

TQF2

Student Handbook

B.Sc. (Sports and Exercise Sciences)

Revision 2023

Faculty of Physical Education

Srinakharinwirot University

Section 1: General Information

1. Program Code and Name

- Program Code: 25550091103937
- Program Name: Bachelor of Science Program in Sports and Exercise Science

2. Degree and Major Name

- Degree Name: Bachelor of Science (Sports and Exercise Science)
- Abbreviation: B.Sc. (Sports and Exercise Science)

3. Major/Specialization

- None

4. Total Credits Required

- No less than 124 credits

5. Program Format

- 5.1 Format: Academic Bachelor's Degree Program
- 5.2 Duration of Study:
 - Full-time Program: 4 years
 - Lifelong Learning Program: No set duration, students can accumulate credits with the university's credit bank.
- 5.3 Language of Instruction: Thai, with documents and textbooks in both Thai and English
- 5.4 Admission: Open to Thai and international students proficient in Thai
- 5.5 Collaboration with Other Institutions: This program is specific to the Department of Sports Science, Faculty of Physical Education, Srinakharinwirot University.
- 5.6 Degree Conferral: Confers a single major degree

6. Educational Management System

- 6.1 System: Two-semester system (each semester no less than 15 weeks)
- 6.2 Summer Semester: May be offered in special cases (no less than 8 weeks, at the discretion of the Curriculum Management Committee)

- 6.3 Credit Equivalency: Follows Srinakharinwirot University Regulations on Bachelor's Degree Studies 2023 (Appendix A)

7. Teaching and Learning Implementation

- First Semester: August - December
- Second Semester: January - May
- Summer Semester: June - July (if offered)

8. Location of Instruction

- Faculty of Physical Education, Srinakharinwirot University

9. Relationship with Other Programs

- 9.1 Courses Offered by Other Faculties/Departments/Programs:
 - General Education Courses (30 credits) offered by the university's Office of Innovative Learning
 - Free Elective Courses (at least 12 credits) chosen from university offerings
- 9.2 Courses Offered to Other Faculties/Departments/Programs:
 - Free elective courses at the bachelor's level

10. Career Opportunities

- 10.1 Sports and Exercise Scientist
- 10.2 Sports Performance Coach
- 10.3 Exercise Instructor/Trainer
- 10.4 Other related careers in sports and exercise science

11. Program Director and Qualifications

No.	Faculty Name	Qualifications (Bachelor's-Master's-Doctoral) (Field of Study) Year of Graduation	Institution
1	Asst. Prof. Dr. Nutcharee Senakham	B.N. (Nursing), 1995; M.Sc. (Sports Science), 2008; Ph.D. (Sports and Exercise Science), 2019	Mahidol University; Mahidol University; Srinakharinwirot University
2	Asst. Prof. Dr. Panuwat Wachirathanin	B.Sc. (Sports Science), 2009; M.Sc. (Sports Science), 2013; Ph.D. (Sports Science and Health), 2017	Srinakharinwirot University; Srinakharinwirot University; Srinakharinwirot University
3	Mr. Pariya Pariyavuth	B.Sc. (Sports Science), 2007; M.Sc. (Sports Science), 2011	Srinakharinwirot University; Mahidol University
4	Mr. Sirichet Punthipayanon	B.Sc. (Sports Science), 2008; M.Sc. (Sports Science), 2011	Srinakharinwirot University; Srinakharinwirot University
5	Asst. Prof. Dr. Thongthong Songsoophab	B.Sc. (Sports Science), 2013; M.Sc. (Sports Science), 2015; Ph.D. (Sports Science), 2024	Silpakorn University; Chulalongkorn University; Chulalongkorn University

12. Program Faculty and Qualifications

Same as the list above

13. Program Status and Approval

- This is a revised curriculum from the 2018 version, effective for the first semester of the 2023 academic year.
- Approved by:
 - Bachelor's Degree Education Committee (Meeting 4/2023, May 9, 2023)
 - Academic Council (Meeting 6/2023, May 23, 2023)

Section 2 Specific Information of the Curriculum

1. Philosophy, Objectives, and Learning Outcomes

1.1 Philosophy of the Curriculum Sports and exercise science develops human potential.

1.2 Objectives of the Curriculum

1.2.1 To have knowledge and understanding of various disciplines, tools, equipment, and technologies in sports and exercise science, and to be able to apply them appropriately.

1.2.2 To have skills and creativity in working in the field of sports and exercise science to develop the health and fitness of the general public, athletes, and special needs individuals.

1.2.3 To have good personality and communication skills, to demonstrate the qualities of a sports and exercise trainer, and to be a role model for health and fitness care.

1.2.4 To have professional ethics and morals, public consciousness, and to demonstrate the identity of Srinakharinwirot University students.

1.3 Learning Outcomes of the Curriculum

1.3.1 To use language and digital technology for learning, communication, and collaboration with others appropriately. To have a business perspective, demonstrate public consciousness, and behave appropriately as a citizen and digital citizen.

1.3.2 To apply knowledge and management in sports and exercise science to improve their own health and the health of others.

1.3.3 To use tools and technologies in sports and exercise science to enhance, test, and evaluate the physical fitness of athletes, the general public, and special needs groups.

1.3.4 To design programs and lead training for athletes and exercise for the general public and special needs groups.

1.3.5 To conduct research related to sports and exercise science.

Importance of the Curriculum

The Bachelor of Science (B.Sc.) program in Sports Science and Exercise (Revised Curriculum 2023) has been developed to align with global changes and national policies and plans in Thailand as follows:

****Global Context:****

- Worldwide, the economy is driven by innovation, digital revolution, Industry 4.0 transitions, and rapid technological advancements. The aging population is increasing significantly while birth rates and the population of children, students, and the workforce are declining, leading to an aging society. People of all ages and genders are moving less and consuming fewer healthy foods, combined with increasing stress factors. This has led to a continuous rise in non-communicable chronic diseases across all age groups, resulting in long-term public health, social, and economic crises. The World Health Organization and health organizations worldwide have been campaigning to promote physical exercise and healthy eating across all age groups. Additionally, the COVID-19 pandemic has restricted social activities and physical movement, altering the context of exercise and sports, and leading to new normal lifestyles that boost online business growth. Key global sports trends include a shift from traditional to competitive and professional sports, increased numbers of athletes, spectators, and events, growth in sports media, the rise of electronic sports (eSports), adoption of automated technologies, and the participation of sports fans becoming critical for the success of athletes, teams, and sports organizations.

****National Context in Thailand:****

- The Thai government has outlined a 20-year national strategy (2018-2037) with a third strategy focusing on human resource development and capacity building. The goal is to develop people of all ages and in all dimensions to be good, competent, and high-quality individuals. Thai people should be physically, mentally, and intellectually prepared, have holistic development, and be healthy at all ages, with public spirit, social responsibility, discipline, morality, and citizenship skills. They should possess 21st-century skills, English and third-language proficiency, and a lifelong love for learning and self-improvement, leading to high-skilled Thai citizens, thinkers, and entrepreneurs.

- The 13th National Economic and Social Development Plan (2023-2027) aims to transform Thailand into a "Progressive Society with Sustainable Value-Added Economy," targeting a high-skilled workforce that continuously learns and meets future development needs. Objectives include 1) developing Thais to their full potential at all ages, equipping them with essential competencies for the modern world, good societal norms, morality, ethics, and resilience to rapid global changes, ensuring peaceful coexistence, 2) aligning high-competency workforce with target production sectors to create future jobs, and 3) ensuring all population groups have access to lifelong learning.

- The 7th National Sports Development Plan (2022-2027) aims for 1) regular exercise and sports participation across all groups (children, youth, and the public), 2) success of Thai athletes in international competitions, 3) increased certification of sports professionals nationwide, and 4) continuous growth of the sports industry, contributing to the national economy. Urgent policies include raising awareness and appreciation of exercise and sports among children, youth, the public, disabled, special groups, and the disadvantaged, promoting sportsmanship, discipline, and respect for rules, leading to mental development, and establishing transparent, standard, and effective management. Long-term policies involve using sports science, innovation, and technology to enhance athlete potential, including disabled athletes, promoting sports excellence and professionalism, developing systematic and standardized sports personnel training, accurately transferring knowledge to various groups, and supporting the production and development of sports-related personnel and innovations.

- The Office of the Higher Education Commission has developed a 20-year long-term higher education plan (2018-2037), designating higher education institutions as autonomous entities with academic freedom, producing quality graduates to meet set standards. The vision is for Thai higher education to be a source of societal wisdom, guiding change, creating innovations, knowledge, and research to offer solutions and solve problems for national development, and enhancing competitive capabilities. Six strategic areas include 1) higher education as a source of human resource development and capacity building to support national development, 2) enhancing student potential and quality, equipping them with knowledge and professional skills for future changes, 3) strengthening Thai higher education's core competencies to develop and apply knowledge, creating research outputs for local and national economic development, 4) supporting job creation and problem-solving through collaboration with the private sector and local communities, 5) improving management systems for efficiency and accountability in university operations, and 6) restructuring efficient budget allocation and performance monitoring systems.

- Srinakharinwirot University has developed a 20-year strategic plan (2022-2042) to align with the Ministry of Higher Education, Science, Research, and Innovation's group classification of higher education institutions. The university's strategic focus includes excellence in curriculum and teaching by developing courses that meet graduate user needs, interdisciplinary learning, international accreditation, promoting active learning, modular learning, integrating learning with work or cooperative education, and promoting lifelong learning for workforce development at all ages.

****Faculty of Physical Education, Srinakharinwirot University:****

- The Faculty has developed a 4-year strategic plan (2021-2024) with a vision to be a leading educational institution in sports and health for society. Its missions include producing and developing desirable workforce qualities, creating quality research and innovations for sustainable physical and mental health development, providing quality academic services with social responsibility, and preserving and promoting arts and culture.

The first strategy focuses on achieving ASEAN-level educational quality, with key indicators including the number of programs meeting ASEAN University Network Quality Assurance (AUN-QA) standards.

****Curriculum Development:****

- The Bachelor of Science program in Sports Science and Exercise (Revised Curriculum 2023) has incorporated analyses of labor market trends, career needs, and stakeholder expectations. In 2020, the World Economic Forum predicted a "Double Disruption" in the job market by 2025 due to COVID-19 and automation replacing human jobs, requiring complex future work skills. Essential future skills include analytical thinking, innovation, self-learning, complex problem-solving, critical thinking, creativity, leadership, technology use and management, programming, resilience, adaptability, and decision-making.
- The National Education Plan (2017-2036) aims to develop learners with 21st-century learning skills (3Rs8Cs): Reading, Writing, Arithmetic, Critical Thinking and Problem Solving, Creativity and Innovation, Cross-Cultural Understanding, Collaboration, Teamwork, Leadership, Communication, Information and Media Literacy, Computing and ICT Literacy, Career and Learning Skills, and Compassion.
- Srinakharinwirot University's 20-year strategic plan (2022-2042) includes promoting student identity development, fostering lifelong learning, critical thinking, perseverance, social consciousness, communication skills, humility, and a blend of science and arts. The program aligns with the university's philosophy of "Education is Growth" and the ASEAN University Network Quality Assurance (AUN-QA) version 4.0, promoting outcome-based education (OBE) in line with university, higher education, and national education standards.

****Stakeholder Expectations:****

- Interviews with stakeholders about career opportunities for graduates highlighted an increasing recognition of sports science in Thailand, especially by sports teams needing sports scientists for training program design and athlete care. Graduates can work in various sectors, including government, fitness centers, hotels, hospitals, businesses, and self-employment. Stakeholder needs include skills in applying knowledge to practice, analytical thinking, innovation, technology use, management, documentation, project writing, academic presentation, and respectfulness. Stakeholders from the Department of Physical Education, Ministry of Tourism and Sports, and the Sports Authority of Thailand emphasize the importance of creative thinking, knowledge application, planning, digital skills, and communication, particularly in English. Academic and business stakeholders seek graduates with financial planning, accounting, tax, company registration, branding, online presence, sales, and English language skills, along with institutional loyalty and pride. Fitness stakeholders value graduates with intelligence, quick thinking, analytical skills, dedication, enthusiasm, positive attitudes, and communication skills in both Thai and English. Professional sports club stakeholders require knowledgeable graduates with good personality, expression, teaching, teamwork, sportsmanship, and the ability to use fitness and electronic equipment.

****Curriculum Philosophy:****

- The curriculum's philosophy is "Sports Science and Exercise for Human Potential Development," designed with expected learning outcomes (PLOs), program structure, content, teaching and learning approaches, student assessment, outputs, and outcomes following AUN-QA version 4.0 for outcome-based education, aligned with university, higher education, and national education standards. The program also aligns with the university's philosophy "Education is Growth," promoting the five growths: faith in life, roles, and duties; ethical and moral conduct; continuous learning; generosity and compassion; and wisdom in living, thinking, and acting. This aligns with the university's vision of "Srinakharinwirot University as a learning university for society," and its mission to produce and develop people of all ages with desirable qualities, quality research and innovations for sustainable social development, quality academic services with social responsibility, and preservation and promotion of arts and culture.



- ความรู้และทักษะที่ทันสมัย สามารถนำไปประยุกต์ใช้ในการทำงานได้
- การฝึกปฏิบัติงานจริงและออกชั้นเรียน การศึกษาดูงาน การปฏิบัติงานในสถานี่จริง

Program Learning Outcomes (PLOs)
1) ใช้ภาษาและเทคโนโลยีดิจิทัลในการเขียนผู้ การสื่อสาร และการทำงานร่วมกับผู้อื่นได้อย่างเหมาะสม มีมุมมองเชิงธุรกิจ แสดงออกถึงความมีจิตสำนึกสาธารณะ และปฏิบัติตนอย่างเหมาะสมในฐานะพลเมืองและพลเมืองดิจิทัล
2) ใช้ความรู้ และการจัดการด้านวิทยาศาสตร์การกีฬาและการออกกำลังกายเพื่อพัฒนาสุขภาพของตนเอง และผู้อื่น
3) ใช้เครื่องมือ และเทคโนโลยีทางด้านวิทยาศาสตร์การกีฬาและการออกกำลังกาย เพื่อเสริมสร้าง ทดสอบ และประเมินสมรรถภาพร่างกายของนักกีฬา บุคคลทั่วไป และบุคคลกลุ่มพิเศษ
4) ออกแบบโปรแกรม และเป็นผู้นำการฝึกซ้อมของนักกีฬาและการออกกำลังกายสำหรับบุคคลทั่วไป และบุคคลกลุ่มพิเศษ
5) ปฏิบัติงานที่เกี่ยวข้องกับการวิจัยทางวิทยาศาสตร์การกีฬาและการออกกำลังกาย

Global situations & trends => National policies เช่น ยุทธศาสตร์ชาติ 20 ปี (พ.ศ. 2561-2580) แผนพัฒนาเศรษฐกิจและสังคมแห่งชาติ ฉบับที่ 13 (พ.ศ. 2560-2570) แผนพัฒนาการกีฬาแห่งชาติ ฉบับที่ 7 (พ.ศ. 2565-2570) เป็นต้น
วิสัยทัศน์ตลาดอาชีพ
<ul style="list-style-type: none"> • นักวิทยาศาสตร์การกีฬาและการออกกำลังกาย • ผู้ฝึกสอนสมรรถภาพทางการกีฬา • ผู้ประกอบการและผู้ฝึกสอนการออกกำลังกาย • อาชีพอื่นๆ ที่เกี่ยวข้องกับวิทยาศาสตร์การกีฬาและการออกกำลังกาย
Vision & Mission of the University
<ul style="list-style-type: none"> • ผลิตและพัฒนาคนทุกช่วงวัยให้มีลักษณะที่พึงประสงค์ ตอบสนองทิศทางการพัฒนาประเทศ โดยผ่านกระบวนการเรียนรู้ที่มีคุณภาพ • สร้างสรรค์งานวิจัยและนวัตกรรมที่มีคุณภาพ มีประโยชน์ในการพัฒนาสังคมอย่างยั่งยืน • บริการวิชาการที่มีคุณภาพ และมีความรับผิดชอบต่อสังคม • ศึกษา สืบสาน และทำนุบำรุงศิลปวัฒนธรรม
Vision & Mission of the Faculty
<ul style="list-style-type: none"> • สร้างสรรค์งานวิจัยและนวัตกรรมที่มีคุณภาพ มีประโยชน์ในการพัฒนาสุขภาพกายและใจให้กับสังคมอย่างยั่งยืน • บริการวิชาการที่มีคุณภาพ และมีความรับผิดชอบต่อสังคม • ศึกษา สืบสาน และทำนุบำรุงศิลปวัฒนธรรม
Essential skills of 2025 (World Economic Forum)
<ul style="list-style-type: none"> • ทักษะการแก้ปัญหา • ทักษะการจัดการด้วยตนเอง • ทักษะการทำงานร่วมกับผู้อื่น • ทักษะการใช้และพัฒนาเทคโนโลยี

Vision: Srinakharinwirot University is a university for learning society.

Missions:

1. To produce and develop individuals of all ages with desirable characteristics, responsive to the country's development direction through quality learning processes.
2. To create high-quality research and innovations beneficial for sustainable social development.
3. To provide high-quality academic services with social responsibility.
4. To study, preserve, and promote cultural heritage.

3.Admission Requirements

3.1 Be a graduate of upper secondary school or equivalent.

3.3 Pass the selection criteria of the Sports and Exercise Science program.

3.3 Comply with the Srinakharinwirot University regulations regarding undergraduate studies, 2023 edition.

4.Enrollment Plan

	2566	2567	2568	2569	2570
1 st Year	80	80	80	80	80
2 nd Year	-	80	80	80	80
3 rd Year	-	-	80	80	80
4 th Year	-	-	-	80	80
Total	80	160	240	320	320

Number of Students per Academic Year

5.Challenges for First-Year Students

5.1 Some students have difficulty adjusting to the responsibility of attending classes.

5.2 Some students have difficulty complying with dormitory regulations.

6. Strategies to Address Student Challenges

6.1 Arrange for faculty members and advisors to provide guidance on adapting to undergraduate studies.

6.2 Arrange for advisors to provide guidance on adjusting to university life and dormitory living.

*** Please note: The years mentioned (2566, 2567, etc.) are based on the Buddhist calendar, which is 543 years ahead of the Gregorian calendar.

Budget According to Plan

7.1 Budgeted Revenue

To be used for the management of the Bachelor of Science program in Sports Science and Exercise.

รายละเอียดรายรับ	Fiscal Year				
	2566	2567	2568	2569	2570
Education Fee for One Academic Year (Tuition fee per person per year x number of intakes)	3,200,000	3,200,000	3,200,000	3,200,000	3,200,000
Total Revenue	3,200,000	6,400,000	9,600,000	12,800,000	12,800,000

รายละเอียดรายจ่าย	Fiscal Year				
	2566	2567	2568	2569	2570
Teaching Management Expenses					
1. Teaching fees (compensation for special instructors and co-teaching faculty)	200,000	200,000	200,000	200,000	200,000
2. Materials (office supplies and teaching materials)	200,000	200,000	200,000	200,000	200,000
3. Student scholarships and activities	500,000	500,000	500,000	500,000	500,000
4. Staff development budget	200,000	200,000	200,000	200,000	200,000
5. Research support budget	200,000	200,000	200,000	200,000	200,000

รายละเอียดรายจ่าย	Fiscal Year				
	2566	2567	2568	2569	2570
6. Central administrative expenses of the faculty	200,000	200,000	200,000	200,000	200,000
7. Utilities	200,000	200,000	200,000	200,000	200,000
8. Facility and equipment development	200,000	200,000	200,000	200,000	200,000
9. University development costs	200,000	200,000	200,000	200,000	200,000
Central Administrative Expenses					
1. University maintenance fee (950 THB per semester)	152,000	152,000	152,000	152,000	152,000
2. Library maintenance fee (900 THB per semester)	144,000	144,000	144,000	144,000	144,000
3. Student affairs maintenance fee (850 THB per semester)	136,000	136,000	136,000	136,000	136,000
4. Computer fund (650 THB per semester)	104,000	104,000	104,000	104,000	104,000
5. Sports maintenance fee (300 THB per semester)	48,000	48,000	48,000	48,000	48,000
Total Expenses	2,684,000	5,368,000	8,052,000	10,736,000	10,736,000

8. Teaching Methods

- Classroom-based
- Blended learning (combination of classroom and online)
- Cooperative education
- Work-integrated learning
- Others (please specify)

9. Credit Transfer, Course Registration Across Universities (if any)

- Credit transfer is in accordance with the regulations of Srinakharinwirot University on Undergraduate Education B.E. 2566 (Appendix A).

Section 3 Details of Learning Outcomes

1. Details of Program Learning Outcomes: Upon graduation, students will be able to:

PLO1: Use language and digital technology for learning, communication, and collaboration with others appropriately. Have a business perspective, demonstrate public consciousness, and behave appropriately as a citizen and digital citizen.

PLO2: Apply knowledge and management in sports and exercise science to improve their own health and the health of others.

PLO3: Use tools and technologies in sports and exercise science to enhance, test, and evaluate the physical fitness of athletes, the general public, and special needs groups.

PLO4: Design programs and lead training for athletes and exercise for the general public and special needs groups.

PLO5: Conduct research related to sports and exercise science.

Note: PLO1 is a program learning outcome in the general education category.

Learning Outcomes of the Curriculum	Knowledge (K)	Skills (S)	Ethics (E)	Characteristics (C)
PLO1: Able to use language and digital technology for learning, communication, and working collaboratively with others appropriately, having a business perspective, demonstrating public consciousness, and	K1-1: Remember the roles and duties of a citizen, digital citizen, and laws related to computer and internet use. K1-2: Communicate in Thai and English. K1-3: Apply digital technology in learning, communication, and collaboration	S1-1: Digital skills S1-2: Communication skills S1-3: Critical thinking and problem-solving skills S1-4: Creativity S1-5: Teamwork skills	E1-1: Commitment to responsibility and integrity. E1-2: Public consciousness (awareness of responsibility in maintaining public goods and participating in helping individuals or society as a whole).	C1-1: Love of learning C1-2: Demonstrate good personality appropriate to the context and situation. C1-3: Behave appropriately as a Thai citizen and digital citizen. C1-4: Show open-mindedness, rationality, and

behaving appropriately as a citizen and digital citizen.	with others.K1-4: Design work that reflects a business perspective.		E1-3: Adherence to ethics in the use of computers and the internet.	willingness to listen to others' opinions in diverse social and cultural contexts.
PLO2: Use knowledge and management in sports science and exercise to improve health for oneself and others.	K2-1: Present basic principles and theories in sports science and exercise.K2-2: Use basic knowledge and management in sports science and exercise to improve health.	S1-1: Digital skills S1-2: Communication skills S1-3: Critical thinking and problem-solving skills S1-5: Teamwork skills	E2-1: Discipline and punctuality.E2-2: Respect for the rights and opinions of others. E2-3: Awareness and practice of morality and ethics. E2-4: Awareness of value	C1-1: Love of learning C1-2: Demonstrate good personality appropriate to the context and situation. C1-4: Show open-mindedness, rationality, and willingness to listen to others' opinions in diverse social and cultural contexts. C2-1: Show enthusiasm or participate in thinking, expressing opinions, or performing tasks.
PLO3: Use tools and technology in sports science and exercise to enhance, test, and evaluate the physical fitness of athletes, the general public, and special groups.	K3-1: Use tools and technology in sports science and exercise.K3-2: Test and evaluate the physical fitness of athletes, the general public, and special groups.K3-3: Analyze and	S1-1: Digital skills S1-2: Communication skills S1-3: Critical thinking and problem-solving skills S1-5: Teamwork skills S3-1:	E1-3: Adherence to ethics in the use of computers and the internet.E2-1: Discipline and punctuality.E2-2: Respect for the rights and opinions of others.E2-3: Awareness and	C1-1: Love of learning C1-2: Demonstrate good personality appropriate to the context and situation. C1-4: Show open-mindedness, rationality, and

	present ways to enhance the physical fitness of athletes, the general public, and special groups.	Systems thinking skills	practice of morality and ethics.	willingness to listen to others' opinions in diverse social and cultural contexts.C2-1: Show enthusiasm or participate in thinking, expressing opinions, or performing tasks.
PLO4: Design programs and lead training for athletes and exercise programs for the general public and special groups.	K4-1: Design training programs for athletes and exercise programs for the general public and special groups.K4-2: Present training programs for athletes and exercise programs for the general public and special groups.K4-3: Lead sports performance and exercise training.	S1-1: Digital skillsS1-2: Communication skillsS1-3: Critical thinking and problem-solving skillsS1-4: CreativityS1-5: Teamwork skillsS3-1: Systems thinking skills	E1-1: Commitment to responsibility and integrity.E1-2: Public consciousness (awareness of responsibility in maintaining public goods and participating in helping individuals or society as a whole).E1-3: Adherence to ethics in the use of computers and the internet.E2-2: Respect for the rights and opinions of others.E2-3: Awareness and practice of morality and ethics.	C1-1: Love of learningC1-2: Demonstrate good personality appropriate to the context and situation.C1-4: Show open-mindedness, rationality, and willingness to listen to others' opinions in diverse social and cultural contexts.C2-1: Show enthusiasm or participate in thinking, expressing opinions, or performing tasks.C4-1: Demonstrate leadership in sports performance and exercise training.

