

**ASSUMPTION UNIVERSITY
THEODORE MARIA SCHOOL OF ARTS
DEPARTMENT OF GENERAL EDUCATION
COURSE OUTLINE 3/2025**

Course : GE2304 Lifestyles and Sustainability in Dynamic World
Credit : 3 [3-0-6]
Status : Required Core/ General Education Elective / Free Elective Courses
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 an individual’s wellbeing.
2. analyze potential impacts of lifestyle choices on the society and the 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 constraints 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 of Future Preparation	30%
Final Examination	<u>30%</u>
Total	<u>100%</u>

Course Requirements and Policies:

Attendance

As listed on the course calendar, at least 80% of class attendance is mandatory. Students who miss more than 3 classes will not be allowed to take the final exam. Microsoft Teams-Camera should be turned on during class sessions if the class is optional and uses online or hybrid learning.

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 obtained from the instructor before the due date. Extensions will be granted only beyond the next assignment, except under extreme circumstances.

Independent Study of Future Preparation Project

An “Independent Study of Future Preparation” project 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 “Independent Study of Future Preparation” conferences will affect the student’s grade.

Important note: For more information about the “Independent Study of Future Preparation”, please visit the Independent Study of Future Preparation’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>

Reference Coursera:

Adam, M. *Introduction to Food and Our Environment* (MOOC). Coursera.

<https://www.coursera.org/learn/food-sustainability-environment-planet-health>

Beach, M. *Disaster Preparedness* (MOOC). Coursera. <https://www.coursera.org/learn/disaster-preparedness>

Lydic, R., & Baghdoyan, H. *Sleep: Neurobiology, Medicine, and Society* (MOOC). Coursera.

<https://www.coursera.org/learn/sleep>

Moore, M. *Environmental Economics* (MOOC). Coursera.

<https://www.coursera.org/learn/environmental-economics>

Study Plan and Schedule:

Date/ Class	Contents
April 1, 2026 Class 1 09:00-12:00 hrs.	Introduction Unit I: Essential Concepts of Wellness, Wellbeing, and Sustainability <ul style="list-style-type: none"> • Wellness, wellbeing, telomere concepts, and lifestyle • Sustainability and lifestyle

Date/ Class	Contents
April 1, 2026 Class 2 13:00-16:00 hrs.	Unit I: Essential Concepts of Wellness, Wellbeing, and Sustainability (continue) <ul style="list-style-type: none"> • Sustainability and lifestyle ❖ Criticism of a personal sustainable wellbeing lifestyle: Assignment 1
April 2, 202 Class 3 9:00-12:00 hrs.	Unit II: The Science of the Current Global Crisis <ul style="list-style-type: none"> • Global climate change <ul style="list-style-type: none"> ▪ Science behind global warming ▪ Mitigation and adaptation to global warming ❖ Taking actions for adaptation and mitigation strategies
April 2, 2026 Class 4 13:00-16:00 hrs.	Unit II: The Science of the Current Global Crisis (continue) <ul style="list-style-type: none"> • Global climate change <ul style="list-style-type: none"> ▪ Science behind Ozone depletion ▪ Mitigation and adaptation to Ozone depletion ❖ Taking actions for adaptation and mitigation strategies: Assignment 2
April 8, 2026 Class 5 9:00-12:00 hrs.	Unit II: The Science of the Current Global Crisis (continue) <ul style="list-style-type: none"> • Current global trends of PM2.5/ Photochemical smog <ul style="list-style-type: none"> ▪ Science behind PM2.5/ Photochemical smog ▪ Mitigation and adaptation to PM2.5/ Photochemical smog ❖ Taking actions for adaptation and mitigation strategies
April 8, 2026 Class 6 13:00-16:00 hrs.	Unit III: Exploring Wellbeing Lifestyles <ul style="list-style-type: none"> • Nutrition and diet <ul style="list-style-type: none"> ▪ Science behind nutrition ▪ Macronutrients and Micronutrients ▪ 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/ Photochemical smog: Assignment 3
April 9, 2026 Class 7 9:00-12:00 hrs.	Unit III: Exploring Wellbeing Lifestyles (continue) <ul style="list-style-type: none"> • Sleep and rest <ul style="list-style-type: none"> ▪ Science behind sleep ▪ Factors affecting sleep ❖ Effects of sleep on working performances/ learning: Assignment 4

Date/ Class	Contents
April 9, 2026 Class 8 13:00-16:00 hrs.	Unit III: Exploring Wellbeing Lifestyles (continue) <ul style="list-style-type: none"> • Exercise and fitness <ul style="list-style-type: none"> ▪ Science behind exercise ▪ Exercise recommendations ▪ METs calculation ▪ Exercise injury ❖ Meeting the needs of water intake on exercise-related global warming
April 29, 2026 Class 9 9:00-12:00 hrs.	Independent Study of Future Preparation Project <ul style="list-style-type: none"> ❖ Proposal Conference
April 29, 2026 Class 10 13:00-16:00 hrs.	Independent Study of Future Preparation Project (continue) <ul style="list-style-type: none"> ❖ Proposal Conference
April 30, 2026 Class 11 9:00-12:00 hrs.	Independent Study of Future Preparation Project (continue) <ul style="list-style-type: none"> ❖ Self-directed learning with online consultation
April 30, 2026 Class 12 13:00-16:00 hrs.	Independent Study of Future Preparation Project (continue) <ul style="list-style-type: none"> ❖ Self-directed learning with online consultation
May 6, 2026 Class 13 9:00-12:00 hrs.	Independent Study of Future Preparation Project (continue) <ul style="list-style-type: none"> ❖ Presentation
May 6, 2026 Class 14 13:00-16:00 hrs.	Independent Study of Future Preparation Project (continue) <ul style="list-style-type: none"> • Presentation
May 7, 2026 Class 15 9:00-12:00 hrs.	Final Reviews
-----FINAL EXAMINATION----- Date: May 12, 2026 Time: 09:00-12:00 Hrs. <i>*Check and confirm with the registrar’s notice.</i>	

May 6, 2026: 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.ed

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

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.

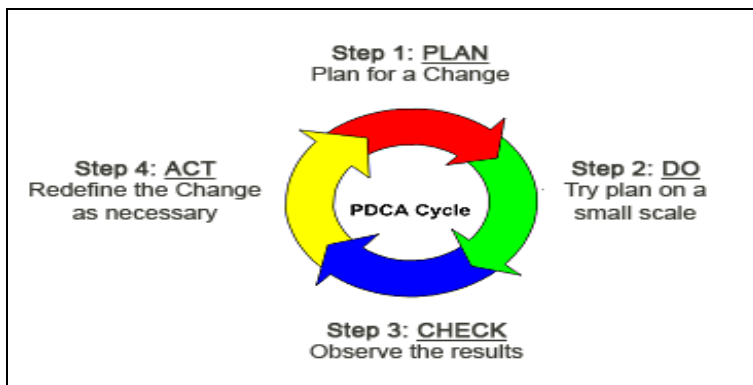


Figure 1: PDCA Cycle (<http://www.swopehealth.org>)

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.