

9b. Brief outline of all courses in the Program

Course descriptions

General Education Courses

1.1 Language and Communication Courses

SWU 111 Thai for Communication 3(3-0-6)

The elements of communication, listening, speaking, reading, writing, synthesis of ideas and strategies for using Thai language for communication in various situations, emphasizing the skills of writing summaries, explanations and descriptions

SWU 121 English for Effective Communication I 3(2-2-5)

English skills focusing on listening and speaking English as a foreign language in various situations through listening and speaking exercises using various learning processes, media and information technology, both inside and outside the classroom

SWU 122 English for Effective Communication II 3(2-2-5)

English skills focusing on reading and writing English as a foreign language in various situations through doing reading and writing exercises using various learning processes, media and information technology, both inside and outside the classroom

SWU 123 English for International Communication I 3(2-2-5)

The principles of English usage focusing on listening and speaking for learners who use English as an international language, including vocabulary, idioms, sentences, complex grammar and pronunciation, practicing conversations in various situations through various media and learning activities both inside and outside the classroom

SWU 124 English for International Communication II 3(2-2-5)

The principles of English usage focusing on reading and writing for learners who use English as an international language, practicing writing essays on various topics through various learning activities both inside and outside the classroom

1.2 Integrated Courses (Science, Mathematics and Technology)

SWU 141 Life in a Digital World 3(3-0-6)

The importance of communication and technology in the digital world, search skills, evaluation of information media, data reference, ethics and related laws, danger in the digital world and prevention guidelines, presentation, knowledge management for lifelong learning and information and technology literacy

SWU 241 Digital Technology and Society Trends 2(1-2-3)

The evolution and concept of digital technology affecting society in terms of culture, economy, politics and environment, assessment of technology consumption behavior of society and members and analysis of the trends of digital technology in the future world society

SWU 242 Mathematics in Daily Life 3(3-0-6)

Mathematical thinking and principles with logical thinking, mathematics for consumers and tax calculation, mathematics and beauty, numerical analysis, interpretation and application of mathematics and statistics in daily life

SWU 243 Personal Financial Management 3(3-0-6)

Principles of financial planning and management, financial instruments for personal liquidity management, time value of money and financial technology, collecting and analyzing personal financial data, tax planning, savings and insurance planning, debt management and investment planning

SWU 244 Science for Better Life and Environment 3(3-0-6)

Attitude and scientific thinking process, ecological system and the importance of balanced coexistence, applied science, technology, impacts of scientific and technological progress on the way of life, economy, society, environment and application of science in a wisely and environmentally friendly manner

SWU 245 Science, Technology and Society 2(2-0-4)

Paradigms and ways of thinking of scientists who play a role in important world events, impacts of science and technology on social dimensions, reflective thinking on science and technology with the current Thai social context

SWU 246 Healthy Lifestyle 2(2-0-4)

Composition and significance of holistic health, important factors affecting health, diseases and human life habits, causes, methods of prevention and treatment, development of creative lifestyle and application of scientific innovations

SWU 247 Food for Life 2(1-2-3)

Importance of food and nutrition for all ages, healthy food, herbs, food supplements, food hazards and safety standards, principles of buying and storing food, intellectual consumption, simple cooking practice from safe and valuable raw materials

SWU 248 Alternative Energy 2(2-0-4)

Definitions, significance, process, role and effect of main energy and renewable energy, global warming phenomenon, participatory energy conservation, efficient and environmentally friendly use of energy, management of community energy and community wastes with appropriate wisdom and technology

SWU 341 Business in a Digital World 2(1-2-3)

Concepts and principles of doing business in the digital world, principles of ethics and related laws, information technology innovations and current communication and future trends

