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

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 the impacts of these choices on individuals' well-being, 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 individuals' well-being.
2. analyze potential impacts of lifestyle choices on the society, and 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 constraint 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	30%
Total	**100%**

Course Requirements and Policies:

Attendance
As listed on the course calendar, at least 80% of class attendance is mandatory. Students who miss more than 6 classes will not be allowed to take the final exam. Microsoft Teams-Camera is an optional online or hybrid pedagogy that should be turned on during class sessions.

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 beyond the next assignment except under extreme circumstances.

Independent Study of Future Preparation
All "Independent Study of Future Preparation" projects 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" conferences will affect the student's grade.

Important note: For more information about the "Independent Study", please visit the Independent Study'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:

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:

Cunningham, W. P. & Cunningham, M. A. (2020). *Environmental Science: A Global Concern*. 15th ed. 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:

Week	Contents
1	Unit I: Essential Concepts of Wellness, Wellbeing, and Sustainability • Wellness, wellbeing concepts, and telomere health • Principles of sustainability and lifestyle ❖ Criticism of a personal sustainable wellbeing lifestyle

Week	Contents
2	Unit II: The Science of Current Global Crisis • Global climate changes ▪ Science behind global warming ▪ Mitigation and adaptation to global warming
3	Unit II: The Science of Current Global Crisis • Global climate changes (continue) ▪ Mitigation and adaptation to global warming ❖ Taking change for adaptation and mitigation strategies
4	Unit II: The Science of Current Global Crisis • Global climate changes (continue) ▪ Science behind Ozone depletion ▪ Mitigation and adaptation to Ozone depletion ❖ Taking change for adaptation and mitigation strategies
5	Unit II: The Science of Current Global Crisis • Current global temporal trends of PM2.5 ▪ Science behind PM2.5 ▪ Adaptation to PM2.5 ❖ Taking change for adaptation and mitigation strategies
6	Unit III: Exploring Wellbeing Lifestyles • Nutrition and diet ▪ Science behind nutrition ▪ Macronutrients ▪ Micronutrients ▪ Dietary guidelines for a healthy diet practice
7	Unit III: Exploring Wellbeing Lifestyles • Nutrition and diet (continue) ▪ 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
8	Independent Study of Future Preparation

Week	Contents
	▪ Conference
9	Independent Study of Future Preparation ▪ Conference
10	Unit III: Exploring Wellbeing Lifestyles (continue) • Sleep and rest ▪ Science behind sleep ▪ Factors affecting sleep ❖ Effects of sleep on working performances/ learning
11	Unit III: Exploring Wellbeing Lifestyles (continue) • Exercise and fitness ▪ Science behind exercise ▪ Exercise recommendations ▪ METs calculation ▪ Exercise injury ❖ Meeting needs of water intake on exercise-related global warming
12	Unit IV: Exploring Economics of Disaster and Climate Change • Economics of disaster and climate change • Disaster prevention and mitigation • Transitioning to a disaster preparedness society
13	Unit V: Exploring Economics of Biodiversity and Ecosystem Services • Ecological concepts and biodiversity • Managing and sustaining ecosystem services • Biodiversity conservation during global constraints
14	Independent Study of Future Preparation • Presentation
15	Independent Study of Future Preparation • Presentation
----------FINAL EXAMINATION---------- **Date : March 9, 2027 Time : 9:00-12:00 Hrs.** **Check and confirm with the registrar's notice.*	

February 19, 2027 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.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 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.

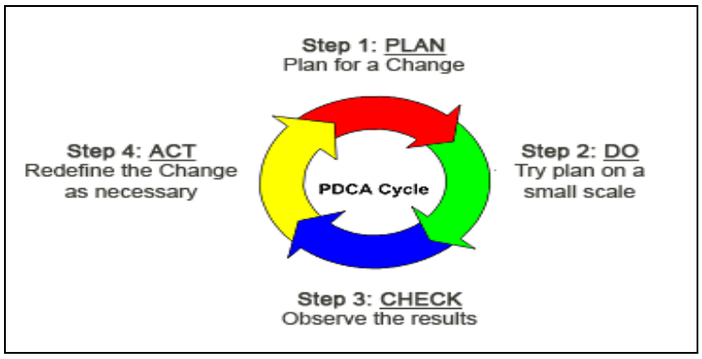


Figure 1: PDCA Cycle (http://www.swopehealth.org)

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.