<p>PLO5: Conduct work related to research in sports science and exercise.</p>	<p>K5-1: Analyze and present academic work in sports science and exercise.K5-2: Present ways to conduct research and develop innovations in sports science and exercise.</p>	<p>S1-1: Digital skillsS1-2: Communication skillsS1-3: Critical thinking and problem-solving skillsS1-4: CreativityS1-5: Teamwork skillsS3-1: Systems thinking skills</p>	<p>E1-1: Commitment to responsibility and integrity.E1-2: Public consciousness (awareness of responsibility in maintaining public goods and participating in helping individuals or society as a whole).E1-3: Adherence to ethics in the use of computers and the internet.E2-1: Discipline and punctuality.E2-2: Respect for the rights and opinions of others.E2-3: Awareness and practice of morality and ethics.E5-1: Awareness of the value and identity of sports science students, Faculty of Physical Education.</p>	<p>C1-1: Love of learningC1-2: Demonstrate good personality appropriate to the context and situation.C1-3: Behave appropriately as a Thai citizen and digital citizen.C1-4: Show open-mindedness, rationality, and willingness to listen to others' opinions in diverse social and cultural contexts.C2-1: Show enthusiasm or participate in thinking, expressing opinions, or performing tasks.</p>
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2. Detailed Learning Outcomes by Year

Year	Detailed Learning Outcomes by Year
Year 1	<p>1.1 Able to use Thai and English for communication, use digital technology for learning, understand the roles and duties of a citizen, work collaboratively with others appropriately, and demonstrate public consciousness and appropriate behavior as a citizen and digital citizen.</p> <p>1.2 Able to present basic principles and theories in sports science and exercise.</p> <p>1.3 Show discipline, love of learning, and awareness of the value and identity of sports science students, Faculty of Physical Education.</p>
Year 2	<p>2.1 Have a business perspective, communication skills, ability to adapt to society and the environment in a balanced manner, and develop health and a creative lifestyle</p> <p>2.2 Able to use knowledge in sports science and exercise to improve health.</p>
Year 3	<p>3.1 Able to use tools and technology in sports science and exercise to test and evaluate the physical fitness of athletes, the general public, and special groups.</p> <p>3.2 Demonstrate systems thinking skills, analyze, and present ways to enhance the physical fitness of athletes, the general public, and special groups.</p> <p>3.3 Design and present training programs for athletes and exercise programs for the general public and special groups.</p>
Year 4	<p>4.1 Able to analyze and present academic work in sports science and exercise.</p> <p>4.2 Lead sports performance and exercise training.</p> <p>4.3 Present ways to conduct research and develop innovations in sports science and exercise.</p>

3. Summary of Learning Outcomes by Educational Qualification (4 Aspects)

Learning Outcomes	Details of Learning Outcomes
1. Knowledge (K)	1.1 Remember the roles and duties of a citizen, digital citizen, and laws related to computer and internet use. 1.2 Communicate in Thai and English. 1.3 Apply digital technology in learning, communication, and collaboration with others. 1.4 Design work that reflects a business perspective. 1.5 Present basic principles and theories in sports science and exercise. 1.6 Use basic knowledge and management in sports science and exercise to improve health. 1.7 Use tools and technology in sports science and exercise. 1.8 Test and evaluate the physical fitness of athletes, the general public, and special groups. 1.9 Analyze and present ways to enhance the physical fitness of athletes, the general public, and special groups. 1.10 Design training programs for athletes and exercise programs for the general public and special groups. 1.11 Present training programs for athletes and exercise programs for the general public and special groups. 1.12 Analyze and present academic work in sports science and exercise.< 1.13 Lead sports performance and exercise training. 1.14 Present ways to conduct research and develop innovations in sports science and exercise.
2. Skills (S)	2.1 Digital skills 2.2 Critical thinking and problem-solving skills 2.3 Systems thinking skills 2.4 Communication skills 2.5 Creativity 2.6 Teamwork skills
3. Ethics (E)	3.1 Commitment to responsibility and integrity. 3.2 Public consciousness 3.3 Adherence to ethics in the use of computers and the internet. 3.4 Discipline and punctuality. 3.5 Respect for the rights and opinions of others. 3.6 Awareness and practice of morality and ethics. 3.7 Awareness of the value and identity of sports science students, Faculty of Physical Education.
4. Characteristics (C)	4.1 Love of learning 4.2 Demonstrate good personality appropriate to the context and situation. 4.3 Behave appropriately as a Thai citizen and digital citizen. 4.4 Show open-mindedness, rationality, and willingness to listen to others' opinions in diverse social and cultural contexts. 4.5 Show enthusiasm or participate in thinking, expressing

	opinions, or performing tasks.4.6 Demonstrate leadership in sports performance and exercise training.
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Note: The curriculum can integrate the learning outcomes of general education subjects with the overall learning outcomes of the curriculum.

Section 4: Curriculum Structure, Courses, and Credits

1. Total Credits for the Entire Curriculum and Curriculum Structure 1.1 Total credits for the entire curriculum: 124 credits 1.2 Curriculum structure

Course Categories	Credits
1. General Education Courses	30 credits
2. Specialized Courses	82 credits
2.1 Core Courses	2 credits
2.2 Compulsory Courses	61 credits
2.3 Elective Courses	12 credits
2.4 Professional Experience/Cooperative Education Courses	7 credits
3. Free Elective Courses	12 credits
Total Minimum Credits	124 credits

2. Detailed Description of Course Categories and Credits Explanation of course/module code numbering system:

Explanation of numeric codes after the letters SWU in the compulsory and elective course groups:

- o First and middle digits of the code represent the following:
 - Number 19: Compulsory courses
 - Number 29: Elective courses
- o The last digit of the code represents the sequence of courses in the compulsory/elective group.

Explanation of numeric codes after the letters SPS in the compulsory and elective course groups:

- o First digit of the code:
 - Number 1: Courses offered in Year 1
 - Number 2: Courses offered in Year 2

- Number 3: Courses offered in Year 3
- Number 4: Courses offered in Year 4
- Middle digit of the code:
 - Numbers 1-3: Courses in the compulsory group
 - Numbers 4-7: Courses in the elective group
 - Number 8: Courses in the professional experience/cooperative education group
- The last digit of the code represents the sequence of courses in that group.

2.1 General Education Courses: Minimum 30 credits, including:

2.1.1 Compulsory courses: 4 course sets, total 24 credits:

2.1.1.1 Learning and Communicating in the 21st Century - SWU191: Learning to the World of 21st Century 3(2-2-5) - SWU192: Thai Language for Communication 3(2-2-5)

2.1.2 **Elective Courses:** Choose 1 set of courses, totaling at least 6 credits, from the following sets:

2.1.2.1 **Smart Life** - SWU292: Science: A Key to Harmonious Living with Our Environment (3(2-2-5)) - SWU293: Adaptation in the Dynamic Society (3(2-2-5))

2.2 **Specialized Courses:** At least 84 credits, including:

2.2.1 **Core Courses:** 1 set of courses, totaling 2 credits, as follows:

2.2.1.1 **Physical Education Identity** - PEC101: Pride of Physical Education Identity (1(0-2-1)) - PEC102: Strengthening Student Identity of the Faculty of Physical Education (1(0-2-1))

2.2.2 **Compulsory Courses:** 12 sets of courses, totaling 61 credits, as follows: 2.2.2.1

Fundamental of Science and Mathematics - PY100: General Physics (3(3-0-6)) - BI105: General Biology (3(3-0-6)) - SPS111: Sports and Exercise Biochemistry (2(2-0-4)) - SPS112: Mathematics for Sports and Exercise Science (3(3-0-6))

2.2.3 Elective courses: Minimum 12 credits, including:

- SPS241: Aerobic Dance 1(0-2-1)
- SPS242: Group Exercise Instructor 1(0-2-1)
- SPS243: Yoga 1(0-2-1)
- SPS348: Pilates 1(0-2-1)
- SPS349: Tai Chi Chi Kong 1(0-2-1)
- SPS351: Innovations and Technology in Sports and Exercise 2(2-0-4)
- SPS352: Entrepreneurship in Sports and Exercise 2(2-0-4)
- SPS353: Sports Performance and Match Analysis 2(1-2-3)
- SPS354: Sports Performance Training 2(1-2-3)
- SPS355: Applied Sports Science and Technology 2(1-2-3)
- SPS465: Sports and Exercise Recovery 2(1-2-3)
- SPS466: Sports and Exercise Rehabilitation 2(1-2-3)
- SPS467: Applied Anatomy for Sports and Exercise 2(1-2-3)
- SPS468: Sports and Exercise Massage 2(1-2-3)
- SPS469: Exercise Science for Elderly Wellness 2(2-0-4)
- SPS244: Athletics 1(0-2-1)
- SPS245: Swimming and Life Saving 1(0-2-1)
- SPS246: Badminton 1(0-2-1)
- SPS247: Tennis 1(0-2-1)
- SPS356: Basketball 1(0-2-1)
- SPS357: Volleyball 1(0-2-1)
- SPS358: Football 1(0-2-1)
- SPS359: Futsal 1(0-2-1)
- SPS361: Korfbal 1(0-2-1)
- SPS362: Rowing 1(0-2-1)
- SPS363: Western Martial Arts 1(0-2-1)
- SPS364: Eastern Martial Arts 1(0-2-1)
- SPS471: Golf 1(0-2-1)
- SPS472: e-Sports 1(0-2-1)
- SPS473: Scuba Diving 1(0-2-1)
- SPS474: Triathlon 1(0-2-1)
- SPS475: Outdoor Activities 1(0-2-1)

2.2.4 Occupational Practicum/Cooperative Education

Students are required to take 1 course set of 7 credits.

2.2.4.1 Practicum in Sports and Exercise Science

SPS481 Preparation for Practicum in Sports and Exercise Science 1(0-2-1)

SPS482 Practicum in Sports and Exercise Science 6(0-18-0)

2.2.4.2 Cooperative Education

SPS483 Preparation for Cooperative Education 1(0-2-1)

SPS484 Cooperative Education 6(0-18-0)

2.3 Free Elective Courses

Students are required to take at least 12 credits from any course sets of interest or those that build upon their major expertise, offered within Srinakharinwirot University. All courses within the chosen course set must be taken.

Course Descriptions 3.1 General Education Courses Students are required to take at least 30 credits, consisting of:

3.1.1 Compulsory Courses

Students are required to take 4 course sets totaling 24 credits, as follows:

3.1.1.1 Learning and Communicating in the 21st Century

This course set explores learning methods for self-improvement, working in the 21st century, using Thai for communication, analyzing and synthesizing everyday situations with critical thinking, designing learning development plans in university, and learning and presenting knowledge by applying digital technology.

SWU191 Learning to the World of 21st Century 3(2-2-5)

This course studies learning concepts and necessary skills in the 21st century, the use of digital technology for learning, the development of behavior, mind, and intellect for problem-solving with critical thinking, initiating new things, and designing one's own learning life in university with purpose, including creatively conveying knowledge gained from self-learning.

SWU192 Thai Language for Communication 3(2-2-5)

This course studies and practices the use of Thai language for communication, receiving and sending messages in various situations effectively, including conveying meaning accurately and appropriately in social and cultural contexts.

3.1.1.2 Art of Using English for International Communication

This course set studies and practices English communication, focusing on listening, speaking, reading, and writing English as a foreign language in various situations through exercises, using diverse learning processes, media, and information technology both inside and outside the classroom.

SWU193 Listening and Speaking for Effective English Communication 3(2-2-5)

This course studies and practices English communication, emphasizing listening and speaking English as a foreign language in various situations through diverse learning processes, media, and information technology both inside and outside the classroom.

SWU194 Reading and Writing for Effective English Communication 3(2-2-5)

This course studies and practices English communication, emphasizing reading and writing English as a foreign language in various situations through diverse learning processes, media, and information technology both inside and outside the classroom.

3.1.1.3 SWU for Society

This course set studies the roles, responsibilities, and self-accountability as quality citizens in both physical and digital societies, coexisting with others in a society with diverse thoughts, being creative citizens for society by understanding multicultural differences and the transmission of Thai wisdom, the diversity of social conditions, analyzing social problems, and suggesting social development approaches in line with the United Nations Sustainable Development Goals (SDGs).

SWU195 Creative Citizen for Society 3(2-2-5)

This course studies being a citizen with diverse thoughts and wisdom as the foundation of Thai society, participating and demonstrating self-responsibility as a quality citizen within the community they live in, including in digital society, being a digital citizen who is aware and creative for society, coexisting with others as leaders and followers appropriately according to situations, living in a society with diverse thoughts and multiculturalism, and managing social conflicts peacefully through systematic thinking processes.

SWU196 Science and Art of Sustainable Social Development 3(2-2-5)

This course studies the concept of the United Nations Sustainable Development Goals (SDGs), analyzing social problems and opportunities to prevent future problems that may affect citizens in society, practicing the use

of design thinking processes and systematic problem-solving through research, designing projects to solve problems, applying digital technology in social science data collection processes, and conveying social development ideas and project results through systematic research.

3.1.1.4 Enhancement of Work Skills and Entrepreneurship

This course set studies the principles of communication for collaboration based on self-understanding and understanding others, working characteristics in organizations, entrepreneurial concepts, presenting valuable and beneficial stories for work, being an entrepreneur in the digital world, and ethics in work and business.

SWU197 Speaking and Presentation for Careers 3(2-2-5)

This course studies the use of language and body language to collaborate with others appropriately in a changing social era, speaking and presenting valuable stories through digital media, listening, criticizing, and expressing opinions constructively for career and income generation.

SWU198 Preparation for Working and Entrepreneurship 3(2-2-5)

This course studies working and entrepreneurship characteristics, including related ethics, collaborating with others by demonstrating leadership and followership roles based on deep self-understanding and understanding others, using judgment in analyzing and synthesizing problem-solving plans in work effectively through problem-based learning processes, including basic foundations in entrepreneurship and building brands from one's strengths creatively, and systematically evaluating the quality of business plans.

3.1.2 Elective Courses

Students are required to choose at least 1 course set totaling at least 6 credits from the following options:

3.1.2.1 Smart Life

This course set studies scientific and technological knowledge, health science, and social learning processes related to adaptation and harmonious coexistence with the environment, developing health and creative lifestyles, and adapting in a dynamic society.

SWU292 Science: A Key to Harmonious Living with Our Environment 3(2-2-5)

This course studies scientific processes, energy, ecological systems, the impact of scientific and technological advancements and energy use on lifestyles, economy, society, and the environment, as well as the application of science in adapting and coexisting with the environment harmoniously.

SWU293 Adaptation in the Dynamic Society 3(2-2-5)

This course studies social change phenomena, factors influencing behavior, emotional awareness, and recovery when facing life problems, inquiry-based learning processes for understanding, and adapting appropriately in a dynamic society.

3.2 Specific Courses

Students are required to take at least 84 credits, consisting of:

3.2.1 Core Courses

Students are required to take 1 course set totaling 2 credits, as follows:

3.2.1.1 Physical Education Identity

This course set focuses on building the identity of quality students in the Faculty of Physical Education through the cultivation of thoughts, philosophy, and the history of the faculty, as well as creating health activities by integrating knowledge from each field within the faculty.

PEC101 Pride of Physical Education Identity 1(0-2-1)

This course covers the history, philosophy, and identity of the Faculty of Physical Education at Srinakharinwirot University, the Olympics, the connection between the faculty's philosophy and the philosophies of each field within the faculty, the meaning, importance, and relationship of sports and health in an interdisciplinary perspective, and perspectives, roles, and career advancements.

PEC102 Strengthening Student Identity of the Faculty of Physical Education 1(0-2-1)

This course focuses on strengthening the identity and personality of students in the Faculty of Physical Education and creating health activities for themselves and society through the integration of knowledge and activities from each field, based on moral principles and professional ethics.

3.2.2 Compulsory Courses

Students are required to take 12 course sets totaling 61 credits, as follows:

3.2.2.1 Fundamental of Science and Mathematics

This course set studies physics, biochemistry, and general biology, along with applied mathematics, as foundational knowledge in science and mathematics, leading to applications in sports and exercise science.

PY100 General Physics 3(3-0-6)

This course covers mechanics of particle systems, rigid bodies, properties of matter, fluid mechanics, heat and thermodynamics, waves, sound, light, direct current electricity, alternating current electricity, electronics, electric fields and interactions, magnetic fields and interactions, time-dependent electromagnetic fields, special relativity, quantum physics, nuclear physics, along with examples of related phenomena.

BI105 General Biology 3(3-0-6)

This course covers basic molecules for life, properties of living things, classification of living things, scientific methodology, chemistry of life, cells and metabolism, genetics, mechanisms of evolution, diversity of living things, structure and function of plants and animals, ecology, ethology, and the importance of biology to the modern world.

SPS111 Sports and Exercise Biochemistry 2(2-0-4)

This course covers the types, structures, and chemical properties of substances that make up the body, metabolic changes of biochemical substances in normal conditions, and those related to exercise and sports.

SPS112 Mathematics for Sports and Exercise Science 3(3-0-6)

This course covers the order of mathematical operations, ratios and percentages, algebra, equations, trigonometry, functions, and unit conversions related to sports and exercise science.

3.2.2.2 Fundamental of Sports and Exercise Science

Understand the philosophy, importance, and values of the Olympics in relation to the roles, responsibilities, and basic knowledge in the field of sports and exercise science, as a foundation for becoming a sports and exercise scientist.

SPS113 Introduction to Sports and Exercise Science 2(2-0-4)

The meaning of sports and exercise science, principles, scope of basic knowledge in related fields, the role of sports and exercise science in elite sports and health, evolution, and application of knowledge in the present and future.

SPS114 Sports Philosophy, Ethics, and Olympism 1(0-2-1)

Applying philosophy and Olympic values to sports and life, sportsmanship in line with Olympic philosophy, being a good sports scientist, ethics in the work of sports and exercise scientists, and laws related to sports.

3.2.2.3 Fundamental of Human Anatomy and Physiology

Understand and explain the structure, function, mechanisms, and control of organs and systems in the body as a foundation for application in sports and exercise science.

SPS115 Human Anatomy and Physiology for Sports and Exercise Science I 2(2-0-4)

Basic knowledge of human anatomy and physiology, structure and function of cells, types of tissues, structure, function, and mechanisms of human organs in the integumentary, skeletal, muscular, nervous, endocrine, and lymphatic systems in normal conditions.

SPS116 Human Anatomy and Physiology for Sports and Exercise Science II 2(2-0-4)

Structure, function, and mechanisms of human organs in the cardiovascular, respiratory, digestive, urinary, and reproductive systems in normal conditions.

3.2.2.4 Sports and Exercise Physiology

Understand exercise physiology, test physiological changes in the body for exercise, and practice laboratory testing in physiology for application in sports and exercise for the general population and athletes.

SPS217 Sports and Exercise Physiology I 2(1-2-3)

Mechanisms, responses, and physiological adaptations of the nervous system, muscles, cardiovascular system, respiratory system, and energy system, applied to sports and exercise.

SPS218 Sports and Exercise Physiology II 2(1-2-3)

Mechanisms, responses, and physiological adaptations of the endocrine system, thermoregulatory system, and immune system, applied to sports and exercise.

3.2.2.5 Human Movement

Theories related to motor skills, sports biomechanics, resistance training, assessment of motor skills, movement of bones, muscles, and joints, mechanical principles governing human movement, learning motor skills, and analyzing human movement, with the ability to apply theories in assessing and designing programs for effective movement development in sports and exercise.

SPS219 Motor Learning and Motor Skill Development 2(2-0-4)

Motor skills, motor skill development in all ages, theories of growth and development, learning theories and motor skill abilities, motor skill assessment, memory systems, and application to designing programs for developing abilities and motor skills.

SPS221 Sports Biomechanics 2(1-2-3)

Application of biomechanical principles in analyzing, understanding, evaluating, responding to, and improving techniques to enhance movement and sports performance, kinematics, case studies in practical skill assessment, qualitative and quantitative data analysis in analyzing sports techniques and movement.

SPS222 Resistance Training 1(0-2-1)

Meaning, importance, principles of weight training, and application of anatomy and physiology of the skeletal and muscular systems alongside studying weight training techniques, designing weight training programs for enhancing physical fitness, and etiquette in using and maintaining weight training equipment.

3.2.2.6 Communication for Sports and Exercise

Study and practice English communication for leadership in various sports and exercise fields, for daily communication, for writing and reading articles and English media in sports and exercise science, writing resumes in English, and introducing oneself in English for job interviews.

SPS223 English for Sports Science I 2(1-2-3)

Using English vocabulary for communication, teaching, and cueing movement skills for sports and exercise leaders, practicing listening, speaking, reading, and writing for use in the sports and exercise science profession.

SPS325 English for Sports Science II 2(1-2-3)

Speaking and listening to English for daily communication, writing instructions in sports and exercise science, reading publications, textbooks, journals, abstracts, and research in sports and exercise science, writing resumes, and introducing oneself for job interviews.

3.2.2.7 Pedagogy and Psychology for Sports and Exercise

Study the principles, theories, and components of psychology in sports and exercise, teaching methods for sports and exercise, preparation and teaching processes, observation, and assessment of teaching outcomes, to apply appropriately to teaching various sports and exercise types.

SPS326 Sports and Exercise Psychology 3(3-0-6)

Principles and theories related to sports and exercise, psychological components affecting the mental state of exercisers and athletes, anxiety, arousal, motivation, and aggression in sports and exercise, sports leadership, using psychology to study human behavior related to sports and exercise, and applying psychology for success in sports and exercise.

SPS327 Sports and Exercise Pedagogy 2(1-2-3)

Teaching methods for sports and exercise commonly used today, preparing and implementing effective teaching processes, factors related to teaching and learning, selecting teaching methods, observing and evaluating teaching outcomes, and applying teaching models appropriately to the characteristics of various sports and exercise activities.

3.2.2.8 Sports Nutrition and Lifelong Exercise

Principles and theories in social sciences and human behavior related to physical activity and health, the relationship between sports nutrition, exercise, and physical fitness, applying knowledge of social sciences, human behavior, and nutrition for athletes and exercisers.

SPS224 Physical Activity and Health 2(1-2-3)

Principles, theories in social sciences and human behavior, factors affecting physical activity and health at different ages, analyzing and applying theories to promote physical activity for health and good physical fitness.

SPS328 Sports and Exercise Nutrition 2(2-0-4)

Basic principles of nutrition, the role of nutrition in sports and exercise, roles and responsibilities of sports and exercise nutritionists, dietary supplements for sports and exercise, applying nutritional knowledge and principles of dietary program design for athletes and exercisers.

3.2.2.9 Skills of Sports Health and Management

Physical fitness testing and exercise prescription for enhancing physical fitness and health, integrating theories and strategies in management, sports organization administration, health business, and fitness, to study the feasibility of sports, health, and fitness businesses.

SPS329 Exercise Testing and Prescription 2(1-2-3)

Theories and principles related to physical fitness, the relationship between exercise and physical fitness, testing and assessing physical fitness to prescribe sports and exercise programs for individuals and groups, applying technology and equipment in sports and exercise science, and managing to enhance fitness for individuals and groups.

SPS331 Sports Management, Health and Fitness Business 2(2-0-4)

Principles, strategies, integrating management theories with the administration of sports organizations, health and fitness businesses, planning, personnel involved in sports management, sports and fitness businesses, principles of sports marketing, health and fitness businesses, sports, health, and fitness business models, studying the feasibility of sports, health, and fitness businesses.

3.2.2.10 Sports and Exercise Performance Development

Approaches to sports and exercise performance development related to theories and scientific principles that are the foundation of sports and exercise performance development training, methods for developing mechanical fitness, planning sports and exercise training, sports performance assessment, sports medicine in sports and exercise, common sports and exercise injuries, basic first aid principles, basic injury care, return to training after injury, and athlete preparation.

SPS332 Principles of Sports Training and Exercise 2(1-2-3)

Theories and scientific principles that are the foundation of sports and exercise performance development training, methods for developing mechanical fitness, planning sports and exercise training.

SPS333 Sports Performance Assessment 2(1-2-3)

Meaning, scope, and importance of sports performance assessment, selecting tools for sports performance assessment, assessing sports performance, interpreting and presenting test results, determining the quality and accuracy of tools.

SPS334 Sports Medicine 2(1-2-3)

Meaning, principles, basic knowledge of sports medicine, the role of sports medicine in sports and exercise, common sports and exercise injuries, basic first aid principles, basic injury care, return to training after injury, and athlete preparation.

3.2.2.11 Personal Trainer and Exercise Program Design

Meaning, importance, principles of being an exercise trainer, applying anatomy and physiology of the skeletal and muscular systems alongside exercise training, designing exercise programs, and evaluating health for the general population and individuals with health problems, ethics of exercise trainers.

SPS335 Personal Trainer and Exercise Program Designer 2(1-2-3)

Meaning, importance, components, roles, and scope of being a personal trainer, ethics of personal trainers, practical methods for being a good one-on-one trainer and trainer care, health assessment, methods for creating exercise programs for good health and suitable for all genders.

SPS336 Exercise Program Design for Special Populations 2(1-2-3)

Assessment, prescription, and design of exercise programs based on international exercise recommendations and research in obesity, diabetes, hypertension, cardiovascular diseases, and individuals with health problems, to delay or reduce the severity of diseases.

3.2.2.12 Statistics and Research in Sports and Exercise Science

Theory and basic principles of statistics and research, using software for statistical analysis, ethics and professional conduct in research, searching, reading, and analyzing research, basic research in sports and exercise science, and presenting research findings under the supervision of an advisor.

SPS337 Statistics in Sports and Exercise Science 2(1-2-3)

Theory, basic principles of statistics, data collection, analysis, data presentation, and using software for statistical analysis, integrated with theories and principles of statistical research in sports and exercise science.

SPS338 Research Methodology in Sports and Exercise Science 2(1-2-3)

Basic theory, components, formats, steps, and methods in research, ethics and professional conduct in research, searching, reading, and analyzing research to prepare a basic research proposal in sports and exercise science.

SPS439 Senior Projects 3(0-6-3)

Searching, studying, and analyzing research related to sports and exercise science, conducting basic research in sports and exercise science, and presenting research findings under the supervision of an advisor.

3.2.3 Elective Courses

Students are required to select individual courses totaling at least 12 credits from the following:

SPS241 Aerobic Dance 1(0-2-1)

Meaning, importance, principles, and practicing aerobic dance skills, basic movement techniques, rhythm counting, methods for designing and teaching aerobic dance, including injury prevention.

SPS242 Group Exercise Instructor 1(0-2-1)

Meaning, importance, principles, and practicing skills for being a group exercise instructor, designing group exercise programs to develop health-related fitness, enhancing personality, and leadership skills in group exercise.

SPS243 Yoga 1(0-2-1)

History, principles of yoga practice, related sciences, types of yoga, muscle stretching for yoga practice, chakras, prana and bandhas, applying poses, using yoga props for sports and exercise, yoga for health and therapy, yoga in the workplace, and yoga nidra.

SPS348 Pilates 1(0-2-1)

History and origins of Pilates, training principles and breathing, benefits of practice, training equipment, basic Pilates poses and poses for daily life, methods for adapting poses to suit the practitioner's abilities.

SPS349 Tai Chi Chi Kong 1(0-2-1)

History, Taoist philosophy, concepts of dantian point, chi energy, yin and yang, coordinating breathing with movements, practicing basic empty-hand and weapon-based forms, practicing with and without music.

SPS351 Innovations and Technology in Sports and Exercise 2(2-0-4)

Concepts, theories of innovation development, innovation design, learning about sports technology, trends and issues in current sports technology, creating and presenting innovations and technology in sports and exercise.

SPS352 Entrepreneurship in Sports and Exercise 2(2-0-4)

Knowledge in management, sports innovation and technology development, applying and designing business models for entrepreneurship, designing media to disseminate knowledge about exercise, and presenting it in a business plan.

SPS353 Sports Performance and Match Analysis 2(1-2-3)

Basic principles and techniques for analyzing sports performance and match analysis in each sport category, planning, tracking, and evaluating results, applying information technology and reporting sports performance and match analysis results, and presenting to coaches and athletes.