1.3 Integrated Courses (Humanities and Social Sciences)

- SWU 151 General Education for Human Development 3(3-0-6)
Definitions, significance and value of general education courses, history and philosophy of Srinakharinwirot University, real goals of higher education, significance and guidelines for behavioral and mental development, development of learning skills, communication, critical thinking, synthesis and critical problem solving Provide opportunities for group discussions
- SWU 161 Human in Learning Society 2(2-0-4)
Relationships between humans and society, Both Thai society and world society, impacts of social changes on life and environment, significance of continuous knowledge seeking and living with virtue and ethics in a learning society
- SWU 261 Active Citizens 3(3-0-6)
History and culture of Thai government politics, paradigms about democratic citizenship, laws, tax system, civil service functions according to the constitution, importance of adhering to the peaceful way of life, public consciousness and participation in reducing social inequality and guidelines for adjustment as ASEAN citizens and world citizens
- SWU 251 Music and Human Spirit 2(1-2-3)
Analysis of spirit, emotions and human behavior, using music as a tool to learn self-esteem and social context as well as applying and transferring integrated art to the public
- SWU 252 Aesthetics for Life 3(3-0-6)
Concepts of aesthetics and integrative aesthetics related to nature, performing arts, music, literature, aesthetics combined with the social, cultural and environmental contexts
- SWU 253 Dialogue 2(1-2-3)
Thinking base, theory, strategy, practice of dialogue, level of communication, application of dialogue in life by exchanging experiences, transferring thoughts and feelings together through the art of deep listening, contemplative education and practicing dialogue in various situations
- SWU 254 Art and Creativity 2(1-2-3)
Creative power and imagination that creates beauty and aesthetics in various types of art in a multicultural context
- SWU 255 Constitution for Living 2(1-2-3)
Principles of life, life disciplines, rules for creating life assets, leading life to good goals, principles of being good members of the community and principles of life development by analyzing and creating guidelines for self-development along with practice
- SWU 256 Reading for Life 2(2-0-4)
Principles of reading comprehension, analysis, interpretation, criticism and evaluation of writing by reading from a variety of learning sources
- SWU 257 Literature for Intellectual Powers 2(2-0-4)

Concepts, values and aesthetics from various forms of both past and contemporary Thai literature, analysis of literature that creates intellectual powers and elevates the mind

SWU 258 Arts of Speaking and Presentation 2(2-0-4)

Elements, definitions, significance, types and strategies of speech, language and content preparation, compilation of ideas, drafts of speech, verbal and nonverbal language development with various types of speech

SWU 262 History and Effects on Society 2(2-0-4)

Historical information and events that have effects on society from the past to the present, analysis of the political, economic, social, and social changes and social formation trend under the context of globalization

SWU 263 Human and Peace 2(2-0-4)

Concepts and theories about peace, principles of peace from religions, philosophy, beliefs, culture and conflict management in family life, community, society and the concepts and practices of people with ideals about peace and peace of humanity

SWU 264 Human in Multicultural Society 2(2-0-4)

definitions and significance of multicultural society by analyzing the factors of social structures, races, religions, education that affect the beliefs and way of life of people in society, paradigm strengthening and adaptation in multicultural society

SWU 265 Economic Globalization 3(3-0-6)

Concepts of economic globalization, economic policy of the countries that influence globalization, economic integration, international financial institutions, global economic crisis, future trends and impacts on life and guidelines for sustainable development based on the sufficiency economy principles

SWU 266 Sufficiency Economy 2(2-0-4)

Background and general conditions of Thai society, sufficiency economy philosophy compared with mainstream economy by learning from the royal projects, analysis of application guidelines for life and occupation leading to self-reliance based on social and environmental responsibility for sustainable development under globalization

SWU 267 Principles of Modern Management 2(2-0-4)

Concepts and principles of management, modern management theory, concepts of organization management, human resource management, organizational development, modern management trends and sustainable social development

SWU 268 Social Study by Research 2(1-2-3)

Information and events having significant impacts on the current social changes using research-based learning in order to have a deep understanding and be able to link data from research for self-development and social and environmental development

