

Assumption University  
Theodore Maria School of ARTS  
Department of General Education  
Course Outline 3/2025

**Course :** GE 2207 Sport, Health and Wellness Development

**Credit :** 3 (3-0-6)

**Status :** General Education Requirement

**Prerequisite :** None

**Lecturer :** A. Supares Dangkhum

**Course Description :** Improvement of one's self-confidence and self-esteem, thinking positively towards themselves, effective communication skills, the art of storytelling, teamwork, leadership characteristics, interpersonal relationship skills, business etiquette required in the profession, and body language for confident leadership

**Objectives :** The course aims to enable students to

1. Learn about the meaning of sports and health , taking care of your body to be ready for exercise
2. students can seek knowledge Principles for exercising to develop an appropriate quality of life.
3. Learn about the factors that affect health. physical development, and realize the importance of caring for yourself for better health.
4. Apply the knowledge in real-life

**Teaching-Learning Activities :**

1. Lecture
2. Demonstration
3. Class Discussions
4. Drills

**Course Requirement:** - At least 80 % attendance is required from the total number of the class

- Attendance is checked after class starts 15 min. by calling the name in-class hours
- The students join the classroom After check attendance is complete, the attendance is taken as "late"
- 6-late attendance is equal to one absence
- To submit assignments, the submission link is provided on MS Team for student upload files.

**Course Components and Mark Allocation :**

Practical exams / Assignments	60 %
Class participation	10 %
Quiz	20 %
Project	<u>10 %</u>
<b>Total</b>	<b><u>100 %</u></b>

<b>Evaluation :</b>	80 - 100 %	=	A
	78 – 79 %	=	A-
	73 – 77 %	=	B+
	70 – 72 %	=	B
	68 – 69 %	=	B-
	63 – 67 %	=	C+
	60 – 62 %	=	C
	58 – 59 %	=	C-
	50 – 57 %	=	D

**Reference:**

- Lack, G., Clinical risk assessment of GM foods. Toxicol Lett, 2002. 127(1-3): p. 337-40.
- P. Coppens, M. Fernandes da Silva, S. Pettman, 2006. European regulations on nutraceuticals, dietary supplements and functional foods: A framework based on safety. Toxicology 221: 59-74.
- K.M. Babu, M.A. McCormick, S.B. Bird, 2005. Pediatric Dietary Supplement Use—An Update . Clinical Pediatric Emergency Medicine, 6: 85-92.
- B.H. Ashar, A.Rowland-Seymour, 2008. Advising Patients Who Use Dietary Supplements . The American Journal of Medicine, 121: 91-97.
- World Health Organization (WHO).

**Study Plan and Schedule:**

Day 1

Period 1

General Introduction

- Objective
- Course requirement
- Mark allocation

Period 2

- Physical Fitness test (Pre-test)

Day 2

Period 1

- History of sport
- Meaning of sports and Health
- Assign work to discuss next time

Period 2

- *Discuss assignments and tests after class*

Day 3

Period 1

- Preparing yourself before exercising
- Assign work to discuss next time

Period 2

- *Discuss assignments and tests after class*

Day 4

Period 1

- Sports injury & first aid
- Taping introductions
- Assign work to discuss next time

Period 2

- Discuss assignments and tests after class
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Day 5

Period 1

- Food for health
- Health diet
- Assign work to discuss next time

Period 2

- Discuss assignments and tests after class

Day 6

Period 1

- Sports recreation & Local sports
- Assign work to discuss next time

Period 2

- Discuss assignments and tests after class

Day 7

Period 1

- Sports recreation & Local sports
- Assign work to discuss next time

Period 2

- Discuss assignments and tests after class

Day 8

Period 1

- Physical fitness components
- Physical exercises
- Assign work to discuss next time

Period 2

- Practice
- Discuss assignments and tests after class

Day 9

Period 1

- Physical fitness components
- Physical exercises
- Physical fitness test by yourself
- Assign work to discuss next time

Period 2

- Practice
- Discuss assignments and tests after class

Day 10

Period 1

- Sports Game (Volleyball)
- Rule & Regulations
- How to play

Period 2

- Basic skills in volleyball
- Practice

Day 11

Period 1

- Basic skills in volleyball
- Practice

Period 2

- Volleyball gameplay
- Practice

Day 12

Period 1

- Volleyball skill test

Period 2

- cheering for sports and etiquette in cheering

Day 13

Period 1

- Sports business & marketing

Period 2

- Discuss assignments and tests after class

Day 14

Period 1

- Sports Psychology

-

Day 15

Period 1

- QUIZ

Period 2

- Physical Fitness test (Post-test)

Period 2

- Project Sports that students are interested

Reminders: There is no midterm & final exam.

### **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](http://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**

เติมเต็มศิลป์ภาษา 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.

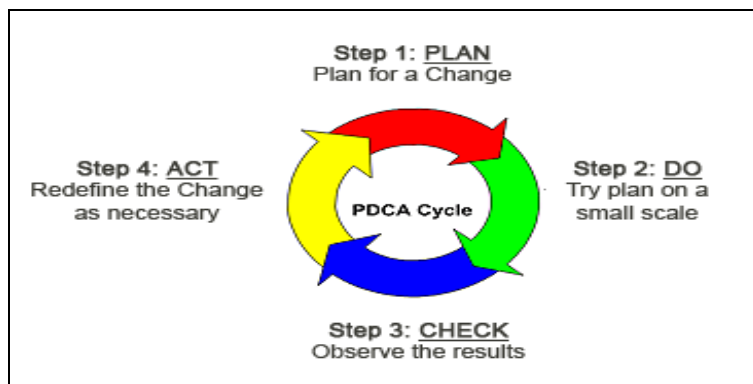


Figure 1: PDCA Cycle (<http://www.swopehealth.org>)

**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.