SPS354 Sports Performance Training 2(1-2-3)

Principles of being a sports coach, practicing methods to enhance the body and develop mechanical fitness, and planning training to improve sports performance.

SPS355 Applied Sports Science and Technology 2(1-2-3)

Applying scientific principles and sports technology to enhance athlete performance in physiology, energy systems, training, nutrition, psychology, individual and team performance analysis, game analysis, biomechanics, and technology.

SPS465 Sports and Exercise Recovery 2(1-2-3)

Principles, forms, equipment, and assessment of body recovery after sports competitions and exercise, to ensure the muscular, nervous, circulatory, and respiratory systems are ready for the next competition or exercise session.

SPS466 Sports and Exercise Rehabilitation 2(1-2-3)

Principles, techniques, equipment, indications, contraindications, and precautions for rehabilitation from sports and exercise injuries of body joints, to prevent injuries and restore the body to normal and complete condition for sports and exercise, for athletes and the general population.

SPS467 Applied Anatomy for Sports and Exercise 2(1-2-3)

Applying principles of human anatomy in the skeletal and muscular systems, methods, and equipment to design movements for developing and enhancing joint and muscle movement in sports and exercise, for athletes and the general population.

SPS468 Sports and Exercise Massage 2(1-2-3)

Principles, techniques, physiological effects, tools, equipment, indications, contraindications, and precautions for sports and exercise massage, to prepare the body, prevent injuries, and restore the body after sports and exercise, for athletes and the general population.

SPS469 Exercise Science for Elderly Wellness 2(2-0-4)

Meaning, classification, increasing elderly population, well-being and changes in the elderly, well-being assessment, principles and recommendations for exercise in the elderly, appropriate exercises for the elderly, physical and mental exercise activities for developing well-being in the elderly.

SPS244 Athletics 1(0-2-1)

History, types, benefits, rules, and practicing basic movement skills and techniques of athletics, analyzing components of movement skills in athletics, etiquette in competition, and safety in athletics.

SPS245 Swimming and Life Saving 1(0-2-1)

History, benefits, importance of swimming, water rescue, practicing skills and techniques of swimming, practicing water rescue skills, equipment maintenance, rules, regulations, etiquette in competition, and safety in swimming, artificial respiration, and cardiopulmonary resuscitation.

SPS246 Badminton 1(0-2-1)

History, benefits, values, principles, and methods of playing, rules, regulations, competition, basic judging, enhancing physical fitness, practicing skills and techniques of badminton, equipment maintenance, etiquette in competition, safety in playing sports, and practicing with badminton activities.

SPS247 Tennis 1(0-2-1)

History, evolution of tennis, types, rules, practicing forehand, backhand, serve, return of serve, sliding, volley, half volley, drop shot, smash, strategies for playing singles, doubles, and mixed doubles, etiquette, and safety in tennis.

SPS356 Basketball 1(0-2-1)

History, evolution from the beginning to the present of basketball, practicing basic movement skills, ball possession, stopping, faking, receiving, passing, dribbling, and shooting, defense, offense, and team play skills, rules, regulations, playing etiquette for players and spectators, building fitness, maintaining health, safety in playing, and equipment maintenance.

SPS357 Volleyball 1(0-2-1)

History, benefits, rules, regulations, etiquette of volleyball, practicing basic skills and techniques of volleyball, analyzing movement components, enhancing physical fitness of volleyball players, and safety in playing volleyball.

SPS358 Football 1(0-2-1)

History, benefits of football, rules, regulations, etiquette, skills and techniques of football, equipment maintenance, and safety in playing football, team systems and game plans for football, by applying knowledge in sports science.

SPS359 Futsal 1(0-2-1)

History, benefits of futsal, rules, regulations, etiquette, equipment maintenance, and safety in playing futsal, practicing skills and techniques of futsal, team systems and game plans for futsal, by applying knowledge in sports science.

SPS361 Korfbal 1(0-2-1)

History of korfbal, practicing basic movement skills, ball possession, stopping, faking, receiving, passing, and shooting, defense, offense, and team play skills, rules, regulations, playing etiquette for players and spectators, building fitness, maintaining health, safety in playing, and equipment maintenance.

SPS362 Rowing 1(0-2-1)

History, benefits of rowing, practicing skills and techniques of rowing, equipment maintenance, rules, regulations, etiquette in competition, and safety in rowing, by applying knowledge in sports science.

SPS363 Western Martial Arts 1(0-2-1)

History, benefits, rules, regulations, etiquette of Western martial arts, practicing basic skills and techniques of Western martial arts, boxing, wrestling, mixed martial arts, analyzing movement components, enhancing physical fitness, and safety in Western martial arts.

SPS364 Eastern Martial Arts 1(0-2-1)

History, benefits, rules, regulations, etiquette of Eastern martial arts, practicing basic skills and techniques of Eastern martial arts, Muay Thai, Taekwondo, Judo, analyzing movement components, enhancing physical fitness, and safety in Eastern martial arts.

SPS471 Golf 1(0-2-1)

History, benefits of golf, practicing skills and techniques of golf, equipment maintenance, rules, regulations, etiquette in competition, and safety in playing golf, by applying knowledge in sports science.

SPS472 e-Sports 1(0-2-1)

History, principles, and types of electronic sports, practicing skills and management in electronic sports, by applying knowledge in sports science.

SPS473 Scuba Diving 1(0-2-1)

History, benefits of scuba diving, practicing skills and techniques of scuba diving,

SPS474 Triathlon 1(0-2-1)

History, benefits of triathlon, practicing skills and techniques of triathlon, equipment maintenance, rules, regulations, etiquette, enhancing physical fitness, and safety in triathlon competitions.

SPS475 Outdoor Activities 1(0-2-1)

Principles of organizing outdoor activities, incorporating physical activities, games, recreational activities, exercise, or sports to develop physical and mental health, characteristics and qualities of being a leader and follower in activities.

3.2.4 Occupational Practicum/Cooperative Education

Students are required to take 1 course set totaling at least 7 credits from the following:

3.2.4.1 Practicum in Sports and Exercise Science

Practical training in preparing for and gaining professional experience in government agencies, state enterprises, or private organizations related to sports and exercise science. Developing students to have knowledge, attitudes, and skills relevant to work according to the needs of workplaces and the labor market.

SPS481 Preparation for Practicum in Sports and Exercise Science 1(0-2-1)

Practical training to prepare for professional work in sports and exercise science. Developing students in knowledge, attitudes, and work skills, enhancing potential and readiness for work by practicing self-development in situations or formats that align with the needs of workplaces and the labor market.

SPS482 Practicum in Sports and Exercise Science 6(0-18-0)

Professional work in sports and exercise science. Developing students in knowledge, attitudes, and skills relevant to work, enhancing potential and readiness for work by practicing self-development in workplaces, agencies, and organizations in the field of sports and exercise science.

3.2.4.2 Cooperative Education

Practical training in preparing for and participating in cooperative education in government agencies, state enterprises, or private organizations related to sports and exercise science. Developing students to have knowledge, attitudes, and skills relevant to work according to the needs of workplaces and the labor market.

SPS483 Preparation for Cooperative Education 1(0-2-1)

Practical training to prepare for cooperative education in sports and exercise science. Developing students in knowledge, attitudes, and work skills, enhancing potential and readiness for work by practicing self-development in situations or formats that align with the needs of workplaces and the labor market.

SPS484 Cooperative Education 6(0-18-0)

Work in government agencies or private organizations related to sports and exercise science to develop professional skills, analyze and solve problems related to sports and exercise science, and bring problems from the workplace to solve and create projects.

3.3 Free Elective Courses

Students are required to take at least 12 credits from any course sets where students want to increase knowledge and understanding in their areas of expertise or interest, offered within Srinakharinwirot University. All courses within the chosen course set must be taken.

4. Course Responsibility Distribution Map Supporting Learning Outcomes

4.1 Curriculum Mapping

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
General Education Courses					
<input type="checkbox"/> Set 1: Learning and Communication in the 21st Century					
SWU191 Learning for the 21st Century	•				
SWU192 Using Thai for Communication	•				
Set 2: The Art of Using English for International Communication					
SWU193 Listening and Speaking English for Effective Communication	•				
SWU194 Reading and Writing English for Effective Communication	•				
Set 3: SWU for Society					
SWU195 Creative Citizenship for Society	•				
SWU196 The Science and Art of Sustainable Social Development	•				
Set 4: Developing Work Skills and Entrepreneurship					
SWU197 Speaking and Presenting for Careers	•				
SWU198 Preparing for Work and Entrepreneurship	•				
Set 5: Smart Living					
SWU291 Healthy Living	•				
SWU292 Science: The Key to Living in Harmony with the Environment	•				
SWU293 Adapting in a Dynamic Society	•				
2. Core Course					
2.1 Core Subjects					
Set 1: Physical Education Identity					
PEG101 Proud Identity in Physical Education		•			

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
PEG102 Building the Identity of Students in the Faculty of Physical Education		•			
2.2 Required Courses					
<input type="checkbox"/> Set 1: Basic Science and Mathematics					
PHY100 General Physics		•			
BIO105 General Biology		•			
SSC111 Biochemistry for Sports Science and Exercise		•			
SSC112 Mathematics for Sports Science and Exercise		•			
<input type="checkbox"/> Set 2: Basic Sports Science and Exercise					
SPS113 Introduction to Sports Science and Exercise		•			
SPS114 Philosophy of Sports, Ethics, and the Olympic Ideals		•			
<input type="checkbox"/> Set 3: Basic Human Anatomy and Physiology					
SPS115 Human Anatomy and Physiology for Sports Science and Exercise 1		•			
SPS116 Human Anatomy and Physiology for Sports Science and Exercise 2		•			
<input type="checkbox"/> Set 4: Sports and Exercise Physiology					
SPS217 Sports and Exercise Physiology 1		•	•		
SPS218 Sports and Exercise Physiology 2		•	•		
<input type="checkbox"/> Set 5: Human Movement					
SPS219 Movement Learning and Skill Development		•		•	
SPS221 Sports Biomechanics		•	•	•	
SPS222 Resistance Training		•	•	•	
<input type="checkbox"/> Set 6: Communication for Sports and Exercise					
SPS223 English for Sports Science 1		•			
SPS325 English for Sports Science 2		•			

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
<input type="checkbox"/> Set 7: Teaching and Psychology for Sports and Exercise					
SPS326 Sports and Exercise Psychology		•			
SPS327 Scientific Methods of Teaching Sports and Exercise		•		•	
Set 8: Sports and Lifetime Exercise Nutrition					
SPS224 Physical Activity and Health		•			
SPS328 Sports and Exercise Nutrition		•	•		
Set 9: Sports and Health Management Skills					
SPS329 Exercise Testing and Prescription		•	•		
SPS331 Sports Management, Health Business, and Fitness		•		•	
Set 10: Sports and Exercise Performance Development					
SPS332 Principles of Sports and Exercise Training		•	•	•	
SPS333 Sports Performance Evaluation		•	•		
SPS334 Sports Medicine			•	•	
Set 11: Personal Training and Exercise Program Design					
SPS335 Personal Training and Exercise Program Design		•	•	•	
SPS336 Exercise Program Design for Special Populations		•	•	•	
Set 12: Statistics and Research in Sports Science and Exercise					
SPS337 Statistics for Sports Science and Exercise			•		•
SPS338 Research Methodology in Sports Science and Exercise			•		•
SPS439 Thesis		•	•	•	•
2.3 Elective Courses					
SPS241 Aerobic Dance		•	•	•	
SPS242 Group Exercise Instructor		•	•	•	

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
SPS243 Yoga				•	
SPS348 Pilates		•		•	
SPS349 Tai Chi Qigong				•	
SPS351 Innovation and Technology in Sports and Exercise			•	•	
SPS352 Entrepreneurship in Sports and Exercise			•	•	
SPS353 Sports Performance and Game Analysis		•	•	•	
SPS354 Sports Performance Training		•	•	•	
SPS355 Application of Sports Science and Technology			•	•	
SPS465 Sports and Exercise Rehabilitation		•	•	•	
SPS466 Sports and Exercise Fitness Recovery		•	•	•	
SPS467 Applied Anatomy for Sports and Exercise		•	•	•	
SPS468 Sports and Exercise Massage		•	•	•	
SPS469 Exercise Science for Elderly Wellness		•	•	•	
SPS244 Athletics		•	•	•	
SPS245 Swimming and Water Rescue		•	•	•	
SPS246 Badminton		•	•	•	
SPS247 Tennis		•	•	•	
SPS356 Basketball		•	•	•	
SPS357 Volleyball		•	•	•	
SPS358 Football		•	•	•	
SPS359 Futsal		•	•	•	
SPS361 Korfball		•	•	•	
SPS362 Rowing		•	•	•	

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
SPS363 Western Martial Arts		•	•	•	
SPS364 Eastern Martial Arts		•	•	•	
SPS471 Golf		•	•	•	
SPS472 Esports		•	•	•	
SPS473 Diving		•	•	•	
SPS474 Triathlon		•	•	•	
SPS475 Outdoor Activities		•	•	•	
2.4 Professional Experience/Cooperative Education Courses					
Set 1: Professional Experience in Sports Science and Exercise					
SPS481 Preparation for Professional Internship in Sports Science and Exercise		•	•	•	•
SPS482 Professional Internship in Sports Science and Exercise	•	•	•	•	•
Set 2: Cooperative Education					
SPS483 Preparation for Cooperative Education		•	•	•	•

4. Course Responsibility Distribution Map Supporting Learning Outcomes

4.1 Curriculum Mapping

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
General Education Courses					
Set 1: Learning and Communication in the 21st Century					
SWU191 Learning for the 21st Century	•				
SWU192 Using Thai for Communication	•				
Set 2: The Art of Using English for International Communication					
SWU193 Listening and Speaking English for Effective Communication	•				
SWU194 Reading and Writing English for Effective Communication	•				
Set 3: SWU for Society					
SWU195 Creative Citizenship for Society	•				
SWU196 The Science and Art of Sustainable Social Development	•				
Set 4: Developing Work Skills and Entrepreneurship					
SWU197 Speaking and Presenting for Careers	•				
SWU198 Preparing for Work and Entrepreneurship	•				
Set 5: Smart Living					
SWU291 Healthy Living	•				
SWU292 Science: The Key to Living in Harmony with the Environment	•				
SWU293 Adapting in a Dynamic Society	•				
2. Core Course					
2.1 Core Subjects					
Set 1: Physical Education Identity					
PEG101 Proud Identity in Physical Education		•			

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
PEG102 Building the Identity of Students in the Faculty of Physical Education		•			
2.2 Required Courses					
<input type="checkbox"/> Set 1: Basic Science and Mathematics					
PHY100 General Physics		•			
BIO105 General Biology		•			
SSC111 Biochemistry for Sports Science and Exercise		•			
SSC112 Mathematics for Sports Science and Exercise		•			
<input type="checkbox"/> Set 2: Basic Sports Science and Exercise					
SPS113 Introduction to Sports Science and Exercise		•			
SPS114 Philosophy of Sports, Ethics, and the Olympic Ideals		•			
<input type="checkbox"/> Set 3: Basic Human Anatomy and Physiology					
SPS115 Human Anatomy and Physiology for Sports Science and Exercise 1		•			
SPS116 Human Anatomy and Physiology for Sports Science and Exercise 2		•			
<input type="checkbox"/> Set 4: Sports and Exercise Physiology					
SPS217 Sports and Exercise Physiology 1		•	•		
SPS218 Sports and Exercise Physiology 2		•	•		
<input type="checkbox"/> Set 5: Human Movement					
SPS219 Movement Learning and Skill Development		•		•	
SPS221 Sports Biomechanics		•	•	•	
SPS222 Resistance Training		•	•	•	
<input type="checkbox"/> Set 6: Communication for Sports and Exercise					
SPS223 English for Sports Science 1		•			
SPS325 English for Sports Science 2		•			

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
<input type="checkbox"/> Set 7: Teaching and Psychology for Sports and Exercise					
SPS326 Sports and Exercise Psychology		•			
SPS327 Scientific Methods of Teaching Sports and Exercise		•		•	
Set 8: Sports and Lifetime Exercise Nutrition					
SPS224 Physical Activity and Health		•			
SPS328 Sports and Exercise Nutrition		•	•		
Set 9: Sports and Health Management Skills					
SPS329 Exercise Testing and Prescription		•	•		
SPS331 Sports Management, Health Business, and Fitness		•		•	
Set 10: Sports and Exercise Performance Development					
SPS332 Principles of Sports and Exercise Training		•	•	•	
SPS333 Sports Performance Evaluation		•	•		
SPS334 Sports Medicine			•	•	
Set 11: Personal Training and Exercise Program Design					
SPS335 Personal Training and Exercise Program Design		•	•	•	
SPS336 Exercise Program Design for Special Populations		•	•	•	
Set 12: Statistics and Research in Sports Science and Exercise					
SPS337 Statistics for Sports Science and Exercise			•		•
SPS338 Research Methodology in Sports Science and Exercise			•		•
SPS439 Thesis		•	•	•	•
2.3 Elective Courses					
SPS241 Aerobic Dance		•	•	•	
SPS242 Group Exercise Instructor		•	•	•	

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
SPS243 Yoga				•	
SPS348 Pilates		•		•	
SPS349 Tai Chi Qigong				•	
SPS351 Innovation and Technology in Sports and Exercise			•	•	
SPS352 Entrepreneurship in Sports and Exercise			•	•	
SPS353 Sports Performance and Game Analysis		•	•	•	
SPS354 Sports Performance Training		•	•	•	
SPS355 Application of Sports Science and Technology			•	•	
SPS465 Sports and Exercise Rehabilitation		•	•	•	
SPS466 Sports and Exercise Fitness Recovery		•	•	•	
SPS467 Applied Anatomy for Sports and Exercise		•	•	•	
SPS468 Sports and Exercise Massage		•	•	•	
SPS469 Exercise Science for Elderly Wellness		•	•	•	
SPS244 Athletics		•	•	•	
SPS245 Swimming and Water Rescue		•	•	•	
SPS246 Badminton		•	•	•	
SPS247 Tennis		•	•	•	
SPS356 Basketball		•	•	•	
SPS357 Volleyball		•	•	•	
SPS358 Football		•	•	•	
SPS359 Futsal		•	•	•	
SPS361 Korfball		•	•	•	
SPS362 Rowing		•	•	•	

Subjects	Program learning outcome				
	PLO1	PLO2	PLO3	PLO4	PLO5
SPS363 Western Martial Arts		•	•	•	
SPS364 Eastern Martial Arts		•	•	•	
SPS471 Golf		•	•	•	
SPS472 Esports		•	•	•	
SPS473 Diving		•	•	•	
SPS474 Triathlon		•	•	•	
SPS475 Outdoor Activities		•	•	•	
2.4 Professional Experience/Cooperative Education Courses					
Set 1: Professional Experience in Sports Science and Exercise					
SPS481 Preparation for Professional Internship in Sports Science and Exercise		•	•	•	•
SPS482 Professional Internship in Sports Science and Exercise	•	•	•	•	•
Set 2: Cooperative Education					
SPS483 Preparation for Cooperative Education		•	•	•	•
SPS484 Cooperative Education	•	•	•	•	•

4.2 แผนที่กระจายความรับผิดชอบของผลลัพธ์การเรียนรู้ของหลักสูตรสู่รายวิชา (Curriculum Mapping) จำแนกตามผลลัพธ์การเรียนรู้ 4 ด้าน

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
General Education Courses																				
Set 1: Learning and Communication in the 21st Century																				
SWU191 Learning for the 21st Century	1	1, 4	1	1, 3																
SWU192 Using Thai for Communication	2	2, 3		2																
Set 2: The Art of Using English for International Communication																				
SWU193 Listening and Speaking English for Effective Communication	2	2, 3	1	4																
SWU194 Reading and Writing English for Effective Communication	2	2, 3	1	4																
Set 3: SWU for Society																				
SWU195 Creative Citizenship for Society	1	4, 5	2	3																
มศว196 ศาสตร์และศิลป์แห่งการพัฒนาสังคมอย่างยั่งยืน	1	5	2	3																
<input type="checkbox"/> Set 4: Developing Work Skills and Entrepreneurship																				

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SWU197 Speaking and Presenting for Careers	2, 3	1, 2	3	2																
SWU198 Preparing for Work and Entrepreneurship	3, 4	4, 5		2																
<input type="checkbox"/> Set 5: Smart Living																				
SWU291 Healthy Living		3		2																
SWU292 Science: The Key to Living in Harmony with the Environment		3	2																	
SWU293 Adapting in a Dynamic Society	1	5	2	4																
Specific Course																				
Core Courses																				
2.1 Core Subjects																				
Set 1: Physical Education Identity		3, 5		1	1		1, 3, 4													
PEG101 Proud Identity in Physical Education		3, 5		1	1		1, 3, 4													
<input type="checkbox"/> 2.2 Required Courses																				
<input type="checkbox"/> Set 1: Basic Science and Mathematics																				
<input type="checkbox"/> PHY100 General Physics		3		1	1		1 1													
<input type="checkbox"/> BIO105 General Biology		3		1	1		1 1													

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS218 Sports and Exercise Physiology 2		2, 3, 5		1, 3	1, 2		1, 3	1	1											
<input type="checkbox"/> Set 5: Human Movement																				
SPS219 Movement Learning and Skill Development		1, 2, 3, 5	1, 3	1, 2	1, 2		1, 3	1					1, 2							
SPS221 Sports Biomechanics		2, 3, 5	1, 3	1, 2, 3	1, 2		1, 3	1	1		1		1, 2							
SPS222 Resistance Training		1, 2, 4, 5	1, 2	1, 2, 4	1		1, 3		3	1			1, 2, 3			1				
Set 6: Communication for Sports and Exercise																				
SPS223 English for Sports Science 1		2, 5		1	1		1, 3	1												
SPS325 English for Sports Science 2		2, 5		1	1		1, 3	1												

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
Set 7: Teaching and Psychology for Sports and Exercise																				
SPS326 Sports and Exercise Psychology		2, 3, 5		1, 2, 4	1, 2		1, 2, 3	1												
SPS327 Scientific Methods of Teaching Sports and Exercise		2, 3, 5		1, 2, 4	1, 2		1, 2, 3	1					3			1				
Set 8: Sports and Lifetime Exercise Nutrition																				
SPS224 Physical Activity and Health		2, 5		1	1, 2		1, 3	1												
SPS328 Sports and Exercise Nutrition		2, 3		1	1, 2		1, 3	1	1											
Set 9: Sports and Health Management Skills																				
SPS329 Exercise Testing and Prescription		2, 3, 5	3,	1	1, 2		1, 2, 3	1	1, 2, 3	1										
SPS331 Sports Management, Health Business, and Fitness		2, 3, 5		1	1, 2		1, 3	1					3							
Set 10: Sports and Exercise Performance Development																				

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS332 Principles of Sports and Exercise Training		1, 3, 4		1, 4	1, 2		2, 3	1	1	1			1, 2, 3							
SPS333 Sports Performance Evaluation		1, 3, 5		1, 4	1, 2		2, 3	1	1, 2											
SPS334 Sports Medicine		3, 4		2, 4			2, 3	1	1, 3	1			1, 2							
Set 11: Personal Training and Exercise Program Design																				
SPS335 Personal Training and Exercise Program Design		1, 2, 4, 5	1, 2	1, 2, 4	1		1, 3		3	1			1, 2, 3			1				
SPS336 Exercise Program Design for Special Populations		2, 3, 5	2, 3	1, 2	1, 2		1, 3, 4	1	3	1			1, 2, 3			1				
Set 12: Statistics and Research in Sports Science and Exercise																				
SPS337 Statistics for Sports Science and Exercise		1	3	1					1	1							1, 2			

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS338 Research Methodology in Sports Science and Exercise		3	3	1, 4			3		1	1							1, 2			
SPS439 Thesis		1, 2, 3, 4, 5	1	1, 2, 4	2		1, 2, 3	1	1	1			1				1, 2			
2.3 Elective Courses																				
SPS241 Aerobic Dance		1, 2, 4, 5	2	1, 2, 4	1		1, 3		3	1			1, 2, 3			1				
SPS242 Group Exercise Instructor		1, 2, 4, 5	2	1, 2, 4	1		1, 3		3	1			1, 2, 3			1				
SPS243 Yoga		2, 4, 5	2	2, 4									1, 2, 3			1				
SPS348 Pilates		2, 4, 5	2	1, 2, 4	1		3						1, 2, 3			1				

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS349 Tai Chi Qigong		2, 4, 5	2	2, 4									1, 2, 3			1				
SPS351 Innovation and Technology in Sports and Exercise		1, 2, 4, 5	2, 3	1, 2, 3, 4			1		1	1			1, 3							
SPS352 Entrepreneurship in Sports and Exercise		2, 3, 5	3	2, 4			1, 2, 3		1	1			3							
SPS353 Sports Performance and Game Analysis		1, 3, 4, 5	3	2, 4	1		2, 3	1	1, 2	1			1							
SPS354 Sports Performance Training		1, 3, 4, 5		2, 4	2		1, 2, 3	1	1, 2	1			1, 2, 3			1				
SPS355 Application of Sports Science and Technology		1, 4	2, 3	1, 2					1	1			1							
SPS465 Sports and Exercise Rehabilitation		2, 3		1	1, 2		1, 3		1, 3	1			1, 2							

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS466 Sports and Exercise Fitness Recovery		2, 3		1	1, 2		1, 3, 4		1, 3	1			1, 2							
SPS467 Applied Anatomy for Sports and Exercise		2, 3		1	1, 2		1, 3		1, 3	1			1, 2							
SPS468 Sports and Exercise Massage		2, 3		1	1, 2		1, 3		1, 3	1			1, 2							
SPS469 Exercise Science for Elderly Wellness		2, 3		1	1, 2		1, 3, 4		3	1			1, 2							
SPS244 Athletics		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS245 Swimming and Water Rescue		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS246 Badminton		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS247 Tennis		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS356 Basketball		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS357 Volleyball		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS358 Football		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS359 Futsal		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS361 Korfball		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS362 Rowing		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				
SPS363 Western Martial Arts		3, 4, 5		1, 2	1		1, 2, 3	1	3				3			1				

Subjects	Program Learning Outcomes																			
	PLO1				PLO2				PLO3				PLO4				PLO5			
	K1	S1	E1	C1	K2	S2	E2	C2	K3	S3	E3	C3	K4	S4	E4	C4	K5	S5	E5	C5
SPS481 Preparation for Professional Internship in Sports Science and Exercise		1, 5	2	1, 2, 4	2		1, 2, 3		1	1			3			1	1			
SPS482 Professional Internship in Sports Science and Exercise	4	2, 3, 4, 5	1, 2	1, 4, 5	2		1, 2, 3	1	1	1			2, 3			1	1, 2			
Set 2: Cooperative Education																				
SPS483 Preparation for Cooperative Education		1, 5	2	1, 2, 4	2		1, 2, 3		1	1			3			1	1			
SPS484 Cooperative Education	4	2, 3, 4, 5	1, 2	1, 4, 5	2		1, 2, 3	1	1	1			2, 3			1	1, 2			

The numerical codes used in this table are derived from the details of the Program Learning Outcomes (PLO) in Table Category 3, Item 1, on page 16.