- SWU 351 Personality Development 3(2-2-5)
Definitions and significance of personality development, individual differences, analysis and evaluation of internal and external self-personality, development of a positive attitude towards self and others, social etiquette, communication skills and building good relationships with others
- SWU 352 Philosophy and Thinking Process 3(3-0-6)
Studying Eastern and Western concepts and philosophy in an integrated way, development of thinking skills, analysis, synthesis, philosophy that is a thinking process related to life, society, nature, environment based on logic, ideology and ethics
- SWU 353 Logical Thinking and Ethics 3(3-0-6)
Logical thinking processes based on knowledge, morality, ethics, learning the importance of logical thinking methods from social models and practicing self-development to become a true knower with logical thinking, morality, ethic and living happily in the midst of social and environmental dynamics
- SWU 354 Creativity and Innovation 3(2-2-5)
Concepts, theories, elements and methods of developing creativity and innovation, copyright and intellectual property laws, case studies of the development of world major innovations, practicing to develop creativity and innovations for communities and the environment along with presenting the work to the public
- SWU 355 Buddhism 3(3-0-6)
Wisdom and thinking processes from Buddhism related to life, development of quality of life based on Buddhism in terms of science, philosophy and religion, analysis and development of the way of living with morals and peace
- SWU 356 Social Psychology for Living 2(2-0-4)
Social structure and behavior, basic biology related to human behavior, social variables that cause behavior and mental conditions, analysis of individual and group behavior from social phenomena, conflict solutions, promotion of social behavior and living a happy life
- SWU 357 Mental Health and Social Adaptability 2(2-0-4)
Concepts and processes for enhancing mental health, social adaptability, analysis of causes and prevention of deteriorated mental health and application in daily life
- SWU 358 Creative Activities for Life and Social Development 2(1-2-3)
Definitions, significance, resources, types and forms of creative activities, exchange of knowledge and experience from activities based on interests, research, analysis, synthesis and development of activities that are valuable to the development of life and society
- SWU 361 SWU for Communities 3(1-4-4)
Methods and tools for community study, participation process by integrating learning through student activities to enhance knowledge and understanding of the community context in terms of culture, economy, society and to strengthen good relationships and connect to community development in a participatory manner

SWU 362 Local Wisdom 2(1-2-3)

Local wisdom, relationships of local wisdom and life and community development as well as impacts of globalization on the development of local wisdom by learning together with the community to find ways to continue and develop local wisdom according to the social context and applying it for life, community development and environmental conservation

SWU 363 Ethical Careers for Community 2(1-2-3)

Development ethical careers for community that is bound and respected in nature, environment, morality and culture by using the sufficiency economy philosophy, learn together with the community, strengthening consciousness, unity and awareness of the dignity of the community which will lead to strong and sustainable community development approaches

SWU 364 Social Enterprise 2(1-2-3)

Definitions, significance, principles of entrepreneurship and social enterprise management process, learning about social enterprise in various ways, analyzing and synthesizing knowledge from social enterprise models and presenting ways to create social enterprise along with practicing with the community

Specific Courses

2.1 Basic Courses (Science and Mathematics)

PY 100 General Physics 3(3-0-6)

Mechanics of system of particles, rigid body, properties of matters, fluid mechanics, heat and thermodynamics, waves, sound, light, electric field and electrical interaction, magnetic fields and magnetic interaction, time varying electromagnetic field, quantum physics, nuclear physics with examples of relevant phenomena

PY 180 General Physics Laboratory 1(0-2-1)

Detailed measurement, use of multimeter and oscilloscope, fluid motion, Boyle's law, sound, light and visual aids, electricity, electrical resistance, electrical capacity

CH 100 General Chemistry I 3(3-0-6)

Stoichiometry, atomic structure, gas, liquid, solution, chemical balance, acid-base, organic chemistry, biomolecules, nuclear chemistry and environmental chemistry

CH 190 General Chemistry Laboratory I 1(0-3-0)

Practice skills in using basic chemical equipment, laboratory safety, conducting experiments and analyzing results related to stoichiometry, gas constant, freezing point depression, arrangement of particles in solid, indicators, titration, functional group testing in organic compounds, testing of properties of biomolecules

BI 101 Biology I 3(3-0-6)

Important principles of the structure and function of cell elements, both prokaryotes and eukaryotes, chemicals and chemical reactions in cells, principles of genetic inheritance and genetic materials, cell division, variety of organisms, relationship of living things and environment and evolution

BI 191 Biology Laboratory I 1(0-2-1)

Laboratory of biology about the structure and function of cell elements, both prokaryotes and eukaryotes, chemicals and chemical reactions in cells, principles of genetic inheritance and genetic materials, cell division, variety of organisms, relationship of living things and environment and evolution

