ASSUMPTION UNIVERSITY
THEODORE MARIA SCHOOL OF ARTS
DEPARTMENT OF GENERAL EDUCATION
COURSE OUTLINE 2/2026

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	20%
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:

Grade	Mark
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:

Week No.	Contents
1	**Module I: Concept of Health** - Dimension of health - Life span and Health span - Body systems and their functions
2	**Module II: Lifestyle Diseases** - Lifestyle factors - Obesity - Type II Diabetes
3	**Module II: Lifestyle Diseases (cont.)** - Coronary artery disease (CAD) - Hypertension (HT) - Stroke
4	**Module II: Lifestyle Diseases (cont.)** - Chronic Pulmonary Diseases (COPD) - Cancer
5	**Module II: Lifestyle Diseases (cont.)** - Lifestyle diseases prevention - Lifestyle health risk assessment
6	**Module III: Infectious Diseases** - Tuberculosis (TB) - Current infectious diseases outbreak - Immunization - Antimicrobial resistance issue
7	**Module IV: Mental Disorders** - Post-Traumatic Stress Disorder (PTSD) - Stress Cardiomyopathy - Anxiety
8	**Module IV: Mental Disorders (cont.)** - Depression - Mental health assessment

9	**QUIZ I (Module I-IV): 10%**
10	**Module V: Digital Technology, Social Media, and Health Concerns** - Cyberbullying - Sleep disturbances - Office syndrome **Module VI: Current Health Challenges and Longevity Technology** - Current Health Challenges - Longevity Technology & Innovations
11-12	**Module VII: Basic Life Support (BLS) and First Aid** - Cardiopulmonary resuscitation (CPR) and choking training - First aid: heat stroke, bleeding, skin burn, seizure training
13	**QUIZ II (Module V - VII) :10%** **Module VIII: Independent Study** - Independent Study Presentation
14-15	**Module VIII: Independent Study** - Independent Study Presentation

Feb 19, 2027: 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: 02-7232485
Email Address: general_education@au.edu

Au VISION

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.

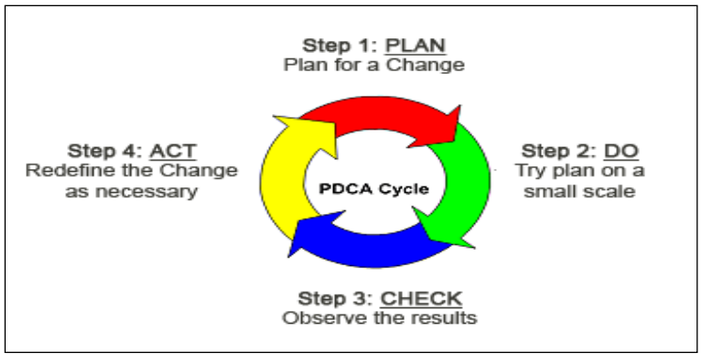


Figure 1: PDCA Cycle (http://www.swopehealth.org)

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.