Assumption University

Theodore Maria School of ARTS

Department of General Education

Course Outline 2/2026

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	10 %
Total	**100 %**

Evaluation :	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:

Week 1

Period 1

General Introduction

- Objective
- Course requirement
- Mark allocation

Period 2

- Physical Fitness test (Pre-test)

Week 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*

Week 3

Period 1

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

Period 2

- *Discuss assignments and tests after class*

Week 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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Week 5

Period 1

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

Period 2

- *Discuss assignments and tests after class*

Week 6

Period 1

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

Period 2

- *Discuss assignments and tests after class*

Week 7

Period 1

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

Period 2

- *Discuss assignments and tests after class*

Week 8

Period 1

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

Period 2

- *Practice*
- *Discuss assignments and tests after class*

Week 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*

Week 10

Period 1

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

Period 2

- Basic skills in volleyball
- Practice

Week 11

Period 1

- Basic skills in volleyball
- Practice

Period 2

- Volleyball gameplay
- Practice

Week 12

Period 1

- Volleyball skill test

Period 2

- cheering for sports and etiquette in cheering

Week 13

Period 1

- Sports business & marketing

Period 2

- *Discuss assignments and tests after class*

Week 14

Period 1

- Sports Psychology
-

Period 2

- Physical Fitness test (Post-test)

Week 15

Period 1

- *QUIZ*

Period 2

- Project Sports that students are interested

Reminders: There is no midterm & final exam.

February 19, 2027 : Last day to withdraw with "W"

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.

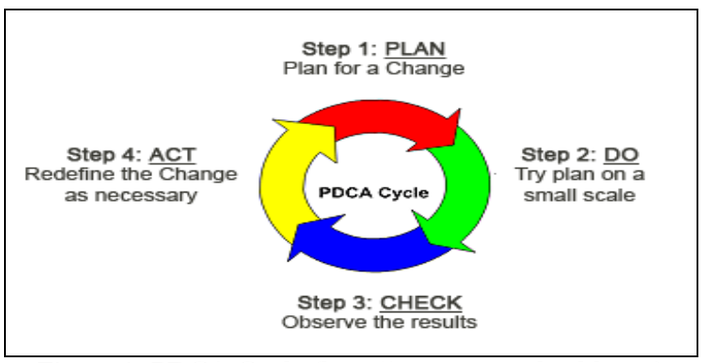


Figure 1: PDCA Cycle (http://www.swopehealth.org)

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.