MA 113 Mathematics for Health Sciences 3(3-0-6)

Differential calculus, integral calculus, first and second ordinary differential equations, simple differential equation, vector algebra and vector calculus, application of metrics in physics, chemistry, biology and medical science

2.2 Basic Professional Courses

SPS 101 Human Anatomy and Physiology I 2(1-2-3)

Structure, function, mechanism and control of organs and systems of human beings in a normal condition, integumentary system, skeleton system, nervous system and special sense organs, hormone system and immune system

SPS 102 Human Anatomy and Physiology II 2(1-2-3)

Structure, function, mechanism and control of organs and systems of human beings in a normal condition, cardiovascular system, respiratory system, digestive system, urinary system and reproductive system

SPS 103 Introduction to Sports and Exercise Science 2(2-0-4)

Definition of sports and exercise science, principles of basic knowledge in related disciplines, roles of sports and exercise science and sports for excellence and health, evolution and application of current and future knowledge

SPS 104 Sports Philosophy and Olympism 2(2-0-4)

Olympic philosophy and values as well as applications in sports and lifestyle, sportsmanship according to the Olympic philosophy, living according to the guidelines of health, Olympic philosophy and values with being a good sports scientist, relationships and the transfer of Olympic concepts to sports and physical education in Thailand

SPS 105 Ethics for Sports Science I 1(0-2-1)

Definitions, significance of morality and ethics for life and work in sports science, development of ethics by physical, psychological and consciousness training activities and enhancing good consciousness and following rules and etiquette in participating in exercise and sports activities

SPS 206 Ethics for Sports Science II 1(0-2-1)

Work ethics of sports scientists, especially health care and provision of exercise, sports and health services, sports-related laws, participation in activities to promote ethics by practicing physical, psychological and consciousness, self-development to be conscious and behaving modestly in order to be able to work with others and live happily in society

SPS 207 Sports and Exercise Biochemistry 2(2-0-4)

Types, structures and chemical properties of substances that are body composition, metabolic changes of biochemical substances in normal conditions and related to exercise and sports

- SPS 208 English for Sports Science I 2(2-0-4)
Vocabulary for communication about movement for sports and exercise, listening, speaking, reading and writing in the sports science and exercise profession
- SPS 309 English for Sports Science II 2(2-0-4)
English communication for giving advice on movement, exercise, sports, practicing reading and writing advice on exercise and sports science, writing autobiography
- SPS 311 Statistics Computer Programs for Sports Science 2(1-2-3)
Theories, basic principles, use of statistical analysis program, data collection, data analysis and information presentation by integrating with the theories and principles of statistics and research in sports and exercise science
- SPS 312 Research Methodology in Sports and Exercise Science 2(1-2-3)
Basic theories, component, patterns, processes and methods in research, research ethics, searching for research in sports and exercise science and applying research results in the profession
- SPS 413 English for Sports Science III 2(2-0-4)
Communication in English as sports trainers, personal and exercise trainers, practicing reading publications, texts, journals, abstracts and research related to sports and exercise science

2.3 Professional Courses (Compulsory)

- SPS 221 Sports and Exercise Physiology I 2(1-2-3)
Mechanisms, responses and adaptations in sports and exercise physiology of energy system, nervous system, muscular system, circulatory system, respiratory system to apply in exercise and sports
- SPS 222 Sports and Exercise Physiology II 2(1-2-3)
Mechanisms, responses and adaptations in sports and exercise physiology of endocrine system of female, male, children, adolescence and older people in different environments to apply in exercise and sports
- SPS 223 Motor Learning and Development 2(2-0-4)
Body growth and development related to human movement skills in different ages, patterns of motor learning and development of movement skills to promote health and develop athletic ability
- SPS 224 Sports and Exercise Psychology 2(2-0-4)
Theories, psychological principles related to sports and exercise, using psychology to study human behavior related to sports and applying psychology to success in sports and exercise
- SPS 325 Sports and Exercise Nutrition 2(2-0-4)
Basic nutrition principles, roles of nutrition in sports and exercise, principles of food determination and application of nutrition principles for athletes and those who exercise
- SPS 326 Sports Biomechanics 2(1-2-3)
Principles of kinetics and kinetic motion, applying mechanics principles and the anatomy of muscles, bones and joints to human movements and sports, sports posture analysis to help improve sports skills correctly and appropriately
- SPS 327 Sports Management 2(2-0-4)

