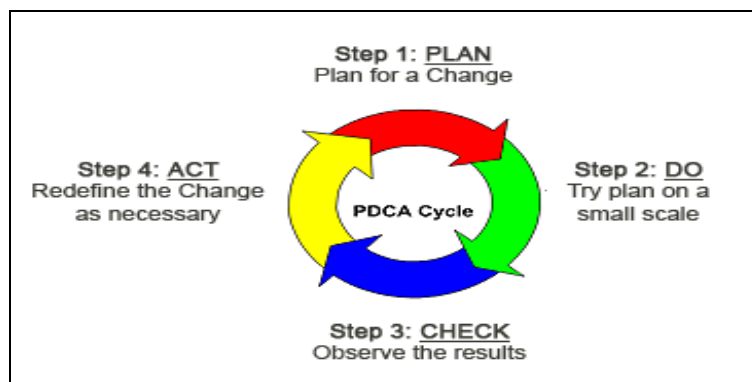


Figure 1: PDCA Cycle (<http://www.swopehealth.org>)

Plagiarism

Plagiarism is a serious academic offence, a serious breach of ethical conduct and is unacceptable student behavior. Students who plagiarize copying words or ideas without acknowledging the original writer of the words or ideas, will face disciplinary action. This will range from receiving an “F” in the subject to university suspension.

THEODORE MARIA SCHOOL OF ARTS
Advising and Counseling 1/2025

All Arts students (Business English, Business French, Business Chinese, Business Japanese, and English - Chinese for Digital Communication) must meet with their advisors before they pre-register for the 2/2025 semester. Students who fail to come for their advising and counseling session will not be allowed to register for 2/2025 during the pre-registration period.

Names of advisors for semester 1/2025 will be posted on the faculty website (www.arts.au.edu), at CL 11 and on the Department Boards at SM Bldg. Arts students are required to check their advisors' names every semester and meet with them before the pre-registration.