5. Educational Plan and Responsibility Distribution of Program Learning Outcomes to Course-Level and Year-Level Learning Outcomes

Year 1							
ภาคการศึกษาที่ 1			PLOs				
รหัสวิชา	ชุดวิชา/รายวิชา	หน่วยกิต	PLO1	PLO2	PLO3	PLO4	PLO5
	General Education Courses						
	Set: Learning and Communication in the 21st Century						
SWU191	Learning for the 21st Century	3(2-2-5)	●				
SWU192	Using Thai for Communication	3(2-2-5)	●				
	Core Subjects						
	Set: Well-being and Creative Lifestyles						
PEG101	Proud Identity in Physical Education	1(0-2-1)		●			
PEG102	Building the Identity of Students in the Faculty of Physical Education	1(0-2-1)		●			
	Required Courses						
	Set: Basic Science and Mathematics						
BI105	General Biology	3(3-0-6)		●			
SPS111	Biochemistry for Sports Science and Exercise	2(2-0-4)		●			
	Set: Basic Sports Science and Exercise						
วทก113	Introduction to Sports Science and Exercise	2(2-0-4)		●			
วทก114	Philosophy of Sports, Ethics, and the Olympic Ideals	1(0-2-1)		●			
Total Credits		16					

First-Year Learning Outcomes (K, S, E, C)

1. Effectively communicate in Thai and English, utilize digital technology for learning, understand the roles and responsibilities of citizenship, collaborate well with others, and exhibit public awareness and appropriate conduct as both a citizen and digital citizen.
2. Present fundamental principles and basic theories in sports science and exercise.

3. Show discipline, a love for learning, and an appreciation for the unique identity of sports science students in the Faculty of Physical Education

1 st Year							
Second Year			PLOs				
รหัสวิชา	Subjects	หน่วยกิต	PLO1	PLO2	PLO3	PLO4	PLO5
	General Education Courses						
	Set: The Art of Using English for International Communication						
SWU193	Listening and Speaking English for Effective Communication	3(2-2-5)	●				
SWU194	Reading and Writing English for Effective Communication	3(2-2-5)	●				
	Set: SWU for Society						
SWU195	Creative Citizenship for Society	3(2-2-5)	●				
SWU196	The Science and Art of Sustainable Social Development	3(2-2-5)	●				
	Required Courses						
	Set: Basic Human Anatomy and Physiology						
SPS115	Human Anatomy and Physiology for Sports Science and Exercise 1	2(2-0-4)		●			
SPS116	Human Anatomy and Physiology for Sports Science and Exercise 2	2(2-0-4)		●			
Total Credits		16					
First-Year Learning Outcomes (K, S, E, C)							
1. Effectively communicate in Thai and English, utilize digital technology for learning, understand the roles and responsibilities of citizenship, collaborate well with others, and exhibit public awareness and appropriate conduct as both a citizen and digital citizen.							

2. Present fundamental principles and basic theories in sports science and exercise.

Show discipline, a love for learning, and an appreciation for the unique identity of sports science students in the Faculty of Physical Education

* หมายเหตุ ● Major Responsibilities

2 nd year							
First Semester			PLOs				
รหัสวิชา	Subject	หน่วยกิต	PLO1	PLO2	PLO3	PLO4	PLO5
	General Education Courses						
	Set: Developing Work Skills and Entrepreneurship						
SWU197	Speaking and Presenting for Careers	3(2-2-5)	●				
SWU198	Preparing for Work and Entrepreneurship	3(2-2-5)	●				
	Required Courses						
	Set: Basic Science and Mathematics						
PY100	General Physics	3(3-0-6)		●			
SPS112	Mathematics for Sports Science and Exercise	3(3-0-6)		●			
	Set: Sports and Exercise Physiology						
SPS217	Sports and Exercise Physiology 1	2(1-2-3)		●	●		
SPS218	Sports and Exercise Physiology 2	2(1-2-3)		●	●		
	Elective Courses						
SPS.....	Elective Course	1(X-X-X)					
SPS.....	Elective Course	1(X-X-X)					
Total Credits		18					
Second-Year Learning Outcomes (K, S, E, C)							

1. Develop a business mindset, effective communication skills, and the ability to adapt in a balanced manner to society and the environment, while fostering health and creative lifestyles.
2. Apply knowledge in sports science and exercise to enhance health.

* หมายเหตุ

● Major Responsibilities

2 nd Year							
Second Semester			PLOs				
Code	Subjects	หน่วยกิต	PLO1	PLO2	PLO3	PLO4	PLO5
	General Education Courses						
	Set: Smart Living						
SWU 292	Science: The Key to Living in Harmony with the Environment	3(2-2-5)	●				
SWU 293	Adapting in a Dynamic Society	3(2-2-5)	●				
	Required Courses						
	Set: Human Movement						
SPS 219	Movement Learning and Skill Development	2(2-0-4)		●		●	
SPS 221	Sports Biomechanics	2(1-2-3)		●	●	●	
SPS 222	Resistance Training	1(0-2-1)		●	●	●	
	Set: Communication for Sports and Exercise						
SPS 223	English for Sports Science 1	2(1-2-3)		●			
	Set: Sports and Lifetime Exercise Nutrition						
SPS 224	Physical Activity and Health	2(1-2-3)		●			
	Free Elective Courses						
XXX.....	Free Elective Course (Set 1)	4(X-X-X)					
Total Credits		19					
Second-Year Learning Outcomes (K, S, E, C)							
<ol style="list-style-type: none"> 1. Develop a business perspective, possess communication skills, adapt well to society and the environment in a balanced manner, and promote health and creative lifestyles. 2. Apply knowledge in sports science and exercise to improve health 							

* หมายเหตุ

● Major Responsibilities

3 rd Year							
First Semester			PLOs				
Code	Subjects	Credit	PLO1	PLO2	PLO3	PLO4	PLO5
	Required Courses						
	Set: Communication for Sports and Exercise						
SPS 325	English for Sports Science 2	2(1-2-3)		●			
	Set: Teaching and Psychology for Sports and Exercise						
SPS 326	Sports and Exercise Psychology	3(3-0-6)		●			
SPS 327	Scientific Methods of Teaching Sports and Exercise	2(1-2-3)		●		●	
	Set: Sports and Lifetime Exercise Nutrition						
SPS 328	Sports and Exercise Nutrition	2(2-0-4)		●	●		
	Set: Sports and Health Management Skills						
SPS 329	Exercise Testing and Prescription	2(1-2-3)		●	●		
SPS 331	Sports Management, Health Business, and Fitness	2(2-0-4)		●		●	
	Set: Sports and Exercise Performance Development						
SPS 332	Principles of Sports and Exercise Training	2(1-2-3)		●	●	●	
	Elective Courses						
SPS.....	Elective Course	1(X-X-X)					
SPS.....	Elective Course	1(X-X-X)					
Total Credits		17					
Third-Year Learning Outcomes (K, S, E, C)							
1. Use tools and technology in sports science and exercise to test and assess the physical fitness of athletes, the general public, and special populations.							

2. Demonstrate systematic thinking skills, analyze, and propose methods to improve the physical fitness of athletes, the general public, and special populations.
3. Design and present training programs for athletes and exercise programs for the general public and special populations.

* หมายเหตุ

● Major Responsibilities

3 rd Year							
Second Semester			PLOs				
Code	Subjects	Credits	PLO1	PLO2	PLO3	PLO4	PLO5
	Required Courses						
	Set: Sports and Exercise Performance Development						
วทก333	Sports Performance Evaluation	2(1-2-3)		●	●		
วทก334	Sports Medicine	2(1-2-3)			●	●	
	Set: Personal Training and Exercise Program Design						
วทก335	Personal Training and Exercise Program Design	2(1-2-3)		●	●	●	
วทก336	Exercise Program Design for Special Populations	2(1-2-3)		●	●	●	
	Set: Statistics and Research in Sports Science and Exercise						
วทก337	Statistics for Sports Science and Exercise	2(1-2-3)			●		●
วทก338	Research Methodology in Sports Science and Exercise	2(1-2-3)			●		●
	Set: Statistics and Research in Sports Science and Exercise						
วทก.....	<input type="checkbox"/> Elective Course	2(X-X-X)					
	<input type="checkbox"/> Elective Course						
XXX.....	<input type="checkbox"/> Elective Course	4(X-X-X)					
รวมหน่วยกิต		18					
Third-Year Learning Outcomes (K, S, E, C)							
1. Use tools and technology in sports science and exercise to test and assess the physical fitness of athletes, the general public, and special populations.							

2. Demonstrate systematic thinking skills, analyze, and propose methods to enhance the physical fitness of athletes, the general public, and special populations.
3. Design and present training programs for athletes and exercise programs for the general public and special populations.

* ● Major Responsibilities

4 th Year							
ภาคการศึกษาที่ 1 สำหรับแผนการฝึกประสบการณ์วิชาชีพ			PLOs				
Code	Subjects	Credit	PLO1	PLO2	PLO3	PLO4	PLO5
	Required Courses						
	Set: Statistics and Research in Sports Science and Exercise						
วทค439	Thesis	3(0-6-3)		●	●	●	●
	Professional Experience/Cooperative Education Courses						
	Set: Professional Experience in Sports Science and Exercise						
วทค481	Preparation for Professional Internship in Sports Science and Exercise	1(0-2-1)		●	●	●	●
	Elective Courses						
วทค.....	Elective Course	2(X-X-X)					
วทค.....	Elective Course	2(X-X-X)					
วทค.....	Elective Course	2(X-X-X)					
	Free Elective Courses						
XXX.....	Free Elective Course (Set 3)	4(X-X-X)					
	รวมหน่วยกิต	14					

Fourth-Year Learning Outcomes (K, S, E, C)

1. Analyze and present academic work in sports science and exercise.
2. Lead sports performance and exercise training programs.
3. Propose research methods and develop innovations in sports science and exercise.

* ● Major Responsibilities

4 th Year							
Semester 1 : Cooperative Education			PLOs				
รหัสวิชา	Subjects	Credits	PLO1	PLO2	PLO3	PLO4	PLO5
	Core Courses						
	Statistics and Research in Sports Science and Exercise						
วทก439	Thesis	3(0-6-3)		●	●	●	●
	Professional Experience/Cooperative Education Training						
	Cooperative Education Courses						
วทก482	Cooperative Education Preparation	1(0-2-1)		●	●	●	●
	Elective Courses						
วทก.....	Elective Course	2(X-X-X)					
วทก.....	Elective Course	2(X-X-X)					
วทก.....	Elective Course	2(X-X-X)					
	Free Elective						
XXX.....	Free Elective (Course Set 3)	4(X-X-X)					
Total Credits		14					

Learning Outcomes for the 4th Year (K, S, E, C)

1. Analyze and present academic work in sports science and exercise.
2. Lead fitness training in sports and exercise.
3. Propose research methodologies and develop innovations in sports science and exercise.

* ● Major Responsibilities

4 th Year Student									
Semester 2 : Cooperative Education				PLOs					
Code	Subjects			Credits	PLO1	PLO2	PLO3	PLO4	PLO5
	Professional Experience/Cooperative Education Courses								
	Professional Experience in Sports Science and Exercise Course Set								
วทท483	Professional Internship in Sports Science and Exercise			6(0-18-0)	●	●	●	●	●
Total Credits				6					

Fourth-Year Learning Outcomes (K, S, E, C)

1. Analyze and present academic work in sports science and exercise.
2. Lead sports performance and exercise training.
3. Propose research methods and develop innovations in sports science and exercise.

* ● Major Responsibilities

ชั้นปีที่ 4							
ภาคการศึกษาที่ 2 สำหรับแผนสหกิจศึกษา			PLOs				
รหัสวิชา	ชุดวิชา/รายวิชา	หน่วยกิต	PLO1	PLO2	PLO3	PLO4	PLO5
	วิชาการฝึกประสบการณ์วิชาชีพ/สหกิจศึกษา						
	ชุดวิชาสหกิจศึกษา						
วทก484	สหกิจศึกษา	6(0-18-0)	●	●	●	●	●
รวมหน่วยกิต		6					
<p>Fourth-Year Learning Outcomes (K, S, E, C)</p> <ol style="list-style-type: none"> 1. Analyze and present academic work in sports science and exercise. 2. Lead sports performance and exercise training. 3. Propose research methods and develop innovations in sports science and exercise. 							

* ● Major Responsibilities

Category 5: Learning Process and Learning Outcome Assessment

Srinakharinwirot University adheres to the philosophy that "Education is growth" by striving to cultivate and develop students to grow in intellect, skills, ethics, and virtues, as well as in character, with a sense of generosity and care for others in a diverse community and society. This is done in accordance with the needs of stakeholders, the context of the country's social environment, and relevant job markets. The university promotes a learning environment that enables students to continuously learn and develop themselves according to their potential.

The design of the university's learning process emphasizes a student-centered approach by focusing on active learning experiences where students are engaged and responsible for their learning activities. This includes learning by doing, both individually and collaboratively, through classroom contexts, projects, participation in learning activities, community development activities, real-life work situations, and seeking knowledge from various learning sources. Instructors shift their roles from knowledge providers to facilitators, employing diverse teaching techniques and methods to stimulate the use of knowledge and skills in thinking, analyzing, problem-solving, communicating, and collaborating. The use of digital technology as a tool for learning and working is encouraged, fostering students' ability to create knowledge independently (Constructivist Theory) and develop themselves continuously with a growth mindset.

Details of the learning process and learning outcome assessment at the program, year, and course levels are as follows:

1. Learning Process organization

Program Learning Outcomes	Teaching Methods/Learning Activities
<p>PLO1: Use language and digital technology for learning, communication, and working with others appropriately. Have a business perspective, show public consciousness, and act appropriately as citizens and digital citizens.</p>	<p>Participatory lectures, active learning activities such as case-based, game-based, problem-based, task-based, and project-based learning.</p>
<p>PLO2: Use knowledge and management in sports science and exercise to improve health for oneself and others.</p>	<ul style="list-style-type: none"> ● Comprehensive teaching across various fields, participatory lectures ● active learning activities such as case-based, game-based, and problem-based learning, demonstrations, and practical exercises in sports science and exercise, research, report writing, and presentations in the classroom.
<p>PLO3: Use tools and technology in sports science and exercise to enhance, test, and assess the physical fitness of athletes, the general public, and special populations.</p>	<p>Demonstrations of sports science and exercise technology tools, practical assignments using sports science and exercise technology tools, participatory lectures, active learning activities such as case-based, game-based, and problem-based learning, off-site teaching or real-life situation studies, case studies to teach students problem analysis and systematic knowledge integration for problem-solving.</p>
<p>PLO4: Design programs and lead training for athletes and exercise for the general public and special populations.</p>	<p>Preparation for practical training requiring knowledge and skill in solving specialized sports science and exercise problems, practical assignments using sports science and exercise technology tools, off-site teaching or real-life situation studies, case studies to teach students problem analysis and systematic knowledge integration for problem-solving.</p>
<p>PLO5: Conduct research related to sports science and exercise.</p>	<p>Off-site teaching or real-life situation studies related to sports science and exercise, using research to teach students problem analysis and knowledge integration for research, presentations, discussions, and reflections in the classroom.</p>

2. Assessment of Learning Outcomes

The assessment of student learning outcomes at the program, year, and course levels is overseen by the Program Management Committee, instructors, and/or advisors as follows:

2.1 The assessment of learning outcomes in terms of skills and desirable attributes includes digital skills, critical thinking and problem-solving skills, systems thinking skills, communication skills, creativity, teamwork skills, a love for learning, appropriate personality traits for different contexts and situations, proper conduct as Thai citizens and digital citizens, open-mindedness, reasonableness, and the ability to listen to others' opinions in diverse social and cultural settings. It also includes demonstrating enthusiasm or participation in thinking, expressing opinions, or performing tasks, and showing leadership in sports performance and exercise training. These attributes are developed through the learning process in general education courses, core courses, and free elective courses. The university has established the following assessment plan:

ELOs	ระยะเวลา/วิธีการประเมิน					
<ul style="list-style-type: none">● Communication skills● Teamwork skills● Digital technology skills● Critical thinking and problem-solving skills● Creativity● Public consciousness	Student Assessment	Teacher Assessment				Stakeholder Assessment
		ปี 1	ปี 2	ปี 3	ปี 4	

Assessment Tools

The assessment tools used include:

1. Self-assessment forms
2. Tests
3. Rubric evaluation criteria

These tools have been developed by the university and have undergone quality and efficiency verification.

The university will report the assessment results concerning students' skills and desirable attributes to the Learning Innovation Office. This office is responsible for managing general education courses and the curriculum. The data collected will be used to verify the learning outcomes of students and the learning

processes of general education and core courses. This will lead to the improvement and development of the learning processes and the desired skills and attributes of the students.

2.2 Program Learning outcome assessment

Program Learning Outcomes (PLO)	Performance Criteria	Assessment Methods/Tools
PLO1: Utilize language and digital technology for learning, communication, and collaboration effectively. Demonstrate a business perspective, public consciousness, and appropriate conduct as citizens and digital citizens.	- Understand the roles and responsibilities of citizenship and digital citizenship, and relevant laws regarding computer and internet usage.- Communicate effectively in Thai and English.- Apply digital technology for learning, communication, and collaboration.- Design projects that reflect a business perspective.	- Assess learning outcomes through active learning activities, presentations, and tests.
PLO2: Apply knowledge and management in sports science and exercise to improve personal and others' health.	- Present fundamental principles and theories in sports science and exercise.- Utilize basic knowledge in sports science and exercise to enhance health.	- Evaluate learning outcomes through research, document reports, and classroom presentations.- Assess learning outcomes through tests.- Assess learning outcomes through active learning activities and tests.
PLO3: Utilize tools and technology in sports science and exercise to enhance, test, and assess the physical fitness of athletes, the general public, and special populations.	- Use tools and technology in sports science and exercise.- Test and assess the physical fitness of athletes, the general public, and special populations.- Analyze and propose methods to enhance the physical fitness of athletes, the general public, and special populations.	- Evaluate learning outcomes through the use of sports science and exercise technology tools.- Assess learning outcomes through classroom presentations.- Assess learning outcomes through tests.- Assess learning outcomes through active learning activities and tests.
PLO4: Design and lead training programs for athletes and exercise programs for the general public and special populations.	- Design training programs for athletes and exercise programs for the general public and special populations - Present training	- Assess learning outcomes through the design of training programs for athletes and exercise programs for the general public

Program Learning Outcomes (PLO)	Performance Criteria	Assessment Methods/Tools
	<p>programs for athletes and exercise programs for the general public and special populations.- Lead sports performance and exercise training.</p>	<p>and special populations.- Evaluate learning outcomes through classroom presentations.- Assess learning outcomes through leadership in sports performance and exercise training.- Assess learning outcomes through tests.</p>
<p>PLO5: Conduct research related to sports science and exercise</p>	<p>Analyze and present academic work in sports science and exercise. Propose research methods and develop innovations in sports science and exercise.</p>	<p>Evaluate learning outcomes through research and innovations in sports science and exercise, and classroom presentations. Assess learning outcomes through tests.</p>

2.3 การประเมินผลสัมฤทธิ์การเรียนรู้ระดับชั้นปี

Year Level	Performance Criteria	Assessment Methods/Tools
First Year	<p>1.1 Use Thai and English for communication, utilize digital technology for learning, understand the roles and responsibilities of citizenship, collaborate effectively with others, and demonstrate public consciousness and appropriate behavior as citizens and digital citizens.</p> <p>1.2 Present fundamental principles and theories in sports science and exercise.</p> <p>1.3 Show discipline, a love for learning, and an awareness of the value of the identity of sports science students in the Faculty of Physical Education.</p>	<ul style="list-style-type: none"> - Evaluate learning outcomes through active learning activities, presentations, and tests. - Peer assessment.
Second Year	<p>2.1 Develop a business perspective, possess communication skills, adapt well to society and the environment, and promote health and creative lifestyles.</p> <p>2.2 Apply knowledge in sports science and exercise to improve health.</p>	<ul style="list-style-type: none"> - Evaluate learning outcomes through research, report writing, classroom presentations, and tests. - Assess learning outcomes through active learning activities, presentations, and tests.
Third Year	<p>3.1 Use tools and technology in sports science and exercise to test and assess the physical fitness of athletes, the general public, and special populations.</p> <p>3.2 Demonstrate systematic thinking skills, analyze, and propose methods to enhance the physical</p>	<ul style="list-style-type: none"> - Evaluate learning outcomes through research, report writing, classroom presentations, and tests. - Assess learning outcomes through the design of training programs for athletes and exercise

Year Level	Performance Criteria	Assessment Methods/Tools
	fitness of athletes, the general public, and special populations. 3.3 Design and present training programs for athletes and exercise programs for the general public and special populations.	programs for the general public and special populations. - Peer assessment.
Fourth Year	4.1 Analyze and present academic work in sports science and exercise. 4.2 Lead sports performance and exercise training. 4.3 Propose research methods and develop innovations in sports science and exercise.	- Evaluate learning outcomes through feedback from graduates. - Assess learning outcomes through research and innovations in sports science and exercise, and classroom presentations: Evaluate learning outcomes through leadership in sports performance and exercise training. Assess learning outcomes through tests. Peer assessment.

2.4 Evaluation of Field Experience (Internship or Cooperative Education Courses and Work-Integrated Learning) (if applicable)

Allowing students to intern or participate in cooperative education at businesses, organizations, or government/private agencies related to sports science and exercise provides them with opportunities to learn and research independently outside the classroom. This is done under the supervision of faculty advisors and mentors assigned by the respective business, organization, or agency. The goal is to develop students' academic knowledge and relevant work skills, including systematic thinking, decision-making, analysis, and evaluation, ensuring that students meet the curriculum objectives and the needs of employers and the job market.

The teaching and learning of field experience for students is divided into three phases:

Phase 1: Preparation Before Field Experience

1. The faculty member responsible for the field experience project collaborates with students to select field experience sites based on criteria established by the department.
2. The project coordinator contacts the businesses where students will undertake their field experience and liaises with personnel who will act as mentors. The coordinator explains the objectives, expectations, duration, evaluation methods, and communication channels with the supervising faculty.
3. The project coordinator holds a meeting with faculty members to clarify details and schedules.
4. An orientation session is conducted for the field experience, and students are provided with a field experience handbook.

Phase 2: Field Experience

1. Students undertake their field experience at the selected businesses, organizations, or agencies.
2. Faculty members from the department supervise the students' field experience.
3. A field experience seminar is organized to allow students to exchange learning outcomes and experiences. Supervising faculty evaluate students' field experience records and provide guidance.

Phase 3: Post-Field Experience

1. A post-field experience seminar is held for students to share learning outcomes and experiences. Supervising faculty evaluate students' field experience records and offer advice.
2. The project coordinator collects and evaluates students' field experience results and presents them to the department's review committee.
3. The project coordinator holds a meeting with faculty members to summarize the project's outcomes, review the process, and implement improvements.

Students undertake a professional field experience worth 6 credits or a cooperative education program worth 6 credits during the second semester of their fourth year, for at least 5 days per week over a period of 12 weeks.

Learning Outcomes	Performance Criteria	Assessment Methods/Tools
1) Apply relevant knowledge to work in	1) Exhibit professional ethics, learn and adhere to organizational culture in the	1) Supervising faculty evaluate students' field experience records.

sports science and exercise.	workplace, such as punctuality, discipline, and confidentiality.	
2) Apply relevant skills to work in sports science and exercise.	2) Explain and perform tasks based on principles of sports science and exercise.	2) The faculty member responsible for field experience collects scores and evaluates students' field experience based on field experience learning outcomes standards and presents them to the departmental review committee.
3) Demonstrate attitudes and ethics in their profession that meet the needs of employers and the job market.	3) Work collaboratively with mentors, supervising faculty, project coordinators, service users in the workplace, and related individuals.	
	4) Maintain good personality, communication skills, and a continuous learning and self-development mindset.	
	5) Apply innovation, technology, and equipment in the workplace and manage them to enhance physical performance.	
	6) Ability to assess and test physical fitness to create sports/exercise programs for service users.	
	7) Demonstrate leadership or coaching abilities in sports/exercise.	

For students who choose the cooperative education plan, they are required to register for a 1-credit course on Preparation for Cooperative Education and a 6-credit Cooperative Education course. They must undertake work for at least 16 weeks. During this period, they will work on a project topic jointly agreed upon by the employer and the academic advisor, which will have been discussed and agreed upon before the

students begin their cooperative education. At the end of the cooperative education period, students must present their work along with a report on the project outcomes.

ELOs	Performance Criteria	Assessment / Tools
<ol style="list-style-type: none"> 1. Able to apply relevant knowledge to work in sports science and exercise. 2. Able to apply relevant skills to work in sports science and exercise. 3. Able to conduct projects related to sports science and exercise. 4. Demonstrate attitudes and ethics in their profession that meet the needs of employers and the job market. 	<p>Demonstrate professional ethics, learn and adhere to organizational culture in the workplace, such as punctuality, discipline, and maintaining business confidentiality.</p> <p>Able to explain and perform tasks based on principles of sports science and exercise.</p> <p>Able to work collaboratively with mentors, supervising faculty, project coordinators, service users in the workplace, and related individuals.</p> <p>Maintain a good personality, communication skills, and a continuous learning and self-development mindset.</p> <p>Able to apply innovation, technology, and equipment in the workplace and manage them to enhance physical performance.</p> <p>Capable of assessing and testing physical fitness to create sports/exercise programs for service users.</p>	<p>Supervising faculty evaluate the cooperative education records of the students.</p> <p>The project coordinator collects scores and evaluates the students' cooperative education performance based on the cooperative education learning outcome standards and presents them to the departmental review committee.</p>

ELOs	Performance Criteria	Assessment/ Tools
	<p>Demonstrate leadership or coaching abilities in sports/exercise.</p> <p>Able to design and develop innovative projects in sports and exercise, such as creating exercise programs for service users</p>	

2.5 Evaluation of Project/Research Courses (if applicable)

The process involves searching, studying, analyzing, and synthesizing research in sports science and exercise, conducting basic research in sports science and exercise, and presenting research findings under the supervision of an advisor. The course "SPS 434 Thesis," worth 3 credits, is conducted in the first semester of the fourth year.