Principles, strategies and integration of management theories and management of sports organizations, sports competition planning, public relations management approaches, personnel related to sports competition management

SPS 328 Sports Injury and Illness 2(2-0-4)

Causes, risk factors and mechanisms of sports and exercise injury and illness, types of injury and illness, symptoms, treatment guidelines, prevention and starting to play sports or exercise after sports and exercise injury or illness, basic knowledge about prohibited substances and methods for sports

SPS 329 Sports and Exercise Pedagogy 2(1-2-3)

Current teaching methods for sports and exercise, preparation and effective teaching process, factors related to teaching and learning, choosing teaching methods, observation and evaluation of teaching, application of teaching styles to suit the nature of each type of activities, sports and exercise

SPS 331 Principles of Sports Training and Exercise 2(1-2-3)

Theories, scientific principles that are the basis of sports training for excellence and exercise for health, development of motor fitness, planning of sports and exercise drills

SPS 332 Exercise Testing and Prescription 2(1-2-3)

Theories and principles related to physical fitness, relationship of exercise and physical fitness, physical fitness test and evaluation to determine sports / exercise programs for individuals and groups, application of technological innovation, sports and exercise science equipment and management to create competencies for individuals, athletes and special groups

SPS 333 Sports Performance Assessment 2(1-2-3)

Test patterns, measurement and assessment of sports tests, selection of instruments for sports performance assessment, interpretation and presentation of test results, determination of the quality and accuracy of the instruments used to assess sports performance

SPS 334 Sports and Exercise Leadership 2(2-0-4)

Principles of leadership, types of leaders, roles of leaders, leadership theories, leadership personality, leader's visions, effective leadership skills, organizational change concepts and roles of leaders in creating values and culture

SPS 435 Innovations and Technology in Sports and Exercise 2(1-2-3)

Principles, usage and practice in designing and creating simple sports and exercise innovations, analysis of the value of innovation and technology for development of sports and exercise for individuals, athletes and special groups

SPS 436 Senior Projects 2(0-4-2)

Search, study, analysis and synthesis of research in sports science and exercise, basic research in sports science and exercise and research presentation under the supervision of an advisor

2.4 Professional Courses (Elective)

SPS 241 Outdoor Activities 2(1-2-3)

Principles of outdoor activities, body movement activities, games, exercise games or sports for physical and mental health improvement, characteristics and qualifications of leaders and followers in doing activities

SPS 242 Sports and Exercise Sociology 2(2-0-4)

Principles, philosophical and social theories related to sports and exercise from past to present and future trends

SPS 243 Physical Activities Behavior 2(2-0-4)

Principles, theories of human behavior related to physical activities for good health and physical fitness, promoting general people and special groups of people to have physical activities behavior

SPS 344 Psychology of Exercise and Health 2(2-0-4)

Social, cultural and environmental factors and social contexts leading to healthy behaviors that affect physical activity, application of psychology, counseling in promoting exercise for good health

SPS 345 Sport and Exercise Teaching 2(1-2-3)

Principles of teaching, concepts of teaching and classroom management, teaching approach that focuses on student-centered learning, grading and teaching evaluation, training for sports or fitness instructors, participation in preparation of activities for being effective sports and exercise instructors

SPS 346 Sports and Exercise Massage 2(1-2-3)

Principles, techniques, equipment, indicators, contraindications and precautions, physiological effects of sports and fitness massage for preparing, preventing and restoring the body from playing sports and doing exercise

SPS 447 First Aids and Resuscitation 2(1-2-3)

Qualifications and roles of first aid providers, principles and procedures of first aid, first aid for injury and illness, cardiopulmonary resuscitation, using Automated External Defibrillator, transfer and referral of injured and sick persons

SPS 448 Sports Performance Training 2(1-2-3)

