

ASSUMPTION UNIVERSITY
THEODORE MARIA SCHOOL OF ARTS
DEPARTMENT OF GENERAL EDUCATION
COURSE OUTLINE 1/2026

Course: GE 2305 Contemporary Health Issues
Credit: 3 (3-0-6)
Status: Free elective course **Prerequisite:** None
Lecturers: A. Sasiluk S.

Course Description:

The body systems and their functions, holistic dimension of health, factors influence individual health, current health issues – lifestyle diseases, infectious diseases, mental health disorders, social medias and health problems, and environmental health issues. The importance of individual responsibility for personal health and prevention of diseases, life rescue, first aid, vaccine

Course Objectives:

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

- Understand body systems and their functions and factors influence body and mind functions
- Understand causes, signs and symptoms, and prevention for mental disorders and diseases from lifestyle and environment
- Understand causes, spread of infectious diseases, diseases prevention and immunization
- Understand basic life support
- Realize the importance of lifestyle, social media, and environment on their health

Teaching-Learning Activities:

1. Lecture
2. Discussion
3. Presentation
4. Demonstration
5. Health assessment
6. Independent study

Course Components and Mark Allocation:

Class Participation	10%
Classwork Assignment	20%
Personal Health Assessment Report	10%
Independent Study	20%
Basic Life Support & First Aid Demonstration	20%
Quiz	<u>20%</u>
Total	100%

Attendance Requirement:

At least **80%** class attendance is required. Students who are 15 minutes late will have their names recorded as late for that class. Three lates will be recorded as 1 absence.

Evaluation:

The grading system is 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:

Hales, D. (2021). An Invitation to Health (19th ed.). Cengage Learning
 Papadakis A.M., McPhee J S., & Rabow, W.M. (2018). Current Medical Diagnosis and Treatment (57th ed.). McGraw-Hill Education

Reference Websites:

<https://www.who.int>

<https://www.cdc.gov>

Study Plan and Schedule:

Lecture No.	Contents
1 June 4	Course Introduction Module I: Concept of Health - Dimension of health - Life span and Health span
2 June 9	Module I: Concept of Health (cont.) - Body systems and their functions
3 June 11	Module II: Lifestyle Diseases - Lifestyle factors - Obesity
4 June 16	Module II: Lifestyle Diseases (cont.) - Coronary artery disease (CAD)
5 June 18	Module II: Lifestyle Diseases (cont.) - Hypertension (HT) - Stroke
6 June 23	Module II: Lifestyle Diseases (cont.) - Type II Diabetes - Chronic Pulmonary Diseases (COPD)
7 June 25	Module II: Lifestyle Diseases (cont.) - Cancer
8 June 30	Module II: Lifestyle Diseases (cont.) - Lifestyle diseases prevention - Lifestyle health risk assessment
9 July 2	Module III: Infectious Diseases - Tuberculosis (TB) - Current infectious diseases outbreak
10 July 7	Module III: Infectious Diseases (cont.) - Immunization - Antimicrobial resistance issue
11 July 9	Module IV: Basic Life Support (BLS) and First Aid - Basic life support (BLS) and first aid concepts - Cardiopulmonary resuscitation (CPR) and choking training

12 July 14	Module IV: Basic Life Support (BLS) and First Aid - Cardiopulmonary resuscitation (CPR) and choking training - First aid: heat stroke, bleeding, skin burn, seizure training
13 July 16	Module IV: Basic Life Support (BLS) and First Aid - Cardiopulmonary resuscitation (CPR) and choking demonstration
14 July 21	Module IV: Basic Life Support (BLS) and First Aid - First aid: heat stroke, bleeding, skin burn, seizure demonstration
15 July 23	Quiz 1: Module I-IV (10%)
****NO MIDTERM EXAM****	
17 Aug 11	Module V: Mental Disorders - Post-Traumatic Stress Disorder (PTSD) - Stress Cardiomyopathy - Anxiety
18 Aug 13	Module V: Mental Disorders (cont.) - Depression - Mental health assessment
19 Aug 18	Module VI: Digital Technology, Social Media, and Health Concerns - Cyberbullying - Sleep disturbances
20 Aug 20	Module VI: Digital Technology, Social Media, and Health Concerns (cont.) - Office syndrome
21 Aug 25	Module VII: Environmental Health Issues - Air pollution and health problems - Climate change and health problems - Environmental health risk assessment
22 Aug 27	Module VIII: Current Health Issues - Global Health Issues
23 Sep 1	Module VIII: Current Health Issues (cont.) - Emerging Health Threats
24 Sep 3	Module IX: Longevity Technology - Longevity Concept - Intelligent Longevity Technology
25 Sep 8	Module IX: Longevity Technology (cont.) - Intelligent Longevity Technology
26 Sep 10	Quiz 2: Module V-IX (10%)

27 Sep 15	Module X: Independent Study - Independent Study Presentation
28 Sep 17	Module X: Independent Study - Independent Study Presentation
29 Sep 22	Module X: Independent Study - Independent Study Presentation
30 Sep 24	Module X: Independent Study - Independent Study Presentation
****NO FINAL EXAM****	

Sep 18, 2026: Last Day to withdraw with “W”

LOCATION AND CONTACT INFORMATION GENERAL EDUCATION (GE)
office hours are Monday through Friday, 8.30 a.m. – 16.30 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 citizen, 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.

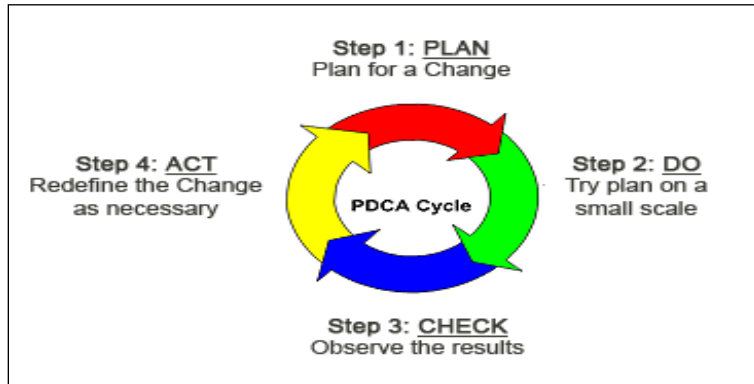


Figure 1 :PDCA Cycle)<http://www.swopehealth.org/>

THEODORE MARIA SCHOOL OF ARTS
Advising and Counseling 1/2026

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 2/2026 semester. Students who fail to come for their advising and counseling session will not be allowed to register for 2/2026 during the pre-registration period.

Names of advisors for semester 1/2026 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.