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	วิธีการ/เครื่องมือประเมินผล
<ul style="list-style-type: none"> ● Capable of searching, studying, and analyzing research in sports science and exercise. ● Proficient in conducting basic research in sports science and exercise. ● Skilled in preparing research article manuscripts for publication. ● Adept at delivering oral research presentations appropriately. ● Uphold ethics and integrity in research, avoid plagiarism, and correctly and 	<ul style="list-style-type: none"> ● Demonstrate ethical conduct in research. ● Explain and conduct research based on sports science and exercise principles. ● Collaborate effectively with co-researchers, sample groups, advisors, and other research-related individuals. ● Identify and present research problems and obstacles, and propose solutions. ● Exhibit good personality and communication skills in conducting and presenting research. 	<ul style="list-style-type: none"> ● Periodically evaluate research progress, conducted by the course instructor. ● Assess the research process, ethical conduct, application of sports science and exercise principles, leadership, teamwork, ability to apply innovations, technology, and equipment, and problem-solving in research. ● Evaluate the accuracy and completeness of research reports and content that demonstrate the application of

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	วิธีการ/เครื่องมือประเมินผล
<p>comprehensively cite others' work.</p> <ul style="list-style-type: none"> ● Demonstrate effective leadership and followership, and collaborate well with others. 	<ul style="list-style-type: none"> ● Apply innovations, technology, and equipment in sports science and exercise, and manage them for research and presentation. ● Assess and test physical fitness or design sports/exercise programs. ● Show leadership or the ability to coach sports/exercise. ● <input type="checkbox"/> Design research or innovations to enhance physical performance. 	<p>research findings, conducted by the course instructor and advisor.</p> <ul style="list-style-type: none"> ● Assess the presentation of research results, focusing on content, presenter's personality, and the appropriateness of media and language, conducted by the thesis examination committee. ● <input type="checkbox"/> Evaluate leadership and teamwork, conducted by peers within the same group.

Table: Learning Process Organization and Outcome Assessment Aligned with Expected Learning Outcomes

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	รายวิชา	วิธีการสอน	วิธีการประเมิน
<p>PLO1: Able to use language and digital technology for learning, communication, and collaboration effectively. Demonstrates a business perspective, public consciousness, and appropriate behavior as a citizen and digital citizen.</p>	<p>Understand the roles and responsibilities of being a citizen and a digital citizen, as well as the laws related to computer and internet use.</p>	<p>SWU191, SWU192, SWU193, SWU194, SWU195, SWU196, SWU197, SWU198, SWU291, SWU292, SWU293, SPS482, SPS484</p>	<p>Interactive lectures and active learning activities such as case studies, game-based learning, problem-based learning, workload-based learning, and project-based learning.</p>	<p>Evaluating learning outcomes from active learning activities, presentations, and tests.</p>
<p>PLO2: Apply knowledge and management in sports science and exercise to improve personal and others' health.</p>	<p>Communicate effectively in Thai and English.</p>	<p>PEG101, PEG102, PHY100, BIO105, SPS111, SPS112, SPS113, SPS114, SPS115, SPS116, SPS217, SPS218, SPS219, SPS221, SPS222, SPS223, SPS325, SPS326, SPS327, SPS224, SPS328, SPS329, SPS331, SPS332, SPS333, SPS335, SPS336, SPS439, SPS241, SPS242, SPS348, SPS353, SPS354, SPS465, SPS466, SPS467, SPS468, SPS469, SPS244,</p>	<p>Comprehensive teaching covering knowledge in various disciplines.</p> <p>Participatory lectures and active learning activities such as case studies, game-based learning, and problem-based learning.</p> <p>Demonstrations and practical training in sports</p>	<p>Assessing learning outcomes from study, research, and document-based reports and classroom presentations.</p> <p>Evaluating learning outcomes from tests.</p> <p>Assessing learning outcomes from active learning activities and tests.</p>

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	รายวิชา	วิธีการสอน	วิธีการประเมิน
		SPS245, SPS246, SPS247, SPS356, SPS357, SPS358, SPS359, SPS361, SPS362, SPS363, SPS364, SPS471, SPS472, SPS473, SPS474, SPS475, SPS481, SPS482, SPS483, SPS484	science and exercise science. Study, research, report writing, or classroom presentations.	
<p>PLO3: Utilize tools and technology in sports science and exercise to enhance, test, and assess the physical fitness of athletes, the general public, and special populations.</p>	<p>Apply digital technology for learning, communication, and collaboration.</p>	<p>SPS217, SPS218, SPS221, SPS222, SPS328, SPS329, SPS332, SPS333, SPS334, SPS335, SPS339, SPS337, SPS338, SPS439, SPS241, SPS242, SPS351, SPS352, SPS353, SPS354, SPS355, SPS465, SPS466, SPS467, SPS468, SPS469, SPS244, SPS245, SPS246, SPS247, SPS356, SPS357, SPS358, SPS359, SPS361, SPS362, SPS363, SPS364, SPS471, SPS472, SPS473, SPS474, SPS475, SPS481, SPS482, SPS483, SPS484</p>	<p>Demonstrations and practical training in sports science and exercise science.</p> <p>Study, research, report writing, or classroom presentations.</p> <p>Demonstrations of technology tools in sports science and exercise science.</p> <p>Assignments for practical training with tools and</p>	<p>Assessing learning outcomes from active learning activities and tests.</p> <p>Evaluating learning outcomes from designing training programs for athletes and exercise programs for the general population and special groups.</p> <p>Assessing learning outcomes from classroom presentations.</p>

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	รายวิชา	วิธีการสอน	วิธีการประเมิน
			<p>technology in sports science and exercise science.</p> <p>Interactive lectures and active learning activities such as case studies, game-based learning, and problem-based learning.</p> <p>Off-site teaching or learning from real-life situations.</p> <p>Using case studies to teach students systematic problem analysis and knowledge integration for systematic problem-solving.</p>	Evaluating learning outcomes from leading sports fitness and exercise training.
<p>PLO4: Design programs and lead training for athletes and exercise for the general public and special populations.</p>	<p>Design projects that reflect a business perspective.</p>	<p>SPS219, SPS221, SPS222, SPS327, SPS331, SPS332, SPS334, SPS335, SPS336, SPS439, SPS241, SPS242, SPS243, SPS348, SPS349,</p>	<p>Preparing practical training requiring knowledge, skills, and problem-solving abilities specific to sports</p>	<p>Evaluating learning outcomes from leading sports fitness and exercise training.</p>

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	รายวิชา	วิธีการสอน	วิธีการประเมิน
		SPS351, SPS352, SPS353, SPS354, SPS355, SPS465, SPS466, SPS467, SPS468, SPS469, SPS244, SPS245, SPS246, SPS247, SPS356, SPS357, SPS358, SPS359, SPS361, SPS362, SPS363, SPS364, SPS471, SPS472, SPS473, SPS474, SPS475, SPS481, SPS482, SPS483, SPS484	<p>science and exercise science.</p> <p>Assignments for practical training with tools and technology in sports science and exercise science.</p> <p>Off-site teaching or learning from real-life situations related to sports science and exercise science.</p> <p>Using research to teach students problem analysis and integrate knowledge for research purposes.</p> <p>Presenting, debating, exchanging ideas, and reflecting in the classroom</p>	<p>Assessing learning outcomes from tests.</p> <p>Evaluating learning outcomes from research and innovations in sports science and exercise science, and classroom presentations.</p> <p>Assessing learning outcomes from tests.</p>

ผลลัพธ์การเรียนรู้	พฤติกรรมบ่งชี้ (Performance Criteria)	รายวิชา	วิธีการสอน	วิธีการประเมิน
PLO5: Conduct research related to sports science and exercise.	<input type="checkbox"/> Present principles and basic theories in sports science and exercise.	SPS337, SPS338, SPS439, SPS481, SPS482, SPS483, SPS484	Using research to teach students problem analysis and integrate knowledge for research purposes. Presenting, debating, exchanging ideas, and reflecting in the classroom.	

Monitoring Learning Outcomes The curriculum management committee, instructors, and/or advisors collaborate to oversee, monitor, and review student learning outcomes. They implement the following assessment plans at the course/module level, academic year level, and curriculum level:

1. **Assessment of Course/Module Learning Outcomes and Academic Year Learning Outcomes:** The curriculum management committee and instructors jointly evaluate student learning outcomes from courses/modules taught during the semester/academic year. This includes assessing alignment with course/module learning outcomes and compliance with designated academic year learning outcomes. Student feedback on learning management assessment is also considered to refine teaching methods or assessment approaches in each course/module, aiming for continuous improvement of student learning outcomes in subsequent semesters or academic years.
 2. **Assessment of Curriculum Learning Outcomes:** The curriculum management committee collectively evaluates the learning outcomes of graduating students against the specified curriculum outcomes. This evaluation includes gathering feedback from employers/users of graduates regarding their perceived learning outcomes and surveying graduate opinions on the curriculum. These assessments inform planning for curriculum enhancements and designing curriculum learning outcomes to align with future stakeholder needs.
- **Regulations or Grading Criteria** Follow the regulations of Srinakharinwirot University concerning undergraduate education, B.E. 2566 (Annex).
 - **Criteria for Academic Success 5.1** According to the regulations of Srinakharinwirot University regarding undergraduate education, B.E. 2566:
 - Complete the required credits specified in the curriculum with a minimum GPA of 2.00 on a 4.00 scale or its equivalent.
 - Achieve learning outcomes according to the undergraduate qualification standards.

5.2 Meet the English language proficiency standard for undergraduate students at Srinakharinwirot University.

5.3 Participate in activities as stipulated by Srinakharinwirot University.

Section 6: Academic Staff Development

1. Preparation for New Academic Staff

1.1 The university has a policy for academic staff development through orientation and training in pedagogical skills, emphasizing learning outcomes, teaching methods, digital technology utilization, assessment, learner analysis, research for teaching and learning development, curriculum planning, quality assurance in education, and related information systems.

1.2 The curriculum outlines the philosophy, objectives, and goals of the program and provides relevant documents such as course details, educational guides, and faculty manuals.

1.3 The program allows new academic staff to observe teaching management in various courses or participate in teaching alongside experienced staff.

1.4 The curriculum designates senior academic staff to provide assistance, advice, and to assess and monitor the progress of new academic staff.

2. Knowledge and Skills Development for Academic Staff

2.1 Development of teaching management and assessment skills:

2.1.1 The university regularly organizes the SWU-Building Excellent Staffs in Teaching (SWU-BEST) program to promote the development of knowledge in learning design focusing on learning outcomes, teaching methods, digital technology utilization, assessment, learner analysis, research for teaching and learning development, curriculum planning, quality assurance in education, and related information systems. This enables academic staff to facilitate learning processes and assess learning outcomes according to Section 5.

2.1.2 Support for and promotion of academic staff to achieve professional competency certification under the UK Professional Standards Framework (UKPSF), which is the university's policy supporting the certification of professional competency standards internationally.

2.2 Development of academic and professional knowledge in other areas:

2.2.1 Support for academic staff to participate in academic service activities, integrating teaching with academic service to society for sustainable development.

2.2.2 Support for academic staff to continuously develop knowledge, enhance experience in academic/professional research, participate in training, academic conferences, present and disseminate academic works nationally and internationally.

Section 7: Course Quality Assurance

The university mandates course quality assurance using the ASEAN University Network-Quality Assurance (AUN-QA) criteria as guidelines for planning, control, operation, and improvement of course quality to meet the standards of the national higher education qualifications framework. The announcement from the Committee on Standards for Higher Education, "Criteria for Bachelor's Degree Program Standards" (B.E. 2565), or specific subject qualifications (if applicable), covers the duration of teaching management in the curriculum, which includes:

1. Learning outcomes of the curriculum.
2. Curriculum structure and courses.
3. Communication and dissemination of the curriculum.
4. Teaching and learning management.
5. Learning assessment and evaluation.
6. Personnel.
7. Infrastructure and learning support services (student services).
8. Course operation outcomes.

Annual internal quality assessments of course quality are conducted according to university-defined formats and methods, with monitoring of operational outcomes based on indicators in various areas as follows:

7.1 Input Factors

- Percentage of planned new student enrollments.
- Percentage of faculty certified under the UK Professional Standards Framework (UKPSF).

7.2 Process Factors

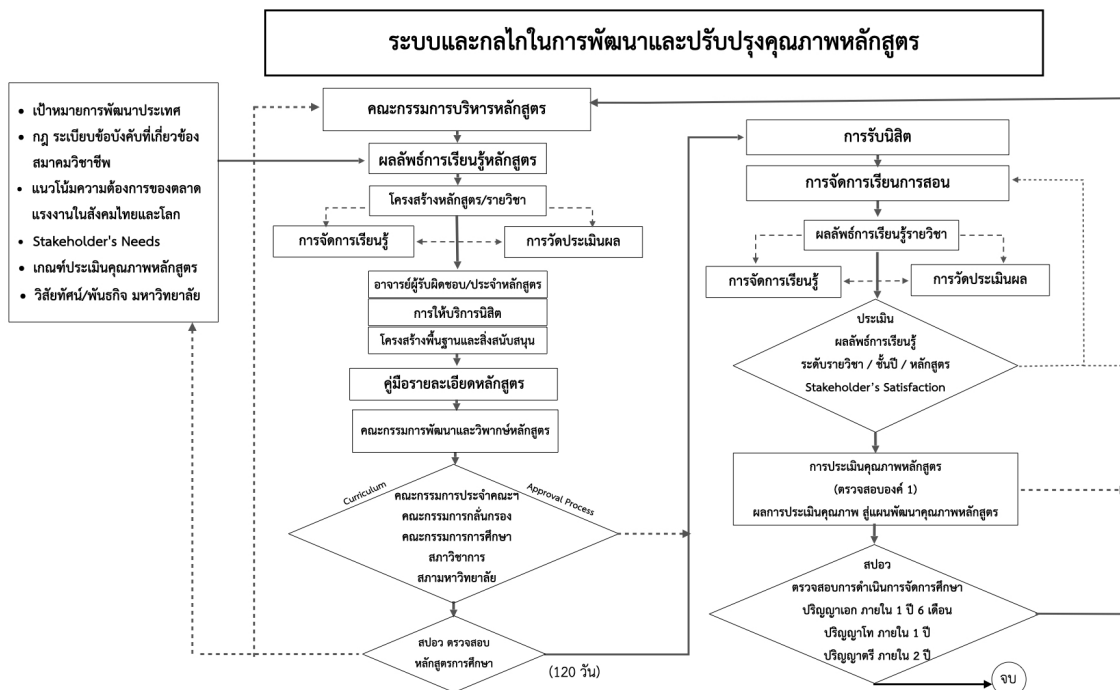
- Percentage of courses emphasizing learner-centric teaching through active learning.
- Percentage of faculty engaged in learner-centric teaching through active learning.
- Average student satisfaction with teaching management.
- Percentage of students undergoing internships/placements/professional experiences.
- Percentage of students achieving learning outcomes across academic years.

7.3 Output Factors

- Percentage of student attrition rates (cumulative over 4 years).
- Percentage of students completing studies within scheduled time (at undergraduate level).
- Percentage of graduates employed within 1 year.
- Average graduate satisfaction with the program.
- Average user satisfaction with graduates.
- Percentage of graduates achieving learning outcomes.

Section 8: Systems and Mechanisms for Curriculum Development

The university and its programs have systems and mechanisms for quality planning, quality control, and quality improvement to ensure that all program operations achieve their objectives. These include related systems and mechanisms as illustrated in the accompanying diagram.



Data obtained from surveys and evaluations conducted among students, graduates, instructors, and employers, as well as from reports such as Teaching Management Evaluation, Course Learning Outcomes Reports, Self-Assessment Reports (SAR), or Educational Quality Assessment Reports, are analyzed to guide planning, improvement, and development of curriculum operations for the upcoming academic year. This includes periodic updates to ensure the curriculum remains contemporary and meets the needs of stakeholders every five years. Quality control of learning processes is conducted for continuous improvement of curriculum quality, as follows:

1. Evaluation of Learning Processes

- Joint consideration of the appropriateness of the learning management plan before each academic term.
- Curriculum management committees assess the teaching and learning outcomes in each course through student evaluations conducted every semester.

- Review of student learning outcomes, learning management processes, and assessment of learning outcomes by instructors, curriculum management committees, department heads, faculty, and units.

2. Evaluation of Curriculum Operations

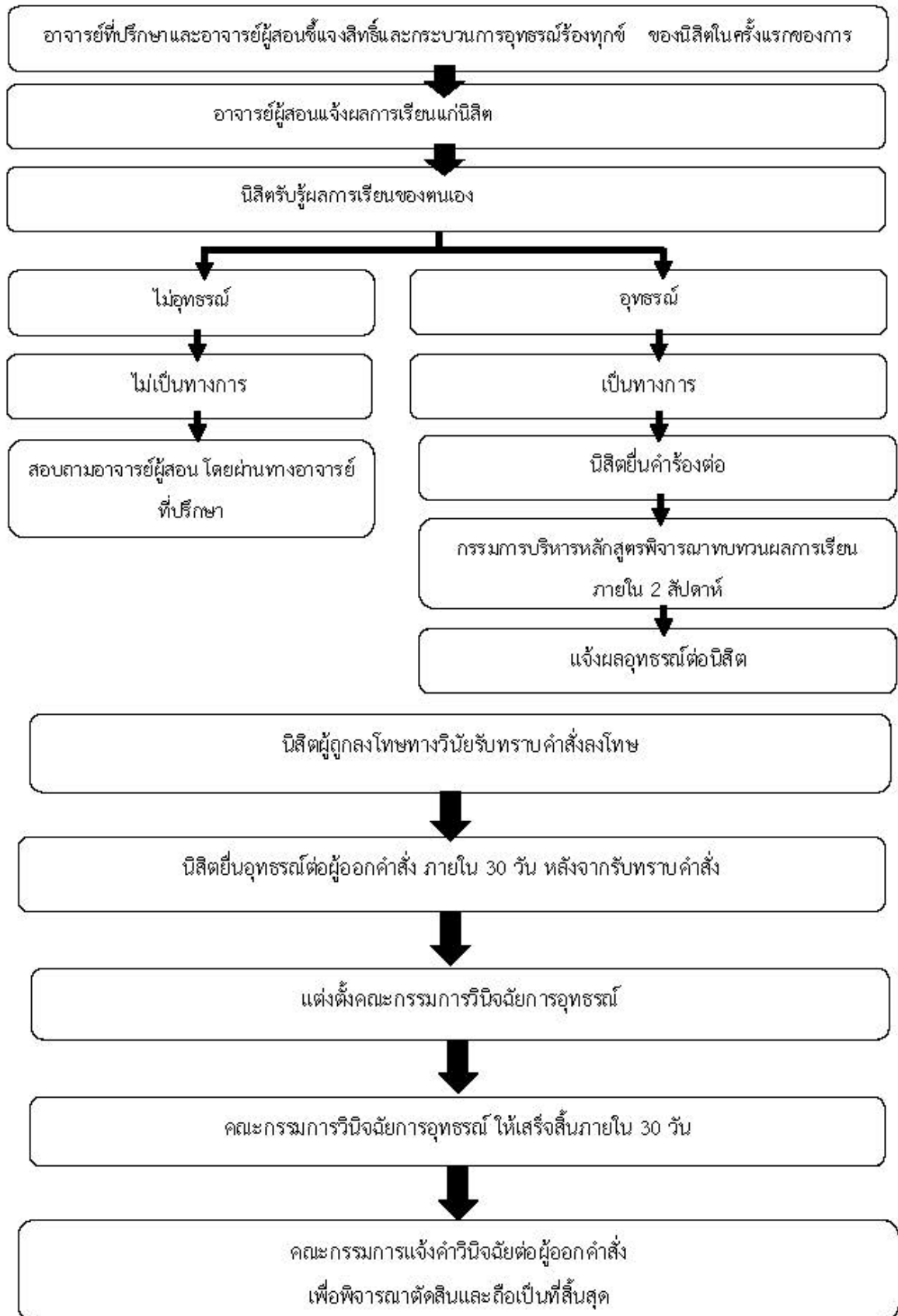
- The curriculum management committee conducts annual evaluations of curriculum operations based on the national educational qualifications framework standards and curriculum governance indicators (Component 1).
- Evaluation criteria follow the ASEAN University Network Quality Assurance (AUN-QA) educational quality assurance standards as specified by the university, with a quality education assessment committee appointed by the university.

3. Stakeholders Involved in Evaluation and Curriculum Development

- Current students
- Graduates
- Employers/users of graduates
- Alumni
- Regular curriculum faculty, curriculum coordinators, and instructors.

4. Management of Complaints and Appeals

4.1 Students can formally or informally appeal their assessment results if they believe their grades do not accurately reflect their performance. 4.2 Students facing disciplinary actions and seeking appeals must do so within 30 days of being informed of the decision.



5. Communication and Dissemination of Program Information to Stakeholders

The program employs communication and dissemination processes to share information with stakeholders through strategic public relations strategies and program communication channels. These channels include:

- Website publicity through the program's webpage: <http://pe.swu.ac.th/sp>
- Online social media platforms:
 - Facebook: <https://www.facebook.com/swusportsci/>
 - Twitter: <https://twitter.com/SPSWU1>
 - Instagram: <https://www.instagram.com/sportsci.swu/>
- Program announcements, guidance, and recommendations within the educational institution.
- Site visits and presentations to stakeholders such as sports associations, national sports organizations, fitness businesses, spas, etc.
- Workshops conducted in collaboration with professional organizations and various agencies, featuring publicity efforts to disseminate program information and gather feedback from user organizations.
- Program information dissemination through mass media channels such as television, radio, and print media.
- Communication via the Line application for stakeholders to communicate with the curriculum management committee.
- Newsletter distribution (via email) to stakeholders for receiving program-related news and updates.

Curriculum Revision Comparison Table

Original Program Name	Revised Program Name
Bachelor of Science in Sports Science and Exercise (Revised Curriculum 2018)	Bachelor of Science in Sports Science and Exercise (Revised Curriculum 2023)
-4	First intake of students in the 1st semester of the academic year 2023

Key Points/Overview of Revisions

1. Revised the program's philosophy.
2. Revised the program's objectives to align with [specify what the objectives are aligned with].
3. Reduced the number of categories and credits in the program structure.
4. Reorganized courses into module-based course sets.
5. Added core courses from the Faculty of Physical Education.
6. Changed the faculty member responsible for the program.
7. Curriculum Structure Comparison

Course Category	2018 Curriculum (Credits)	2023 Revised Curriculum (Credits)	Professional Experience Training Plan (Credits)	Cooperative Education Plan (Credits)
1. General Education	30	30	30	
2. Specialized Courses	88	84	84	
2.1 Core Courses	Not specified	2	2	
2.2 Compulsory Courses	70	61	61	
2.3 Elective Courses	12	12	12	
2.4 Professional Experience Training/Cooperative Education	6	7		7
3. Free Elective Courses	6	12	12	
Total	124	124	124	

Appendix

Appendix A: Regulations of Srinakharinwirot University on Undergraduate Studies B.E. 2566

Appendix B: Copies of Orders Appointing the Curriculum Development and Critique Committee

Appendix C: Curriculum Critique Report

Appendix D: Curriculum Implementation Report (In Case of Revised Curriculum)

Appendix E: Report on the Survey of Stakeholders' Needs and Expectations (In Case of Revised Curriculum)

Appendix F: Faculty Members' Profiles and Achievements

Appendix G: Comparison Table of Curriculum Revisions (In Case of Revised Curriculum)

Appendix D: Curriculum Implementation Report (In Case of Revised Curriculum)

Program Implementation Report (Revised Curriculum)

Srinakharinwirot University

1. **Program Name:** Bachelor of Science in Sports and Exercise Science

2. **Implementation Year:** Academic Year 2018 (B.E. 2561)

3. **Program Objectives:**

- 3.1. To have knowledge, understanding, and practice based on the principles of sports and exercise science.
- 3.2. To be able to apply innovations, technologies, and equipment in sports and exercise science, and manage them to enhance performance for the general public, athletes, and special groups.
- 3.3. To be able to evaluate and test performance to design individual and group sports and exercise programs.
- 3.4. To demonstrate leadership in sports and exercise training.
- 3.5. To design and creatively innovate in sports and exercise.
- 3.6. To possess professional ethics with a focus on serving society, work effectively with others, continuously learn and develop oneself, have good personality, and communication skills.

4. **Expected Learning Outcomes (PLOs):**

- **PLO1:** Have knowledge, understanding, and practice based on the principles of sports and exercise science.
- **PLO2:** Be able to apply innovations, technologies, and equipment in sports and exercise science, and manage them to enhance performance for the general public, athletes, and special groups.
- **PLO3:** Be able to evaluate and test performance to design individual and group sports and exercise programs.
- **PLO4:** Demonstrate leadership in sports and exercise training.
- **PLO5:** Be able to design and creatively innovate in sports and exercise.
- **PLO6:** Possess professional ethics with a focus on serving society.
- **PLO7:** Be able to work effectively with others, continuously learn and develop oneself.
- **PLO8:** Have a good personality and communication skills.

ลำดับ	Name-Surname	UKPSF (PFHEA/SFHEA/FHEA)	Academic's Publication (ผลงานวิจัย, ผลงานวิชาการอื่นๆ 5 ปีย้อนหลัง)				
			2018	2019	2020	2021	2022
1	Dr. Phanuwat Watcharathanin	-	-	-	1	1	-
2	Dr. Nutcharee Senakham	-	-	2	2	3	1
3	Sirichet Punthipayanon	FHEA	-	-	1	-	-
4	Dr. Kirkwit Phongsri	-	1	-	2	3	-
5	Pariya Pariyavuth	FHEA	-	-	2	1	2

Appendix E: Report on the Survey of Stakeholders' Needs and Expectations (In Case of Revised Curriculum)
Survey Report on Stakeholder Opinions on the Curriculum Using In-depth Interview Methods

Stakeholders of the Curriculum Include:

List of Stakeholder Representatives:

1. Dr. Wanida Phanasaad, Director of the Sports Science Bureau, Department of Physical Education
2. Mr. Nanthaphon Thongnilphan, Head of Professional Sports Development, Sports Authority of Thailand
3. Mr. Thanetphong Sukhwong, Fitness Business Entrepreneur
4. Mr. Kriangkrai Tangcharoenpaiboon, Fitness Manager
5. Mr. Attapol Boonsan, Fitness Coach for a Football Club
6. Mr. Anan Rungruang, Hotel Fitness Manager

Stakeholders' Needs and Expectations:

Government Sector:

- Ability to handle paperwork and write project plans
- English communication skills
- Digital technology skills
- Sports Coaching: **Knowledge of sports training program design**
- Sports teaching skills
- English communication skills

Exercise Coaching:

- Knowledge of anatomy, physiology, and nutrition English communication skills
- Knowledge of weight training program design
- Skills in teaching individual and group exercise activities

Hotel Services:

- Service-minded attitude
- English communication skills
- Knowledge of weight training program design
- Skills in teaching individual and group exercise activities

Healthcare and Wellness Sector:

- Knowledge of weight training program design
- Skills in teaching individual and group exercise activities
- Knowledge of sports medicine and injury prevention

Summary of Stakeholders' Needs/Expectations:

Stakeholder needs and expectations can be divided into two main categories: professional skills (Hard Skills) and social skills (Soft Skills), with details as follows:

1. Professional Skills (Hard Skills):

- 1.1. Important academic knowledge includes physiology, anatomy, sports nutrition, professional English, teaching, financial/business planning, innovation/technology, with an emphasis on integrating theoretical knowledge into practical application.
- 1.2. Important skill-based knowledge includes sports and exercise courses such as fitness training and testing, personal training, and program design.