Training methods for strengthening the body and developing sports performance, planning for sports fitness training, principles of sports coaches

SPS 449 Applied Sports Science 2(1-2-3)

Application of sports science principles for the development of athletes in physiological system, energy system, nutrition, drills, nutrition, psychology, analysis of the ability of individual athlete, team, competition, biomechanics and related and appropriate technologies

SPS 451 Sports and Exercise Rehabilitation 2(1-2-3)

Principles, techniques, equipment, indicators, contraindications and precautions for exercise in order to prevent and restore the body from playing sports and doing exercise to allow the body to return to normal condition and be ready for playing sports and doing exercise

SPS 452 Sports Marketing 2(2-0-4)

Marketing theory, basic consumer behavior and marketing planning, designing and applying marketing plans by integrating products, prices, marketing promotion, product distribution and services, sales, benefits and trademarks / brands of sports marketing products and services

SPS 453 Entrepreneurship in Sports 2(2-0-4)
Definitions, roles, types and characteristics of entrepreneurship, thinking and looking for opportunities to create products or services with new concepts in sports and exercise, morality and ethics in doing business, investment and formulation of guidelines for creating a simple business plan

2.5 Professional Practice Course (Compulsory)

SPS 161 Athletics I 1(0-2-1)
History, benefits of athletics, practicing and techniques of athletics, both track and field events, storage of equipment, rules, regulations, competition etiquette and safety in athletics

SPS 162 Gymnastics 1(0-2-1)
History, benefits of gymnastics, practicing and techniques of gymnastics, storage of equipment, rules, regulations, competition etiquette and safety in gymnastics

SPS 163 Swimming 1(0-2-1)
History, benefits of swimming, practicing and techniques of swimming, storage of equipment, rules, regulations, competition etiquette and safety in swimming

2.6 Professional Practice Course (Elective)

2.6.1 Sports Courses

SPS 171 Volleyball 1(0-2-1)
History, benefits of volleyball, practicing and techniques of volleyball, storage of equipment, rules, regulations, competition etiquette and safety in playing volleyball

SPS 172 Badminton 1(0-2-1)
History, benefits of badminton, practicing and techniques of badminton, storage of equipment, rules, regulations, competition etiquette and safety in playing badminton

SPS 273 Basketball 1(0-2-1)
History, benefits of basketball, practicing and techniques of basketball, storage of equipment, rules, regulations, competition etiquette and safety in playing basketball

SPS 274 Golf 1(0-2-1)
History, benefits of golf, practicing and techniques of golf, storage of equipment, rules, regulations, competition etiquette and safety in playing golf

SPS 275 Korfball 1(0-2-1)

History, benefits of korfbal, practicing and techniques of korfbal, storage of equipment, rules, regulations, competition etiquette and safety in playing korfbal

SPS 276 Football 1(0-2-1)

History, benefits of football, practicing and techniques of football, storage of equipment, rules, regulations, competition etiquette and safety in playing football

SPS 377 Muaythai 1(0-2-1)

History, benefits of Muaythai, practicing and techniques of Muaythai, storage of equipment, rules, regulations, competition etiquette and safety in Muaythai

SPS 378 Life Saving and Water Safety 1(0-2-1)

Significance, benefits of life saving and water safety, lifesaving and water safety skills, cautions in doing water activities, cardiopulmonary resuscitation, equipment storage

SPS 379 Scuba Diving 1(0-2-1)

History, benefits of scuba diving, practicing and techniques of scuba diving, storage of equipment, rules, regulations, competition etiquette and safety in scuba diving

SPS 381 Rowing 1(0-2-1)

History, benefits of rowing, practicing and techniques of rowing, storage of equipment, rules, regulations, competition etiquette and safety in rowing

SPS 382 Futsal 1(0-2-1)

History, benefits of futsal, practicing and techniques of futsal, storage of equipment, rules, regulations, competition etiquette and safety in playing futsal

SPS 383 Athletics II 1(0-2-1)

Attributes, qualifications and roles of trainers, referees, factors affecting success, practice as a trainer, referee and techniques for management of athletics competition

SPS 384 Taekwondo 1(0-2-1)

History, benefits of Taekwondo, practicing and techniques of Taekwondo, storage of equipment, rules, regulations, competition etiquette and safety in Taekwondo

SPS 485 Tennis 1(0-2-1)

History, benefits of tennis, practicing and techniques of tennis, storage of equipment, rules, regulations, competition etiquette and safety in playing tennis

SPS 486 Sword and Pole 1(0-2-1)

History, benefits of Sword and Pole, practicing and techniques of Sword and Pole, selection of the types of Sword and Pole, selection of right equipment, preparation of equipment, cultivation of knowledge, understanding and a good attitude towards Thai martial arts, storage of equipment, rules, regulations, competition etiquette and safety in Sword and Pole Fighting

SPS 487 Electronic Sports 1(0-2-1)

History, principles and types of electronic sports, application of sports science knowledge to practice of electronic sports skills and current way of life

2.6.2 Exercise Courses

SPS 180 Social Dance 1(0-2-1)

History, benefits of social dance, practicing and techniques of social dance, storage of equipment, rules, regulations, etiquette and safety in social dance

SPS 282 Cycling for Health 1(0-2-1)

History, benefits of cycling for health, basic skills of cycling for health, storage of equipment, rules, regulations and safety in cycling for health

SPS 283 Aerobic Dance 1(0-2-1)

Theories and principles of aerobic dance, practicing the skills and techniques of aerobic dance and application

SPS 284 Fundamental Yoga 1(0-2-1)

History and principles of Yoga practice, related science, types of Yoga suitable for beginners, stretching for Yoga, Chakras, Prana and Bandha with Yoga, basic Yoga postures for health, posture, application of postures and use of Yoga equipment at work Yoga Nidra, Yoga for sports and exercise

SPS 285 Weight Training 1(0-2-1)

Principles of weight training, application of anatomy and physiology of musculoskeletal system together with the study of weight training techniques

SPS 386 Yoga Instructor 1(0-2-1)

Principles of Yoga, anatomy and physiology related to Yoga, Prana and Bandha with yoga, personality and qualifications of Yoga instructors, basic postures and yoga postures essential to health, principles of teaching and presentation of yoga, postures, teaching and practicing for being Yoga instructors, precautions, providing feedback, etiquette and ethics of Yoga instructors

SPS 387 Functional Training 1(0-2-1)

Exercise patterns related to muscle functions both with and without training equipment to enhance the efficiency of daily life and sports playing

SPS 388 Group Exercise Instructor 1(0-2-1)

Types of group exercise, learning principles, analysis and practice to be a group exercise instructor, working with others and application

SPS 489 Personal Trainer and Exercise Program Designer 1(0-2-1)

Definitions, significance, elements and practice of being a good personal trainer, behavior and supervision of a trainer, approaches for creating exercise programs for good health and suitable for all genders

SPS 491 Pilates

1(0-2-1)

History and background of Pilates, practice and breathing principles, benefits of training, training equipment, basic Pilates, postures and daily practice postures, application to suit the ability of the players

SPS 492 Tai Chi Chi Kong

1(0-2-1)

History, Taoist philosophy, concepts of Dantian, Qi energy, principles of Yin and Yang, learning and practicing breathing in accordance with Tai Chi Chi Kong dance, practicing Tai Chi Chi Kong dance with and without music, practicing Tai Chi Chi Kong dance with and without equipment

Professional Experience Training Courses

SPS 501 Practicum in Sports and Exercise Science

6(0-18-0)

Practical training in government or private agencies related to sports and exercise science and health under the supervision of the supervisors from the program together with the advisors in the workplace to develop students to have academic knowledge and skills related to profession, self-development in systematic thinking, decision making, analysis and evaluation, potential in working in accordance with the needs of the establishments and the labor market

SPS 502 Cooperative Education

6(0-18-0)

Systematically working in a workplace or a related organization by the cooperation between the university and establishments or related agencies for 1 semester, not less than 16 weeks under the supervision of the supervisors from the program together with the advisors assigned by the establishments or the organizations to develop students to have academic knowledge and skills related to profession, self-development in systematic thinking, decision making, analysis and evaluation, potential in working in accordance with the needs of the establishments and the labor market