2. Social Skills (Soft Skills):

- 2.1. Communication/presentation skills
- 2.2. Linking theoretical knowledge to practical application
- 2.3. Teamwork and social interaction
- 2.4. Intelligence and ingenuity
- 2.5. Enthusiasm
- 2.6. Loyalty to the organization and institution

Appendix G: Comparison Table of Curriculum Revisions (In Case of Revised Curriculum)

Comparison Table of Curriculum Revision

Original Program Name: Bachelor of Science in Sports and Exercise Science (Revised Curriculum B.E. 2561)

Revised Program Name: Bachelor of Science in Sports and Exercise Science (Revised Curriculum B.E. 2566)

Admission Start Date: Semester 1, Academic Year 2566

Key Changes/Overall Summary of Revisions:

1. Revised the philosophy of the curriculum.
2. Revised the objectives of the curriculum to align with current standards.
3. Reduced the number of categories and credits in the curriculum structure.
4. Modified courses into module-based sets.
5. Added core courses for the Faculty of Physical Education.

Comparison of the Curriculum Structure

Subjects	Curriculum 2022	Curriculum	Curriculum
----------	-----------------	------------	------------

	Credits	2023 Credits Field Experience	2023 Credits Cooperative Education
1. General Education	30	30	30
2. Core	88	84	84
2.1 Core Course	Not Specify	2	2
2.2 Required Course	70	61	61
2.3 Elective Course	12	12	12
2.4 Field Experience / Cooperative Education	6	7	7
3. Free elective Course	6	12	12
Total	124	124	124

รายละเอียดการปรับปรุงหลักสูตร

Revision 2019	Revision 2023	หมายเหตุ
Category 1 : General Information		
4.Total Credits Required for the Entire Curriculum Not less than 124 credits	4.Total Credits Required for the Entire Curriculum Not less than 124 credits	
5.Curriculum Format 4-year Bachelor's degree	5.Curriculum Format Full-time 4-year curriculum, Lifelong Learning format with no fixed study period, allowing students to accumulate credits in the university's credit bank	
1.5 Collaboration with Other Institutions Not specified	5.5 Collaboration with Other Institutions Exclusive curriculum of the Department of Sports Science, Faculty of Physical Education, Srinakharinwirot University	

Revision 2019	Revision 2023	หมายเหตุ
<p>1. Career Opportunities After Graduation</p> <ul style="list-style-type: none"> ● Sports Scientist and Exercise Specialist ● Sports Coach and Exercise Leader ● Sports and Exercise Academic ● Sports and Exercise Program Developer and Service Provider ● Exercise Consultant in Workplaces ● Government or Private Sector Employee related to Sports Science and Exercise ● Freelance Sports and Exercise Professional 	<p>7. Career Opportunities After Graduation</p> <ul style="list-style-type: none"> ● Sports Scientist and Exercise Specialist ● Sports Performance Coach ● Exercise Trainer ● Other Sports and Exercise Science-related Careers 	
<p>2. Teaching Locations Utilizes facilities and equipment of Srinakharinwirot University</p>	<p>8. Teaching Locations Faculty of Physical Education, Srinakharinwirot University</p>	
<p>9. Instructors and Qualifications</p> <p>1. Dr. Phanuwat Wachirathanin 2. Dr. Nucharee Senakam Dr. Krirkwit Phongsri</p> <ol style="list-style-type: none"> 1. Sirichet Punthipayanon 2. Pariya Pariyawut 	<p>11. Instructors and Qualificationsคุณสมบัตื</p> <ol style="list-style-type: none"> 1. Dr. Nucharee Senakam 2. Dr. Phanuwat Wachirathanin 3. Pariya Pariyawut 4. Sirichet Punthipayanon 5. Dr. Thongthong Songsuphap 	<p>Instructor names have been updated to match qualifications and academic achievements.</p>
<p>Section 2: Specific Information of the Curriculum</p>		

Revision 2019	Revision 2023	หมายเหตุ
<p>1.1 Philosophy - Original: Sports Science and Exercise develop holistic health and athletes towards excellence</p>	<p>Revised: Sports Science and Exercise enhance human potential</p>	<p>Note: The philosophy has been adjusted to align with the current global situation and changes, including national and university strategies.</p>
<p>1.2 Objectives of the Curriculum</p> <ol style="list-style-type: none"> 1. Knowledge and understanding in sports science and exercise principles 2. Ability to apply sports science and exercise technology and innovation for general individuals, athletes, and special groups 3. Ability to assess and test physical fitness to design individual and group sports and exercise programs 4. Ability to demonstrate leadership in sports and exercise 5. Ability to design and creatively innovate in sports and exercise 6. Professional ethics focused on serving society, working with others, continuous self-learning and development, good personality, and communication skills 	<p>1.2 Objectives of the Curriculum</p> <ol style="list-style-type: none"> 1. Knowledge and understanding of various branches, tools, equipment, and technology in sports science and exercise, with appropriate application 2. Skills and creativity in sports science and exercise for the health and fitness development of the general public, athletes, and special groups 3. Good personality and communication skills, demonstrating leadership in sports and exercise, being a role model in health and fitness 4. Professional ethics, public consciousness, and embodiment of Srinakharinwirot University student identity 	<p>- Note: Objectives have been updated to align with the current global situation and changes, including national and university strategies.</p>
<p>1.3 Expected Learning Outcomes of the Curriculum</p> <p>Not Specified</p>	<ol style="list-style-type: none"> 1. Ability to use language and digital technology for learning, communication, and teamwork appropriately, with a business 	

Revision 2019	Revision 2023	หมายเหตุ
	<p>perspective and public consciousness</p> <p>2. Ability to use sports science and exercise management to develop health for oneself and others</p> <p>3. Ability to use sports science and exercise tools and technology to enhance, test, and evaluate the physical fitness of athletes, the general public, and special groups</p> <p>4. Ability to design programs and lead training for athletes and exercise for the general public and special groups</p> <p>5. Ability to conduct research related to sports science and exercise</p>	
<p>2. Importance of the Curriculum The field of sports science and exercise is related to sports and exercise, focusing on lifelong learning based on morality to develop holistic health and sports excellence, integrating scientific principles with sports and exercise for all levels of athletes and the general public, emphasizing sports physiology, biomechanics, sports nutrition, sports medicine, sports innovation and technology, sports</p>	<p>2. Importance of the Curriculum The Bachelor of Science (B.Sc.) program in Sports Science and Exercise (Revised Curriculum 2023) has been developed to align with global changes and national policies and plans in Thailand as follows:</p> <p>**Global Context:**</p> <p>- Worldwide, the economy is driven by innovation, digital revolution, Industry 4.0 transitions, and rapid</p>	

Revision 2019	Revision 2023	หมายเหตุ
<p>psychology, health promotion, and sports management to enable students to plan training and sports competition, care, prevent and rehabilitate sports and exercise injuries, test and enhance physical fitness, design and advise appropriate exercise for the general public, athletes and special groups, manage health centers and fitness facilities.</p>	<p>technological advancements. The aging population is increasing significantly while birth rates and the population of children, students, and the workforce are declining, leading to an aging society. People of all ages and genders are moving less and consuming fewer healthy foods, combined with increasing stress factors. This has led to a continuous rise in non-communicable chronic diseases across all age groups, resulting in long-term public health, social, and economic crises. The World Health Organization and health organizations worldwide have been campaigning to promote physical exercise and healthy eating across all age groups. Additionally, the COVID-19 pandemic has restricted social activities and physical movement, altering the context of exercise and sports, and leading to new normal lifestyles that boost online business growth. Key global sports trends include a shift from traditional to competitive and professional sports, increased numbers of athletes, spectators, and events, growth in sports media, the rise of</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>electronic sports (eSports), adoption of automated technologies, and the participation of sports fans becoming critical for the success of athletes, teams, and sports organizations.</p> <p>**National Context in Thailand:**</p> <p>- The Thai government has outlined a 20-year national strategy (2018-2037) with a third strategy focusing on human resource development and capacity building. The goal is to develop people of all ages and in all dimensions to be good, competent, and high-quality individuals. Thai people should be physically, mentally, and intellectually prepared, have holistic development, and be healthy at all ages, with public spirit, social responsibility, discipline, morality, and citizenship skills. They should possess 21st-century skills, English and third-language proficiency, and a lifelong love for learning and self-improvement, leading to high-skilled Thai citizens, thinkers, and entrepreneurs.</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>- The 13th National Economic and Social Development Plan (2023-2027) aims to transform Thailand into a "Progressive Society with Sustainable Value-Added Economy," targeting a high-skilled workforce that continuously learns and meets future development needs. Objectives include 1) developing Thais to their full potential at all ages, equipping them with essential competencies for the modern world, good societal norms, morality, ethics, and resilience to rapid global changes, ensuring peaceful coexistence, 2) aligning high-competency workforce with target production sectors to create future jobs, and 3) ensuring all population groups have access to lifelong learning.</p> <p>- The 7th National Sports Development Plan (2022-2027) aims for 1) regular exercise and sports participation across all groups (children, youth, and the public), 2) success of Thai athletes in international competitions, 3) increased certification of sports professionals nationwide, and 4) continuous growth of the sports industry, contributing to the</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>national economy. Urgent policies include raising awareness and appreciation of exercise and sports among children, youth, the public, disabled, special groups, and the disadvantaged, promoting sportsmanship, discipline, and respect for rules, leading to mental development, and establishing transparent, standard, and effective management. Long-term policies involve using sports science, innovation, and technology to enhance athlete potential, including disabled athletes, promoting sports excellence and professionalism, developing systematic and standardized sports personnel training, accurately transferring knowledge to various groups, and supporting the production and development of sports-related personnel and innovations.</p> <p>- The Office of the Higher Education Commission has developed a 20-year long-term higher education plan (2018-2037), designating higher education institutions as autonomous entities with academic freedom, producing quality graduates to meet set standards. The vision is for Thai</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>higher education to be a source of societal wisdom, guiding change, creating innovations, knowledge, and research to offer solutions and solve problems for national development, and enhancing competitive capabilities. Six strategic areas include 1) higher education as a source of human resource development and capacity building to support national development, 2) enhancing student potential and quality, equipping them with knowledge and professional skills for future changes, 3) strengthening Thai higher education's core competencies to develop and apply knowledge, creating research outputs for local and national economic development, 4) supporting job creation and problem-solving through collaboration with the private sector and local communities, 5) improving management systems for efficiency and accountability in university operations, and 6) restructuring efficient budget allocation and performance monitoring systems.</p> <p>- Srinakharinwirot University has developed a 20-year strategic</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>plan (2022-2042) to align with the Ministry of Higher Education, Science, Research, and Innovation's group classification of higher education institutions. The university's strategic focus includes excellence in curriculum and teaching by developing courses that meet graduate user needs, interdisciplinary learning, international accreditation, promoting active learning, modular learning, integrating learning with work or cooperative education, and promoting lifelong learning for workforce development at all ages.</p> <p>**Faculty of Physical Education, Srinakharinwirot University:** - The Faculty has developed a 4-year strategic plan (2021-2024) with a vision to be a leading educational institution in sports and health for society. Its missions include producing and developing desirable workforce qualities, creating quality research and innovations for sustainable physical and mental health development, providing quality academic services with social responsibility, and preserving and promoting arts and culture. The</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>first strategy focuses on achieving ASEAN-level educational quality, with key indicators including the number of programs meeting ASEAN University Network Quality Assurance (AUN-QA) standards.</p> <p>**Curriculum Development:**</p> <ul style="list-style-type: none"> - The Bachelor of Science program in Sports Science and Exercise (Revised Curriculum 2023) has incorporated analyses of labor market trends, career needs, and stakeholder expectations. In 2020, the World Economic Forum predicted a "Double Disruption" in the job market by 2025 due to COVID-19 and automation replacing human jobs, requiring complex future work skills. Essential future skills include analytical thinking, innovation, self-learning, complex problem-solving, critical thinking, creativity, leadership, technology use and management, programming, resilience, adaptability, and decision-making. - The National Education Plan (2017-2036) aims to develop learners with 21st-century learning skills (3Rs8Cs): Reading, Writing, Arithmetic, Critical Thinking and Problem Solving, 	

Revision 2019	Revision 2023	หมายเหตุ
	<p>Creativity and Innovation, Cross-Cultural Understanding, Collaboration, Teamwork, Leadership, Communication, Information and Media Literacy, Computing and ICT Literacy, Career and Learning Skills, and Compassion.</p> <p>- Srinakharinwirot University's 20-year strategic plan (2022-2042) includes promoting student identity development, fostering lifelong learning, critical thinking, perseverance, social consciousness, communication skills, humility, and a blend of science and arts. The program aligns with the university's philosophy of "Education is Growth" and the ASEAN University Network Quality Assurance (AUN-QA) version 4.0, promoting outcome-based education (OBE) in line with university, higher education, and national education standards.</p> <p>**Stakeholder Expectations:**</p> <p>- Interviews with stakeholders about career opportunities for graduates highlighted an increasing recognition of sports science in Thailand, especially by sports teams needing sports</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>scientists for training program design and athlete care.</p> <p>Graduates can work in various sectors, including government, fitness centers, hotels, hospitals, businesses, and self-employment.</p> <p>Stakeholder needs include skills in applying knowledge to practice, analytical thinking, innovation, technology use, management, documentation, project writing, academic presentation, and respectfulness.</p> <p>Stakeholders from the Department of Physical Education, Ministry of Tourism and Sports, and the Sports Authority of Thailand emphasize the importance of creative thinking, knowledge application, planning, digital skills, and communication, particularly in English. Academic and business stakeholders seek graduates with financial planning, accounting, tax, company registration, branding, online presence, sales, and English language skills, along with institutional loyalty and pride.</p> <p>Fitness stakeholders value graduates with intelligence, quick thinking, analytical skills, dedication, enthusiasm, positive attitudes, and communication</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>skills in both Thai and English. Professional sports club stakeholders require knowledgeable graduates with good personality, expression, teaching, teamwork, sportsmanship, and the ability to use fitness and electronic equipment.</p> <p>**Curriculum Philosophy:** - The curriculum's philosophy is "Sports Science and Exercise for Human Potential Development," designed with expected learning outcomes (PLOs), program structure, content, teaching and learning approaches, student assessment, outputs, and outcomes following AUN-QA version 4.0 for outcome-based education, aligned with university, higher education, and national education standards. The program also aligns with the university's philosophy "Education is Growth," promoting the five growths: faith in life, roles, and duties; ethical and moral conduct; continuous learning; generosity and compassion; and wisdom in living, thinking, and acting. This aligns with the university's vision of "Srinakharinwirot University as a</p>	

Revision 2019	Revision 2023	หมายเหตุ
	<p>learning university for society," and its mission to produce and develop people of all ages with desirable qualities, quality research and innovations for sustainable social development, quality academic services with social responsibility, and preservation and promotion of arts and culture.</p>	
<p>2.2 Qualifications of Applicants Must have completed secondary education (high school) or equivalent, in the Science-Mathematics program. Must be in good physical health, free from serious contagious diseases, not addicted to drugs, and without chronic illnesses or physical and mental disabilities, including visual and hearing impairments, that would hinder their studies. Must have good conduct and a positive attitude towards sports and exercise. Must meet other qualifications as per the admission regulations for undergraduate students of Srinakharinwirot University. Must be accepted for study according to the regulations of Srinakharinwirot University</p>	<p>3. Qualifications of Applicants Must have completed secondary education (high school) or equivalent. Must have passed the selection criteria of the Sports Science and Exercise program. Must comply with the Srinakharinwirot University regulations for undergraduate education, B.E. 2566 (2023).</p>	

Revision 2019	Revision 2023	หมายเหตุ
governing undergraduate education.		
<p>23. Issues Faced by First-Year Students</p> <p>Misunderstandings about the field of Sports Science and Exercise.</p> <p>Limitations in foreign language skills (English) in reading, speaking, and writing.</p> <p>Insufficient knowledge and skills in communication and information technology.</p> <p>Limitations in the personality traits required for a sports scientist.</p>	<p>23. Issues Faced by First-Year Students</p> <p>Some students struggle with adapting to the responsibility of attending classes regularly.</p> <p>Some students face difficulties in adhering to the dormitory regulations.</p>	
<p>2.4 Strategies for Addressing the Issues/Limitations of Students in Section 2.3</p> <p>Organize activities or projects that provide information to foster a correct understanding of the field of sports science and exercise.</p> <p>Arrange activities or projects to promote and encourage the development of foreign language skills (English) in reading, speaking, and writing.</p> <p>Implement learner-centered teaching methods to equip students with knowledge and skills in communication and information technology.</p> <p>Conduct teaching and organize activities or projects that</p>	<p>6. Strategies for Addressing the Issues/Limitations of Students in Section 5</p> <p>Arrange for faculty members and academic advisors to provide guidance on adapting to higher education.</p> <p>Ensure that academic advisors offer advice on adapting to university life and living in student dormitories.</p>	

Revision 2019	Revision 2023	หมายเหตุ
emphasize promoting and developing professional personalities in sports science.		
2.7 Education System <input checked="" type="checkbox"/> Classroom-based <input type="checkbox"/> Distance learning primarily through printed materials <input type="checkbox"/> Distance learning primarily through audiovisual media <input type="checkbox"/> Distance learning primarily through electronic media (E-learning) <input type="checkbox"/> Distance learning via the internet Others (specify)	8. Teaching and Learning Formats <input checked="" type="checkbox"/> Classroom-based <input checked="" type="checkbox"/> Blended learning (classroom and online) <input checked="" type="checkbox"/> Cooperative education <input checked="" type="checkbox"/> Work-integrated learning Others (please specify)	
2.8 Credit Transfer, Course Equivalency, and Cross-University Registration (if applicable) Credit transfer is in accordance with Srinakharinwirot University Regulations on Undergraduate Studies, B.E. 2559 (Appendix A).	9. Credit Transfer, Course Equivalency, and Cross-University Registration (if applicable) Credit transfer is in accordance with Srinakharinwirot University Regulations on Undergraduate Studies, B.E. 2566 (Appendix A).	
Category 3: Details of Learning Outcomes		
Not Specified	First Year Able to use Thai and English for communication, utilize digital technology for learning, understand	

Revision 2019	Revision 2023	หมายเหตุ
	<p>the roles and responsibilities of citizenship, work appropriately with others, and demonstrate public consciousness and appropriate conduct as citizens and digital citizens.</p> <p>Able to present principles and basic theories in sports science and exercise science.</p> <p>Display discipline, a love for learning, and an awareness of the identity of sports science students in the Faculty of Physical Education.</p> <p>Second Year</p> <p>Possess a business perspective, communication skills, adaptability to society and the environment, and foster creative health and lifestyle development.</p> <p>Apply knowledge of sports science and exercise science to improve health.</p> <p>Third Year</p> <p>Use tools and technology in sports science and exercise science to test and evaluate the physical fitness of athletes, the general public, and special groups.</p> <p>Demonstrate systematic thinking skills, analyze, and present ways to enhance the physical fitness of athletes, the general public, and special groups.</p>	

Revision 2019	Revision 2023	หมายเหตุ
	Design and present training programs for athletes and exercise programs for the general public and special groups. Fourth Year Analyze and present academic work in sports science and exercise science. Lead in sports and exercise fitness training. Present approaches to conducting research and developing innovations in sports science and exercise science.	
Category 4 : Curriculum Structure , Subjects and Credits		
Course Categories 1. General Education Courses 2. Specialized Courses 2.1 Core Courses 2.2 Professional Foundation Courses 2.3 Professional Courses 2.3.1 Required Professional Courses 2.3.2 Elective Professional Courses 3. Free Elective Courses 4. Professional Experience Training Courses	Course Categories 1. General Education Courses 2.Specialized Courses 2.1 Core Courses 2.2 Required Courses 2.3 Elective Courses 2.4 Professional 3.Experience/Cooperative 4.Education Courses 5.Free Elective Courses	Adjust the course categories to align with the university's educational management policies and support the revision of modular and cooperative education courses.
Meaning of Alphabetic Codes **จทุก (SPS)** - Refers to: Professional foundational courses, theoretical professional courses, practical professional courses, and professional internship courses	Meaning of Course Codes Meaning of Numerical Codes Following มศว (SWU) in Core and Elective Courses: First and Middle Digits:	

Revision 2019	Revision 2023	หมายเหตุ
<p>(conducted by the Department of Sports Science).</p> <p>**มศว (SWU)** - Refers to: General education courses (conducted by the Learning Innovation Center).</p> <p>**คณ (CH)** - Refers to: General chemistry courses and general chemistry lab courses (conducted by the Faculty of Science).</p> <p>**ชีว (BI)** - Refers to: Biology 1 courses and Biology 1 lab courses (conducted by the Faculty of Science).</p> <p>**ฟิสิก (PY)** - Refers to: General physics courses and general physics lab courses (conducted by the Faculty of Science).</p> <p>**คณิต (MA)** - Refers to: Mathematics 1 courses (conducted by the Faculty of Science).</p> <p>Meaning of Numerical Codes Following วิชา (SPS) in Professional Foundational Courses, Theoretical Professional</p>	<p>Indicate core/elective courses as follows:</p> <p>19: Core courses 29: Elective courses</p> <p>Last Digit: Indicates the sequence of the course within core/elective courses.</p> <p>Meaning of Numerical Codes Following วิชา (SPS) in Core, Mandatory, and Elective Courses:</p> <p>First Digit:</p> <p>1: Courses offered in the 1st year. 2: Courses offered in the 2nd year. 3: Courses offered in the 3rd year. 4: Courses offered in the 4th year.</p> <p>Middle Digit:</p> <p>0: Courses in the core group. 1-3: Courses in the mandatory group. 4-7: Courses in the elective group. 8: Courses in the professional internship/cooperative education group.</p> <p>Last Digit: Indicates the sequence of the course within that group.</p>	

Revision 2019	Revision 2023	หมายเหตุ
<p>Courses, and Sports and Activities Courses</p> <p>**First Digit:**</p> <ul style="list-style-type: none"> - 1: Courses offered in the 1st year. - 2: Courses offered in the 2nd year. - 3: Courses offered in the 3rd year. - 4: Courses offered in the 4th year. - 5: Courses in the professional internship category. <p>**Middle Digit:**</p> <ul style="list-style-type: none"> - 0 – 1: Courses in the professional foundational group. - 2 – 3: Courses in the theoretical professional group (mandatory). - 4 – 5: Courses in the theoretical professional group (elective). - 6: Courses in the practical professional group (mandatory). - 7 – 9: Courses in the practical professional group (elective). <p>**Last Digit:**</p> <ul style="list-style-type: none"> - Indicates the sequence of courses in the course group. 		
<p>1. General Education Courses: 30 Credits</p> <p>1.1 Language and Communication Group</p>	<p>1. General Education Courses: 30 Credits</p> <p>**1.1 Required Courses (24 credits)**</p>	<p>Adjust the course categories to align with the university's educational management policies</p>

Revision 2019	Revision 2023	หมายเหตุ
9 credits 1.2 Integrated Sciences, Mathematics, and Technology Group 3 credits 1.3 Integrated Sciences, Mathematics, and Technology Group No less than 2 credits 1.4 Integrated Humanities and Social Sciences Group 8 credits 1.5 Integrated Humanities and Social Sciences Group No less than 5 credits	1.1.1 Learning and Communication in the 21st Century 1.1.2 The Art of Using English for International Communication 1.1.3 SWU for Society 1.1.4 Work Skills and Entrepreneurship Development **1.2 Elective Courses (No less than 6 credits)** 1.2.1 Smart Living	and accommodate the revision of module-based course sets.
หมวดวิชาเฉพาะด้าน 2.1 General Education (Science and Math)		Move the Basic Courses (Science and Mathematics) to the Compulsory Courses under the Basic Science and Mathematics course set.
	2.1 Core Subjects 2.1.2 Physical Education Identity Course Set	Add course sets according to the modular course management system of the university and the Faculty of Physical Education.
	PEC101 Pride of Physical Education Identity 1(0-2-1) Course Description: History, philosophy, and identity of the Faculty of Physical Education, Srinakharinwirot University. Overview of the Olympics and the connection between the philosophy of the Faculty of Physical Education and the	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
	<p>philosophy of each discipline within the faculty. Understanding the meaning, importance, and interdisciplinary relationships of sports and health. Perspectives on the roles and professional advancements in the field.</p>	
	<p>พลก102 การสร้างเสริมอัตลักษณ์นิสิต คณะพลศึกษา 1(0-2-1) PEC102 Strengthening Student Identity of the Faculty of Physical Education Strengthening the identity and personality of students in the Faculty of Physical Education and creating health activities for themselves and society through the integration of knowledge and activities from each discipline, based on principles of morality and professional ethics.</p>	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
<p>ฟส 100 ฟิสิกส์ทั่วไป 3(3-0-6) PY 100 General Physics Mechanics of particle systems, rigid bodies, properties of matter, fluid mechanics, heat and thermodynamics, waves, sound, light, electric fields and electric interactions, magnetic fields and magnetic interactions, time-dependent electromagnetic fields, quantum physics, and nuclear physics, along with examples of related phenomena.</p>	<p>ฟส100 ฟิสิกส์ทั่วไป 3(3-0-6) PY100 General Physics Mechanics of particle systems, rigid bodies, properties of matter, fluid mechanics, heat and thermodynamics, waves, sound, light, direct current electricity, alternating current electricity, electronics, electric fields and electric interactions, magnetic fields and magnetic interactions, time-dependent electromagnetic fields, special relativity, quantum physics, and</p>	<p>Adjust from Basic Courses (Science and Mathematics) to Required Courses: Basic Science and Mathematics Module.</p> <input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
	nuclear physics, along with examples of related phenomena.	
ฟส 180 ปฏิบัติการฟิสิกส์ทั่วไป 1(0-2-1) PY 180 General Physics Laboratory Laboratory work on precision measurements, the use of multimeters, the use of oscilloscopes, motion, fluids, Boyle's law, sound, light and optical instruments, electricity, electrical resistance, and capacitance.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
CH 100 General Chemistry I Stoichiometry, atomic structure, gases, solids, liquids, solutions, chemical equilibrium, acids-bases, organic chemistry, biomolecules, nuclear chemistry, and environmental chemistry.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
CH 190 General Chemistry Laboratory I Practice using basic chemistry equipment, laboratory safety, conducting experiments, and analyzing results related to stoichiometry, gas constants, freezing point depression, particle arrangement in solids, indicators, titration, testing functional groups in organic compounds, and testing properties of biomolecules.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
BI 101 Biology I Study the key principles of the structure and function of both prokaryotic and eukaryotic cells, chemical substances and reactions	ชีว105 ชีววิทยาทั่วไป 3(3-0-6) BI105 General Biology โมเลกุลพื้นฐานสำหรับสิ่งมีชีวิต สมบัติของสิ่งมีชีวิต การจัดระบบสิ่งมีชีวิต ระเบียบวิธีวิทยาศาสตร์ สารเคมีของชีวิต เซลล์และ	ปรับจาก วิชาพื้นฐาน (วิทยาศาสตร์และคณิตศาสตร์) ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานวิทยาศาสตร์และคณิตศาสตร์ <input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code

Revision 2019	Revision 2023	หมายเหตุ
within cells, principles of genetic traits and genetic material, cell division, diversity of living organisms, relationships between living organisms and their environment, and evolution.	เมตาบอลิซึม พันธุศาสตร์ กลไกของวิวัฒนาการ ความหลากหลายของสิ่งมีชีวิต โครงสร้างและหน้าที่ของพืชและสัตว์ นิเวศวิทยา พฤติกรรมวิทยา และ ความสำคัญของชีววิทยาต่อโลกสมัยใหม่	<input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
BI 191 Biology Laboratory I 1(0-2-1) BI 191 Biology Laboratory I Laboratory experiments in cell structure and function of both prokaryotic and eukaryotic cells, chemical substances and reactions within cells, principles of genetic traits and genetic material, cell division, diversity of living organisms, relationships between living organisms and their environment in the context of environmental science, and evolution.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
คณิต 113 คณิตศาสตร์สำหรับวิทยาศาสตร์ สุขภาพ 3(3-0-6) MA 113 Mathematics for Health Sciences Differential calculus, integral calculus, first and second-order ordinary differential equations, simple partial differential equations, vector algebra and vector calculus, matrices, and their applications in physics, chemistry, biology, and medical sciences.	วทก112 คณิตศาสตร์สำหรับวิทยาศาสตร์ การกีฬาและการออกกำลังกาย 3(3-0-6) SPS112 Mathematics for Sports and Exercise Science ลำดับการดำเนินการทางคณิตศาสตร์ อัตราส่วนและร้อยละ พีชคณิต สมการตรีโกณมิติ ฟังก์ชัน และการแปลงหน่วยที่เกี่ยวข้องกับวิทยาศาสตร์การกีฬาและการออกกำลังกาย	ปรับจาก วิชาพื้นฐาน (วิทยาศาสตร์และคณิตศาสตร์) ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานวิทยาศาสตร์และคณิตศาสตร์ <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
2.2 General Education	2.2 Core Education	ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ

Revision 2019	Revision 2023	หมายเหตุ
<p>วทก 101 กายวิภาคศาสตร์และสรีรวิทยาของมนุษย์ 1 2(1-2-3) SPS 101 Human Anatomy and Physiology I Structure, function, mechanisms, and control of human organs and systems under normal conditions, including the integumentary system, skeletal system, muscular system, nervous system, special senses, endocrine system, and immune system.</p>	<p>วทก115 กายวิภาคศาสตร์และสรีรวิทยาของมนุษย์สำหรับวิทยาศาสตร์การกีฬาและการออกกำลังกาย 1 2(2-0-4) SPS115 Human Anatomy and Physiology for Sports and Exercise Science I ความรู้เบื้องต้นของกายวิภาคศาสตร์และสรีรวิทยาของมนุษย์ โครงสร้างและหน้าที่ของเซลล์ ชนิดของเนื้อเยื่อ โครงสร้างหน้าที่ กลไกการทำงานของอวัยวะมนุษย์ในระบบปกคลุมร่างกาย ระบบโครงร่าง ระบบกล้ามเนื้อ ระบบประสาท ระบบต่อมไร้ท่อ และระบบน้ำเหลือง ในภาวะปกติ</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานกายวิภาคศาสตร์และสรีรวิทยาของมนุษย์</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 102 กายวิภาคศาสตร์และสรีรวิทยาของมนุษย์ 2 2(1-2-3) SPS 102 Human Anatomy and Physiology II Structure, function, mechanisms, and control of human organs and systems under normal conditions, including the cardiovascular system, respiratory system, digestive system, urinary system, and reproductive system.</p>	<p>วทก116 กายวิภาคศาสตร์และสรีรวิทยาของมนุษย์สำหรับวิทยาศาสตร์การกีฬาและการออกกำลังกาย 2 2(2-0-4) SPS116 Human Anatomy and Physiology for Sports and Exercise Science II โครงสร้าง หน้าที่ กลไกการทำงานของอวัยวะมนุษย์ในระบบหัวใจไหลเวียน ระบบหายใจ ระบบย่อยอาหาร ระบบขับถ่าย ปัสสาวะ และระบบสืบพันธุ์ ในภาวะปกติ</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานกายวิภาคศาสตร์และสรีรวิทยาของมนุษย์</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 103 วิทยาศาสตร์การกีฬาและการออกกำลังกายเบื้องต้น 2(2-0-4) SPS 103 Introduction to Sports and Exercise Science Definition of sports and exercise science, principles, and basic knowledge in related fields, the role of sports and exercise science in elite sports and health,</p>	<p>วทก113 วิทยาศาสตร์การกีฬาและการออกกำลังกายเบื้องต้น 2(2-0-4) SPS113 Introduction to Sports and Exercise Science ความหมายของวิทยาศาสตร์การกีฬาและการออกกำลังกาย หลักการ ขอบข่ายความรู้พื้นฐานในสาขาวิชาที่เกี่ยวข้อง บทบาทของวิทยาศาสตร์การกีฬาและการออกกำลังกายกับกีฬาเพื่อความเป็นเลิศและสุขภาพ</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานวิทยาศาสตร์การกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
evolution, and the application of current and future knowledge.	วิวัฒนาการ และการประยุกต์ใช้องค์ความรู้ในปัจจุบันและอนาคต	
<p>วทก 104 ปรัชญา กีฬา และอุดมการณ์โอลิมปิก 2(2-0-4)</p> <p>SPS 104 Sports Philosophy and Olympism</p> <p>Definition of sports and exercise science, principles, and basic knowledge in related fields, the role of sports and exercise science in elite sports and health, evolution, and the application of current and future knowledge.</p>	<p>วทก114 ปรัชญา กีฬา จริยธรรม และอุดมการณ์โอลิมปิก 1(0-2-1)</p> <p>SPS114 Sports Philosophy, Ethics, and Olympism</p> <p>การประยุกต์ปรัชญาและคุณค่าโอลิมปิกเพื่อใช้ในการกีฬาและการดำเนินชีวิต การมีน้ำใจนักกีฬาตามแนวทางปรัชญาโอลิมปิก การเป็นนักวิทยาศาสตร์การกีฬาที่ดี จริยธรรมในการทำงานของนักวิทยาศาสตร์การกีฬาและการออกกำลังกาย กฎหมายที่เกี่ยวข้องกับการกีฬา</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานวิทยาศาสตร์การกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input checked="" type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input checked="" type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 105 จริยธรรมวิทยาศาสตร์การกีฬา 1 1(0-2-1)</p> <p>SPS 105 Ethics for Sports Science I</p> <p>Definition, importance of morality, ethics, and virtues for life and work in sports science, development of ethics through physical, mental, and mindfulness training, fostering a good conscience, adherence to rules and etiquette in physical activity and sports.</p>		<p><input type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input checked="" type="checkbox"/> Remove from Curriculum</p>
<p>วทก 206 จริยธรรมวิทยาศาสตร์การกีฬา 2 1(0-2-1)</p> <p>SPS 206 Ethics for Sports Science II</p> <p>Ethics in the work of sports scientists, especially in health care and exercise, sports laws, participation in activities to promote ethics through physical,</p>		<p><input type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input checked="" type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
<p>mental, and mindfulness training, developing mindfulness and composure to work harmoniously with others and live happily in society.</p>		
<p>วทก 207 ชีวเคมีทางการกีฬาและการออกกำลังกาย 2(2-0-4) SPS 207 Sports and Exercise Biochemistry ชนิด โครงสร้าง และคุณสมบัติทางเคมีของสารที่เป็นองค์ประกอบของร่างกาย การเปลี่ยนแปลงทางเมตาบอลิซึมของสารชีวเคมีในสภาวะปกติ และที่เกี่ยวข้องกับการออกกำลังกายและเล่นกีฬา</p>	<p>วทก111 ชีวเคมีทางการกีฬาและการออกกำลังกาย 2(2-0-4) SPS111 Sports and Exercise Biochemistry ชนิด โครงสร้าง และคุณสมบัติทางเคมีของสารที่เป็นองค์ประกอบของร่างกาย การเปลี่ยนแปลงทางเมตาบอลิซึมของสารชีวเคมีในสภาวะปกติ และที่เกี่ยวข้องกับการออกกำลังกายและเล่นกีฬา</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาพื้นฐานวิทยาศาสตร์และคณิตศาสตร์</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 208 ภาษาอังกฤษสำหรับวิทยาศาสตร์การกีฬา 1 2(2-0-4) SPS 208 English for Sports Science I Types, structures, and chemical properties of body constituents, metabolic changes of biochemical substances under normal conditions, and those related to exercise and sports.</p>	<p>วทก223 ภาษาอังกฤษสำหรับวิทยาศาสตร์การกีฬา 1 2(1-2-3) SPS223 English for Sports Science I การใช้ศัพท์ภาษาอังกฤษเพื่อสื่อสาร สอน และคิดทักษะการเคลื่อนไหว สำหรับผู้นำกีฬาและการออกกำลังกาย ฟีกการฟัง พูด อ่าน เขียนเพื่อใช้ในวิชาชีพวิทยาศาสตร์การกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาการสื่อสารสำหรับการกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 309 ภาษาอังกฤษสำหรับวิทยาศาสตร์การกีฬา 2 2(2-0-4) SPS 309 English for Sports Science II Vocabulary for communication about movement in sports and exercise, listening, speaking, reading, and writing skills for the</p>	<p>วทก325 ภาษาอังกฤษสำหรับวิทยาศาสตร์การกีฬา 2 2(1-2-3) SPS325 English for Sports Science II การพูดและการฟังภาษาอังกฤษเพื่อการสื่อสารในชีวิตประจำวัน การเขียนคำแนะนำทางด้านวิทยาศาสตร์การกีฬาและการออกกำลังกาย การอ่านสิ่งพิมพ์ ตำรา วารสาร บทความและงานวิจัยทางด้านวิทยาศาสตร์การกีฬาและการออกกำลังกาย การเขียน</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ในวิชาบังคับ ชุดวิชาการสื่อสารสำหรับการกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
profession of sports and exercise science.	ประวัติตนเอง และการแนะนำตัวเองสำหรับการสัมภาษณ์งาน	
<p>วทก 311 โปรแกรมสำเร็จรูปทางสถิติ สำหรับวิทยาศาสตร์การกีฬา 2(1-2-3)</p> <p>SPS 311 Statistics Computer Programs for Sports Science</p> <p>Theory, basic principles, usage of software for statistical analysis, data collection, data analysis, and presentation, integrated with statistical theory and research in sports and exercise science.</p>	<p>วทก337 สถิติสำหรับวิทยาศาสตร์การกีฬา และการออกกำลังกาย 2(1-2-3)</p> <p>SPS337 Statistics in Sports and Exercise Science</p> <p>ทฤษฎี หลักการพื้นฐานทางด้านสถิติ การเก็บรวบรวมข้อมูล การวิเคราะห์ การนำเสนอข้อมูล และการใช้งานโปรแกรมสำเร็จรูปเพื่อการวิเคราะห์ทางสถิติ โดยบูรณาการเข้ากับทฤษฎี หลักการทางสถิติ การวิจัยทางด้านวิทยาศาสตร์การกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ใน วิชาบังคับ ชุดวิชาสถิติและการวิจัยทาง วิทยาศาสตร์การกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input checked="" type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 312 ระเบียบวิธีวิจัยทาง วิทยาศาสตร์การกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS 312 Research Methodology in Sports and Exercise Science</p> <p>ทฤษฎีพื้นฐาน องค์ประกอบ รูปแบบ กระบวนการ และวิธีการในการวิจัย จริยธรรมในการวิจัย การสืบค้นงานวิจัย ทางด้านวิทยาศาสตร์การกีฬาและการ ออกกำลังกาย และการประยุกต์ ผลการวิจัยไปใช้ในวิชาชีพ</p>	<p>วทก338 วิธีวิทยาการวิจัยทาง วิทยาศาสตร์การกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS338 Research Methodology in Sports and Exercise Science</p> <p>ทฤษฎีพื้นฐาน องค์ประกอบ รูปแบบ ขั้นตอน และวิธีการในการทำวิจัย คุณธรรม จริยธรรม และจรรยาบรรณในการวิจัย การ สืบค้น อ่าน และวิเคราะห์งานวิจัย เพื่อ จัดทำโครงร่างการวิจัยขั้นพื้นฐานทางด้าน วิทยาศาสตร์การกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาพื้นฐานวิชาชีพ ไปอยู่ใน วิชาบังคับ ชุดวิชาสถิติและการวิจัยทาง วิทยาศาสตร์การกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input checked="" type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 413 ภาษาอังกฤษสำหรับ วิทยาศาสตร์การกีฬา 3 2(2-0-4)</p> <p>SPS 413 English for Sports Science III</p> <p>English communication for sports leadership, personal training, and exercise, reading publications, textbooks, journals, abstracts, and research related to sports and exercise science.</p>		<p><input type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input checked="" type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
2.3 วิชาซีพทฤษฎี (บังคับ)		
วทก 221 สรีรวิทยาการกีฬาและการออกกำลังกาย 1 2(1-2-3) SPS 221 Sports and Exercise Physiology I Mechanisms, responses, and physiological adaptations of sports and exercise physiology in energy systems, nervous system, muscular system, cardiovascular system, respiratory system, applied to exercise and sports.	วทก217 สรีรวิทยาการกีฬาและการออกกำลังกาย 1 2(1-2-3) SPS217 Sports and Exercise Physiology I กลไกการทำงาน การตอบสนองและการปรับตัวทางสรีรวิทยาของระบบประสาทกล้ามเนื้อ ระบบหัวใจและหลอดเลือด ระบบหายใจ และระบบพลังงาน นำไปประยุกต์ใช้ในการกีฬาและการออกกำลังกาย	ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาสรีรวิทยาการกีฬาและการออกกำลังกาย <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 222 สรีรวิทยาการกีฬาและการออกกำลังกาย 2 2(1-2-3) SPS 222 Sports and Exercise Physiology II Mechanisms, responses, and physiological adaptations of sports and exercise physiology in the endocrine system, gender differences, children, youth, elderly, different environmental conditions, applied to exercise and sports.	วทก218 สรีรวิทยาการกีฬาและการออกกำลังกาย 2 2(1-2-3) SPS218 Sports and Exercise Physiology II กลไกการทำงาน การตอบสนองและการปรับตัวทางสรีรวิทยาของระบบต่อมไร้ท่อ ระบบควบคุมอุณหภูมิ และระบบภูมิคุ้มกัน นำไปประยุกต์ใช้ในการกีฬาและการออกกำลังกาย	ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาสรีรวิทยาการกีฬาและการออกกำลังกาย <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 223 การเรียนรู้และการพัฒนาการเคลื่อนไหว 2(2-0-4) SPS 223 Motor Learning and Development Growth and development related to movement skills in different ages, learning patterns of motor skills, and development of movement skills to promote health and sports ability.	วทก219 การเรียนรู้การเคลื่อนไหวและการพัฒนาทักษะกลไก 2(2-0-4) SPS219 Motor Learning and Motor Skill Development ทักษะการเคลื่อนไหว การพัฒนาทักษะกลไก ในทุกช่วงวัย ทฤษฎีการเจริญเติบโต และพัฒนาการ ทฤษฎีการเรียนรู้ และความสามารถของทักษะกลไก การประเมินทักษะกลไก ระบบความจำ และการ	ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการเคลื่อนไหวของมนุษย์ <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
	ประยุกต์ใช้กับการออกแบบโปรแกรมพัฒนาความสามารถและทักษะกลไก	
<p>วทก 224 จิตวิทยาการกีฬาและการออกกำลังกาย 2(2-0-4)</p> <p>SPS 224 Sports and Exercise Psychology</p> <p>Theories and principles of psychology related to sports and exercise, using psychology to study human behavior in sports, and applying psychology for success in sports and exercise.</p>	<p>วทก326 จิตวิทยาการกีฬาและการออกกำลังกาย 3(3-0-6)</p> <p>SPS326 Sports and Exercise Psychology</p> <p>หลักการและทฤษฎีที่เกี่ยวข้องกับการกีฬาและการออกกำลังกาย องค์ประกอบทางจิตวิทยาที่มีผลต่อสภาพจิตใจของผู้ออกกำลังกายและนักกีฬา ความวิตกกังวล แรงกระตุ้น แรงจูงใจ และความก้าวร้าวในการกีฬาและการออกกำลังกาย การเป็นผู้นำทางการกีฬา การใช้หลักจิตวิทยาเพื่อศึกษาพฤติกรรมของมนุษย์ที่เกี่ยวข้องกับการกีฬาและการออกกำลังกาย และการนำหลักจิตวิทยาไปใช้เพื่อความสำเร็จในการกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการสอนและจิตวิทยาสำหรับการศึกษาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 325 โภชนาการทางการกีฬาและการออกกำลังกาย 2(2-0-4)</p> <p>SPS 325 Sports and Exercise Nutrition</p> <p>Basic principles of nutrition, the role of nutrition in sports and exercise, principles of diet planning, and applying nutrition principles for athletes and exercisers.</p>	<p>วทก328 โภชนาการทางการกีฬาและการออกกำลังกาย 2(2-0-4)</p> <p>SPS328 Sports and Exercise Nutrition</p> <p>หลักการพื้นฐานทางโภชนาการ บทบาทของโภชนาการต่อการกีฬาและการออกกำลังกาย หน้าที่และความรับผิดชอบของนักโภชนาการทางการกีฬาและการออกกำลังกาย ผลิตภัณฑ์เสริมอาหารสำหรับการกีฬาและการออกกำลังกาย การประยุกต์ใช้ความรู้ทางโภชนาการ และหลักการจัดโปรแกรมอาหาร สำหรับนักกีฬาและผู้ที่ออกกำลังกาย</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาโภชนาการทางการกีฬาและการออกกำลังกายตลอดชีวิต</p> <p><input type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 326 ชีวกลศาสตร์การกีฬา 2(1-2-3)</p> <p>SPS 326 Sports Biomechanics</p>	<p>วทก221 ชีวกลศาสตร์การกีฬา 2(1-2-3)</p> <p>SPS221 Sports Biomechanics</p> <p>การประยุกต์ใช้หลักการทางชีวกลศาสตร์ในการวิเคราะห์ ความเข้าใจ การประเมิน ผล</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการเคลื่อนไหวของมนุษย์</p> <p><input type="checkbox"/> New Course</p>

Revision 2019	Revision 2023	หมายเหตุ
Kinematics and kinetics of movement, applying mechanical principles and anatomical knowledge of muscles, bones, and joints to human movement and sports, analyzing sports postures to improve skills accurately and appropriately.	ตอบรับ และการปรับปรุงเทคนิค ในการเพิ่ม ประสิทธิภาพการเคลื่อนไหวและการกีฬา คิเนเมติกส์ คิเนติกส์ กรณีศึกษาในการ ประเมินในทางปฏิบัติทักษะ การวิเคราะห์ ข้อมูลเชิงคุณภาพและเชิงปริมาณในการ วิเคราะห์เทคนิคกีฬาและการเคลื่อนไหว	<input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
<p>วทก 327 การจัดการทางการกีฬา 2(2-0-4)</p> <p>SPS 327 Sports Management Principles, strategies, and integrating management theory with sports organization administration, planning sports events, managing public relations, personnel involved in sports event organization.</p>	<p>วทก331 การจัดการทางการกีฬา ธุรกิจ สุขภาพและฟิตเนส 2(2-0-4)</p> <p>SPS331 Sports Management, Health and Fitness Business</p> <p>หลักการ กลยุทธ์ การบูรณาการทฤษฎี ทางด้านการจัดการเข้ากับการบริหารของ องค์กรกีฬา ธุรกิจสุขภาพและฟิตเนส การ วางแผน บุคลากรที่เกี่ยวข้องกับการจัดการ กีฬา ธุรกิจกีฬาและฟิตเนส หลักการจัดการ การตลาดของกีฬา ธุรกิจสุขภาพ ฟิตเนส โมเดลธุรกิจกีฬา สุขภาพ และฟิตเนส การศึกษาความเป็นไปได้ในการประกอบ ธุรกิจกีฬา สุขภาพ และฟิตเนส</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ใน วิชาบังคับ ชุดวิชาทักษะการจัดการ ทางการศึกษาและสุขภาพ</p> <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
<p>วทก 328 การบาดเจ็บและเจ็บป่วย ทางการศึกษา 2(2-0-4)</p> <p>SPS 328 Sports Injury and Illness Causes, risk factors, and mechanisms of sports injuries and illnesses, types of injuries and illnesses, symptoms, treatment, prevention, and resuming sports or exercise after injury or illness, basic knowledge about prohibited substances and methods in sports.</p>	<p>วทก334 เวชศาสตร์การกีฬา 2(1-2-3)</p> <p>SPS334 Sports Medicine</p> <p>ความหมาย หลักการ ความรู้พื้นฐานของเวช ศาสตร์การกีฬา บทบาทของเวชศาสตร์การ กีฬากับการกีฬาและการออกกำลังกาย การ บาดเจ็บทางการกีฬาและการออกกำลังกาย ที่พบบ่อย หลักการปฐมพยาบาลเบื้องต้น การดูแลการบาดเจ็บเบื้องต้น การกลับมา ฝึกซ้อมหลังจากได้รับบาดเจ็บ และการ เตรียมความพร้อมให้กับนักกีฬา</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ใน วิชาบังคับ ชุดวิชาการพัฒนาสมรรถนะ ทางการศึกษาและการออกกำลังกาย</p> <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
<p>วทก 329 วิทยวิธีการสอนกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS 329 Sports and Exercise Pedagogy</p> <p>Popular teaching methods in sports and exercise, preparation and effective teaching processes, factors related to teaching and learning, selecting teaching methods, observing and evaluating teaching, applying teaching methods suitable for different sports and exercise activities.</p>	<p>วทก327 วิทยวิธีการสอนกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS327 Sports and Exercise Pedagogy</p> <p>วิทยวิธีสอนกีฬาและการออกกำลังกายที่นิยมใช้ในปัจจุบัน การเตรียมการและกระบวนการสอนที่มีประสิทธิภาพ ปัจจัยที่เกี่ยวข้องกับการเรียนการสอน การเลือกวิธีสอน การสังเกตและประเมินผลการสอน การประยุกต์รูปแบบการสอนให้เหมาะสมกับลักษณะของกิจกรรม กีฬาและการออกกำลังกายแต่ละประเภท</p>	<p>ปรับจาก วิชาซีฟทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการสอนและจิตวิทยา สำหรับการศึกษาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 331 หลักการฝึกกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS 331 Principles of Sports Training and Exercise</p> <p>Theory and scientific principles underlying sports training for excellence and health exercise, methods to develop various mechanical abilities, planning sports training and exercise programs.</p>	<p>วทก332 หลักการฝึกกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS332 Principles of Sports Training and Exercise</p> <p>ทฤษฎี หลักการทางวิทยาศาสตร์ที่เป็นพื้นฐานของการฝึกพัฒนาสมรรถนะทางกีฬา และการออกกำลังกาย วิธีการพัฒนาสมรรถภาพทางกลไก การวางแผนการฝึกซ้อมกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาซีฟทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการพัฒนาสมรรถนะทางการกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 332 การทดสอบและการกำหนดการออกกำลังกาย 2(1-2-3)</p> <p>SPS 332 Exercise Testing and Prescription</p> <p>Theory and principles related to physical fitness, the relationship between exercise and physical fitness, testing and evaluating physical fitness to prescribe</p>	<p>วทก329 การทดสอบและการกำหนดการออกกำลังกาย 2(1-2-3)</p> <p>SPS329 Exercise Testing and Prescription</p> <p>ทฤษฎีและหลักการที่เกี่ยวข้องกับสมรรถภาพทางกาย ความสัมพันธ์ของการออกกำลังกายและสมรรถภาพทางกาย การทดสอบและประเมินสมรรถภาพทางกาย เพื่อกำหนดโปรแกรมกีฬา การออกกำลัง</p>	<p>ปรับจาก วิชาซีฟทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาทักษะการจัดการทางการกีฬาและสุขภาพ</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
<p>individual and group sports/exercise programs, applying innovations, technology, and equipment in sports science and exercise management to enhance fitness for the general population, athletes, and special groups.</p>	<p>กายรายบุคคลและกลุ่ม การประยุกต์ใช้เทคโนโลยี อุปกรณ์ทางด้านวิทยาศาสตร์ การกีฬาและการออกกำลังกาย และบริหารจัดการเพื่อสร้างเสริมสมรรถภาพสำหรับรายบุคคลและกลุ่ม</p>	
<p>วทก 333 การประเมินสมรรถภาพทางการกีฬา 2(1-2-3) SPS 333 Sports Performance Assessment Testing models, measuring and evaluating sports performance, selecting tools for sports performance assessment, interpreting and presenting test results, assessing the quality and accuracy of tools used in sports performance assessment.</p>	<p>วทก333 การประเมินสมรรถนะทางการกีฬา 2(1-2-3) SPS333 Sports Performance Assessment ความหมาย ขอบข่าย และความสำคัญของการประเมินสมรรถนะทางการกีฬา การเลือกใช้เครื่องมือในการประเมินสมรรถนะทางการกีฬา การประเมินสมรรถนะทางการกีฬา การแปลผลและนำเสนอผลการทดสอบ การหาคุณภาพและความแม่นยำของเครื่องมือ</p>	<p>ปรับจาก วิชาชีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการพัฒนาสมรรถนะทางการกีฬาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 334 ผู้นำการกีฬาและการออกกำลังกาย 2(2-0-4) SPS 334 Sports and Exercise Leadership Principles of leadership, types of leaders, roles and responsibilities of leaders, leadership theories, leader's personality, vision, effective leadership skills, organizational change concepts, and the role of leaders in creating values and culture.</p>		<p><input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum</p>

Revision 2019	Revision 2023	หมายเหตุ
<p>วทก 435 นวัตกรรมและเทคโนโลยีทางการกีฬาและการออกกำลังกาย 2(1-2-3)</p> <p>SPS 435 Innovations and Technology in Sports and Exercise Principles, usage, and practice in designing and creating simple innovations in sports and exercise, analyzing the value of innovations and technology to develop sports and exercise for the general population, athletes, and special groups.</p>	<p>วทก351 นวัตกรรมและเทคโนโลยีทางการกีฬาและการออกกำลังกาย 2(2-0-4)</p> <p>SPS351 Innovations and Technology in Sports and Exercise</p> <p>แนวคิด ทฤษฎีการพัฒนานวัตกรรม การออกแบบนวัตกรรม การเรียนรู้ด้านเทคโนโลยีทางการกีฬา แนวโน้มประเด็นของเทคโนโลยีการกีฬาในยุคปัจจุบัน การสร้าง การนำเสนอ นวัตกรรมและเทคโนโลยีทางการกีฬาและการออกกำลังกาย</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาเลือก</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input checked="" type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 436 ภาคนิพนธ์ 2(0-4-2)</p> <p>SPS 436 Senior Projects Searching, studying, analyzing, and synthesizing research in sports and exercise science, basic research in sports and exercise science, presenting research results under the supervision of an advisor.</p>	<p>วทก439 ภาคนิพนธ์ 3(0-6-3)</p> <p>SPS439 Senior Projects</p> <p>การสืบค้น ศึกษา วิเคราะห์งานวิจัยที่เกี่ยวข้องกับวิทยาศาสตร์การกีฬาและการออกกำลังกาย การวิจัยขั้นพื้นฐานทางวิทยาศาสตร์การกีฬาและการออกกำลังกาย การนำเสนอผลการวิจัย ภายใต้การควบคุมดูแลของอาจารย์ที่ปรึกษา</p>	<p>ปรับจาก วิชาซีพทฤษฎี (บังคับ) ไปอยู่ในวิชาบังคับ ชุดวิชาการสอนและจิตวิทยา สำหรับการศึกษาและการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input checked="" type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
	<p>วทก336 การออกแบบโปรแกรมการออกกำลังกายสำหรับบุคคลกลุ่มพิเศษ 2(1-2-3)</p> <p>SPS336 Exercise Program Design for Special Populations</p> <p>การประเมิน การกำหนดและการออกแบบโปรแกรมการออกกำลังกายบนพื้นฐานของข้อแนะนำการออกกำลังกายสากลและงานวิจัย ในโรคอ้วน เบาหวาน ความดันโลหิตสูง โรคหัวใจและหลอดเลือด และผู้มีปัญหาด้านสุขภาพ เพื่อชะลอหรือลดความรุนแรงของโรค</p>	<p><input checked="" type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>2.4 Theory Course (Elective)</p>		<p><input type="checkbox"/> New Course</p>

Revision 2019	Revision 2023	หมายเหตุ
		<input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
<p>วทก 241 กิจกรรมกลางแจ้ง 2(1-2-3) SPS 241 Outdoor Activities Principles of organizing outdoor activities, incorporating physical activities, games, exercises, or sports to promote physical and mental health, characteristics and qualities of leaders and followers in activities.</p>	<p>วทก475 กิจกรรมกลางแจ้ง 1(0-2-1) SPS475 Outdoor Activities Principles of organizing outdoor activities, incorporating physical movement activities, games, play, exercise, or sports to enhance physical and mental health. Characteristics and qualities of being a leader and a follower in activities.</p>	<p>ปรับจาก วิชาซีพีทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก</p> <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input checked="" type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
<p>วทก 242 สังคมวิทยาการกีฬาและการออกกำลังกาย 2(2-0-4) SPS 242 Sports and Exercise Sociology Principles and theories in philosophy and sociology related to sports and exercise from the past, present, and future trends.</p>		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
<p>วทก 243 พฤติกรรมกิจกรรมทางกาย 2(2-0-4) SPS 243 Physical Activities Behavior Principles and theories of human behavior related to physical activities for good health and physical fitness, promoting physical activity behavior among the general public and special groups</p>	<p>วทก224 กิจกรรมทางกายและสุขภาพ 2(1-2-3) SPS224 Physical Activity and Health Principles and theories related to social and human behavior, factors affecting physical activity, and health across different age groups. Analysis and application of theories to promote physical</p>	<p>Move from Professional Theory Electives to Core Courses: Sports Nutrition and Lifelong Exercise Module.</p> <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
	activity for good health and physical fitness.	
วทก 344 จิตวิทยาสำหรับการออกกำลังกายและสุขภาพ 2(2-0-4) SPS 344 Psychology of Exercise and Health Social factors, culture, identity, environment, and social context that lead to health behaviors affecting exercise; application of psychological principles and counseling to promote exercise for good health.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 345 การสอนกีฬาและการออกกำลังกาย 2(1-2-3) SPS 345 Sport and Exercise Teaching Principles of teaching, concepts of classroom management, learner-centered teaching methods, grading and assessment of teaching, practice in teaching sports or exercise activities, participation in activities to prepare for effective sports and exercise instruction.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 346 การนวดทางการกีฬาและการออกกำลังกาย 2(1-2-3) SPS 346 Sports and Exercise Massage Principles, techniques, equipment, indications, contraindications, and precautions. Physiological effects	วทก468 การนวดทางการกีฬาและการออกกำลังกาย 2(1-2-3) SPS468 Sports and Exercise Massage Principles, techniques, physiological effects, equipment, indications, contraindications, and precautions of sports and exercise massage to prepare the body, prevent injuries,	ปรับจาก วิชาซีพทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
of sports and exercise massage to prepare the body, prevent, and rehabilitate from sports and exercise activities.	and rehabilitate the body after sports and exercise activities for athletes and the general public.	
วทก 447 การปฐมพยาบาลเบื้องต้น และการกู้ชีพ 2(1-2-3) SPS 447 First Aids and Resuscitation Qualifications and roles of a first aider, principles and procedures in first aid, first aid for injuries and illnesses, basic resuscitation, use of automated external defibrillators (AED), movement and transfer of injured and ill individuals.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 448 การฝึกสมรรถภาพทางการกีฬา 2(1-2-3) SPS 448 Sports Performance Training Practical methods for enhancing physical fitness and improving various mechanical performances for sports. Planning sports performance training and principles of sports coaching.	วทก354 การฝึกสมรรถนะทางการกีฬา 2(1-2-3) SPS354 Sports Performance Training Principles of sports coaching, methods for physical conditioning and enhancing mechanical performance, and planning training sessions to develop sports performance.	ปรับจาก วิชาซีพทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 449 การประยุกต์วิทยาศาสตร์การกีฬา 2(1-2-3) SPS 449 Applied Sports Science Application of sports science principles to enhance the	วทก355 การประยุกต์วิทยาศาสตร์และเทคโนโลยีการกีฬา 2(1-2-3) SPS355 Applied Sports Science and Technology	ปรับจาก วิชาซีพทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name

Revision 2019	Revision 2023	หมายเหตุ
potential of athletes in areas such as physiology, energy systems, training, nutrition, psychology, individual athlete performance analysis, team and game performance, biomechanics, and relevant technologies.	Application of sports science and technology principles to enhance athlete performance in physiology, energy systems, training, nutrition, psychology, individual athlete performance analysis, team and game performance, biomechanics, and technology.	<input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 451 การฟื้นฟูสมรรถภาพทางการกีฬาและการออกกำลังกาย 2(1-2-3) SPS 451 Sports and Exercise Rehabilitation Principles, techniques, equipment, indications, contraindications, and precautions for exercise in preventing and rehabilitating from sports and exercise activities to restore the body to its normal state and prepare for further physical activity and sports.	วทก466 การฟื้นฟูสมรรถภาพทางการกีฬาและการออกกำลังกาย 2(1-2-3) SPS466 Sports and Exercise Rehabilitation Principles, techniques, equipment, indications, contraindications, and precautions for rehabilitating the body from sports and exercise, focusing on joints, to prevent injuries and restore the body to its normal state and readiness for sports and exercise activities for athletes and the general public.	ปรับจาก วิชาซีพทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 452 การตลาดทางการกีฬา 2(2-0-4) SPS 452 Sports Marketing Marketing theories, consumer behavior basics, and marketing planning. Design and application of marketing plans integrating product, price, promotion, distribution, sales, benefits, and branding in sports marketing.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 453 การเป็นผู้ประกอบการทางการกีฬา 2(2-0-4)	วทก352 การเป็นผู้ประกอบการทางการกีฬาและการออกกำลังกาย 2(2-0-4)	ปรับจาก วิชาซีพทฤษฎี (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course

Revision 2019	Revision 2023	หมายเหตุ
SPS 453 Entrepreneurship in Sports Definition, roles, types, and characteristics of entrepreneurship. Identifying opportunities for creating new sports and exercise products or services. Ethics in business, investment, and simple business plan development.	SPS352 Entrepreneurship in Sports and Exercise Knowledge of management, development of sports innovations and technology, application and design of business models for entrepreneurship, design of media for disseminating exercise knowledge, and presentation in a business plan.	<input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
2.5 Professional Core Course (บังคับ)		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 161 กรีฑา 1 1(0-2-1) SPS 161 Athletics I History and benefits of athletics, training skills and techniques for both track and field events, equipment maintenance, rules, regulations, competition etiquette, and safety in athletics.	วทก244 กรีฑา 1(0-2-1) SPS244 Athletics History, types, benefits, rules, and practical training of basic movement skills and techniques in athletics. Analysis of the components of athletic movement skills, competition etiquette, and safety in athletics.	ปรับจาก วิชาชีพปฏิบัติ (บังคับ) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 162 ยิมนาสติก 1(0-2-1) SPS 162 Gymnastic History and benefits of gymnastics, training skills and techniques for gymnastics, equipment maintenance, rules, regulations, competition		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
etiquette, and safety in gymnastics.		
วทก 163 ว่ายน้ำ 1(0-2-1) SPS 163 Swimming History and benefits of swimming, training skills and techniques for swimming, different swimming strokes, equipment maintenance, rules, regulations, competition etiquette, and safety in swimming.	วทก245 ว่ายน้ำและการช่วยชีวิตทางน้ำ 1(0-2-1) History, benefits, and importance of swimming. Water rescue techniques, training skills and techniques for swimming, life-saving skills, equipment maintenance, rules, regulations, competition etiquette, and safety in swimming. Techniques for artificial respiration and cardiac stimulation.	ปรับจาก วิชาซีพีปฏิบัติ (บังคับ) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
2.6 Elective Practice (Elective)		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
2.6.1 Sports		Change from Professional Practical Courses (Electives) in Sports to Elective Courses.
วทก 171 วอลเลย์บอล 1(0-2-1) SPS 171 Volleyball History and benefits of volleyball, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in volleyball.	วทก357 วอลเลย์บอล 1(0-2-1) SPS357 Volleyball History, benefits, rules, regulations, and etiquette of volleyball. Training basic skills and techniques, analyzing movement components, enhancing physical fitness for volleyball players, and ensuring safety in volleyball.	ปรับจาก วิชาซีพีปฏิบัติ (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 172 แบดมินตัน 1(0-2-1) SPS 172 Badminton	วทก246 แบดมินตัน 1(0-2-1) SPS246 Badminton	ปรับจาก วิชาซีพีปฏิบัติ (เลือก) ไปอยู่ในวิชาเลือก <input type="checkbox"/> New Course

Revision 2019	Revision 2023	หมายเหตุ
History and benefits of badminton, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in badminton.	History, benefits, values, principles, and methods of playing badminton. Basic rules, competition, and officiating. Enhancing physical fitness, practical training of skills and techniques, equipment maintenance, regulations, competition etiquette, safety in sports, and practical activities in badminton.	<input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 273 บาสเกตบอล1(0-2-1) SPS 273 Basketball History and benefits of basketball, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in basketball.	วทก356 บาสเกตบอล 1(0-2-1) SPS356 Basketball History and evolution of basketball from its inception to the present. Training basic movement skills, ball handling, stopping, faking, receiving, passing, dribbling, and shooting. Defense, offense, and team play skills. Rules, gameplay, etiquette for being a good player and spectator, enhancing physical fitness, health maintenance, safety in play, and equipment maintenance.	Change from Professional Practical Courses (Electives) in Sports to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 274 กอล์ฟ 1(0-2-1) SPS 274 Golf History and benefits of golf, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in golf.	วทก471 กอล์ฟ 1(0-2-1) SPS471 Golf History and benefits of golf, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in golf, applying sports science knowledge.	Change from Professional Practical Courses (Electives) in Sports to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 275 คอร์ทบอล 1(0-2-1) SPS 275 Korfball	วทก361 คอร์ทบอล 1(0-2-1) SPS361 Korfball	Change from Professional Practical Courses (Electives) in Sports to Elective Courses.

Revision 2019	Revision 2023	หมายเหตุ
History and benefits of korfbal, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in korfbal.	History of korfbal, training basic movement skills, ball handling, stopping, faking, receiving, passing, and shooting. Defense, offense, and team play skills. Rules, gameplay, etiquette for being a good player and spectator, enhancing physical fitness, health maintenance, safety in play, and equipment maintenance.	<input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 276 ฟุตบอล 1(0-2-1) SPS 276 Football History and benefits of football, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in football.	วทก358 ฟุตบอล 1(0-2-1) SPS358 Football History and benefits of football, rules, regulations, etiquette, skills and techniques, equipment maintenance, and safety in football. Team systems and game strategies, applying sports science knowledge.	Change from Professional Practical Courses (Electives) in Sports to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 377 มวยไทย 1(0-2-1) SPS 377 Muaythai History and benefits of Muaythai, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in Muaythai.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 378 การช่วยชีวิตและความปลอดภัยทางน้ำ 1(0-2-1) SPS 378 Life Saving and Water Safety Importance and benefits of life-saving and water safety, skills for life-saving and water safety, precautions for water activities,	วทก245 ว่ายน้ำและการช่วยชีวิตทางน้ำ 1(0-2-1) SPS245 Swimming and Life Saving History, benefits, and importance of swimming, water rescue techniques, training skills and techniques for swimming, life-saving skills, equipment	Change from Professional Practical Courses (Electives) in Sports to Elective Courses. <input type="checkbox"/> รายวิชาใหม่ <input checked="" type="checkbox"/> เปลี่ยนรหัสวิชา <input checked="" type="checkbox"/> เปลี่ยนชื่อวิชา <input checked="" type="checkbox"/> เปลี่ยนคำอธิบาย

Revision 2019	Revision 2023	หมายเหตุ
artificial respiration and cardiac stimulation, and equipment maintenance.	maintenance, rules, regulations, competition etiquette, safety in swimming, artificial respiration, and cardiac stimulation.	<input type="checkbox"/> เปลี่ยนแปลงหน่วยกิต <input type="checkbox"/> ตัดออกจากหลักสูตร
วทก 379 ดำน้ำ 1(0-2-1) SPS 379 Scuba Diving History and benefits of scuba diving, training skills and techniques for diving, equipment maintenance, rules, regulations, etiquette, and safety in diving.	วทก473 ดำน้ำ 1(0-2-1) SPS473 Scuba Diving History and benefits of scuba diving, training skills and techniques for diving, equipment maintenance, rules, regulations, etiquette, physical fitness enhancement, and safety in diving.	Change from Professional Practical Courses (Electives) in Sports to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 381 เรือพาย 1(0-2-1) SPS 381 Rowing History and benefits of rowing, training skills and techniques for rowing, equipment maintenance, rules, regulations, competition etiquette, and safety in rowing.	วทก362 เรือพาย 1(0-2-1) SPS362 Rowing History and benefits of rowing, training skills and techniques for rowing, equipment maintenance, rules, regulations, competition etiquette, and safety in rowing, applying sports science knowledge.	Change from Professional Practical Courses (Electives) to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 382 ฟุตซอล 1(0-2-1) SPS 382 Futsal History and benefits of futsal, training skills and techniques, equipment maintenance, rules, regulations, etiquette, and safety in futsal.	วทก359 ฟุตซอล 1(0-2-1) SPS359 Futsal History and benefits of futsal, rules, regulations, etiquette, equipment maintenance, safety in futsal, training skills and techniques, team systems, and game strategies, applying sports science knowledge.	Change from Professional Practical Courses (Electives) to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 383 กรีฑา 2 1(0-2-1)		<input type="checkbox"/> New Course

Revision 2019	Revision 2023	หมายเหตุ
SPS 383 Athletics II Characteristics, qualifications, and roles of coaches and referees, factors contributing to success, practical training in coaching, refereeing, and techniques for organizing athletic competitions.		<input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 384 เทควันโด 1(0-2-1) SPS 384 Taekwondo History and benefits of taekwondo, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in taekwondo.		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
วทก 485 เทนนิส 1(0-2-1) SPS 485 Tennis History and benefits of tennis, training skills and techniques, equipment maintenance, rules, regulations, competition etiquette, and safety in tennis.	วทก247 เทนนิส 1(0-2-1) SPS247 Tennis History and evolution of tennis, types, rules, training skills such as forehand, backhand, serve, return of serve, slice, volley, half-volley, drop shots, and smashes. Strategies for singles, doubles, and mixed doubles, etiquette, and safety in tennis.	Change from Professional Practical Courses (Electives) to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 486 กระบี่กระบอง 1(0-2-1) SPS 486 Sword and Pole History and benefits of Thai sword and pole fighting, training skills and techniques, choosing types of swords and poles, selecting suitable tools, preparing equipment, instilling knowledge and positive attitudes toward Thai		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
<p>martial arts, equipment maintenance, rules, regulations, competition etiquette, and safety in sword and pole fighting.</p>		
<p>วทก 487 กีฬาอิเล็กทรอนิกส์ 1(0-2-1) SPS 487 Electronic Sports History, principles, and types of electronic sports. Application of sports science knowledge in training electronic sports skills and integrating them into contemporary life.</p>	<p>วทก472 อีสปอร์ต 1(0-2-1) SPS472 e-Sports History, principles, and types of electronic sports. Training skills and management in electronic sports, applying sports science knowledge.</p>	<p>Change from Professional Practical Courses (Electives) to Elective Courses.</p> <p><input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum</p>
<p>2.6.2 กลุ่มรายวิชากิจกรรมการออกกำลังกาย</p>		<p><input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum</p>
<p>วทก 181 ลีลาศเพื่อสังคม 1(0-2-1) SPS 180 Social Dance History and benefits of social dance, training skills and techniques, equipment maintenance, regulations, etiquette, and safety in social dance.</p>		<p><input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum</p>
<p>วทก 282 จักรยานเพื่อสุขภาพ 1(0-2-1) SPS 282 Cycling for Health History and benefits of cycling for health, basic cycling skills, equipment maintenance, rules,</p>		<p><input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits</p>

Revision 2019	Revision 2023	หมายเหตุ
regulations, and safety in health cycling.		<input checked="" type="checkbox"/> Remove from Curriculum
วทก 283 แอโรบิกแดนซ์ 1(0-2-1) SPS 283 Aerobic Dance Theory and principles of aerobic exercise, training skills and techniques for aerobic movements, and their application.	วทก241 แอโรบิกแดนซ์ 1(0-2-1) SPS241 Aerobic Dance Definition, importance, principles, and training skills of aerobic dance exercise. Basic movement techniques, rhythm counting, design methods, and teaching processes for aerobic dance, including injury prevention.	Change from Professional Practical Courses (Electives) to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 284 โยคะเบื้องต้น 1(0-2-1) SPS 284 Fundamental Yoga History and principles of yoga practice, related sciences, types of yoga suitable for beginners, stretching exercises for yoga practice, chakras, prana, and bandhas. Basic yoga poses for health, pose combinations, adaptations, use of props, yoga in the workplace, yoga nidra, and yoga for sports and exercise.	วทก243 โยคะ 1(0-2-1) SPS243 Yoga History, principles of yoga practice, related sciences, types of yoga, stretching exercises for yoga practice, chakras, prana, and bandhas. Adaptation of poses, use of props, yoga for sports and exercise, yoga for health and therapy, yoga in the workplace, and yoga nidra.	Change from Professional Practical Courses (Electives) to Elective Courses. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
วทก 285 การฝึกด้วยน้ำหนัก 1(0-2-1) SPS 285 Weight Training Principles of weight training practice and the application of anatomy and physiology of the skeletal and muscular systems, along with the study of weight training techniques.	วทก222 การฝึกด้วยแรงต้าน 1(0-2-1) SPS222 Resistance Training Definition, importance, principles of weight training, and the application of anatomy and physiology of the body's structural and muscular systems. Study of weight training techniques, program design for enhancing physical fitness, etiquette in the use and maintenance of weight training equipment.	Change from Professional Practical Courses (Electives) to Required Courses in the Human Movement Studies Module. <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
<p>วทก 386 ผู้ฝึกสอนโยคะ 1(0-2-1) SPS 386 Yoga Instructor Principles of yoga, anatomy, and physiology related to yoga practice, breathing, prana, and bandhas in yoga practice. Personality and qualities of a yoga leader, essential yoga poses for health, principles of teaching and presenting yoga, pose combinations, teaching and practicing as a yoga leader, precautions, providing feedback, and etiquette and ethics of a yoga instructor.</p>		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
<p>วทก 387 การฝึกกิจกรรมในชีวิตประจำวัน 1(0-2-1) SPS 387 Functional Training Exercise patterns involving multiple muscle groups, using both equipment and body weight, to enhance efficiency in daily life and sports activities.</p>		<input type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input checked="" type="checkbox"/> Remove from Curriculum
<p>วทก 388 ผู้ฝึกสอนการออกกำลังกายแบบกลุ่ม 1(0-2-1) SPS 388 Group Exercise Instructor Various types of group exercises set to rhythm. Learning principles, analysis, and practice to become a group exercise leader, working with others, and application.</p>	<p>วทก242 การเป็นผู้ฝึกสอนการออกกำลังกายแบบกลุ่ม 1(0-2-1) SPS242 Group Exercise Instructor Definition, importance, principles, and skills training for becoming a group exercise instructor. Designing group exercise programs to improve health-related fitness, enhancing personality, and leadership skills in group exercise.</p>	<p>ปรับจาก วิชาซีพปฏิบัติ (เลือก) ไปอยู่ในวิชาเลือก</p> <input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input checked="" type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum

Revision 2019	Revision 2023	หมายเหตุ
<p>วทก 489 ผู้ฝึกส่วนบุคคลและผู้ออกแบบโปรแกรมการออกกำลังกาย 1(0-2-1)</p> <p>SPS 489 Personal Trainer and Exercise Program Designer</p> <p>Definition, importance, components, and practices of being a good personal trainer. Conduct, care for clients, and creating appropriate health exercise programs for all genders.</p>	<p>วทก335 การเป็นผู้ฝึกสอนส่วนบุคคลและการออกแบบโปรแกรมการออกกำลังกาย 2(1-2-3)</p> <p>SPS335 Personal Trainer and Exercise Program Designer</p> <p>Definition, importance, components, roles, and scope of being a personal trainer. Ethics of personal trainers, best practices in one-on-one training, client care, health assessments, and creating appropriate health exercise programs for all genders.</p>	<p>ปรับจาก วิชาซีพีปฏิบัติ (เลือก) ไปอยู่ในวิชาบังคับ ชุดวิชาการเป็นผู้ฝึกสอนส่วนบุคคลและการออกแบบโปรแกรมการออกกำลังกาย</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input checked="" type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input checked="" type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 491 พิลาทีส 1(0-2-1)</p> <p>SPS 491 Pilates</p> <p>History and background of Pilates, principles and breathing techniques, benefits, training equipment, basic and daily Pilates poses, and how to adapt poses to suit the practitioner's abilities.</p>	<p>วทก348 พิลาทีส 1(0-2-1)</p> <p>SPS348 Pilates</p> <p>History and background of Pilates, principles and breathing techniques, benefits, training equipment, basic and daily Pilates poses, and how to adapt poses to suit the practitioner's abilities.</p>	<p>ปรับจาก วิชาซีพีปฏิบัติ (เลือก) ไปอยู่ในวิชาเลือก</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input checked="" type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 492 ไทจีชกง 1(0-2-1)</p> <p>SPS 492 Tai Chi Chi Kong</p> <p>History, Taoist philosophy, concepts of the Dan Tian point, Chi energy, principles of Yin and Yang. Learning and practicing breathing techniques with Tai Chi and Chi Gong movements, practicing basic forms with and without music accompaniment.</p>	<p>วทก349 ไทจี ชกง 1(0-2-1)</p> <p>SPS349 Tai Chi Chi Kong</p> <p>History, Taoist philosophy, concepts of the Dan Tian point, Chi energy, Yin and Yang. Coordinating breathing with movements, practicing basic forms with and without equipment, practicing with and without music accompaniment.</p>	<p>ปรับจาก วิชาซีพีปฏิบัติ (เลือก) ไปอยู่ในวิชาเลือก</p> <p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
	<p>วทก353 การวิเคราะห์สมรรถนะทางการกีฬาและเกมการแข่งขัน 2(1-2-3)</p>	<p><input checked="" type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p>

Revision 2019	Revision 2023	หมายเหตุ
	SPS353 Sports Performance and Match Analysis Basic principles and techniques for analyzing sports performance and match games in various sports categories. Planning, monitoring, and evaluating, applying information technology, and reporting analysis results to coaches and athletes.	<input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก465 การฟื้นฟูสภาพทางการกีฬาและการออกกำลังกาย 2(1-2-3) SPS465 Sports and Exercise Recovery Principles, methods, equipment, and evaluation of body recovery after sports and exercise. Ensuring readiness of the muscular, nervous, circulatory, and respiratory systems for future sports competitions or exercise.	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก467 กายวิภาคศาสตร์ประยุกต์สำหรับกีฬาและการออกกำลังกาย 2(1-2-3) SPS467 Applied Anatomy for Sports and Exercise Application of human anatomy principles related to the skeletal and muscular systems. Methods and use of equipment to design movements for improving joint and muscle efficiency in sports and exercise, for athletes and the general public.	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก363 กีฬาต่อสู้ภูมิปัญญาตะวันตก 1(0-2-1) SPS363 Western Martial Arts	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description

Revision 2019	Revision 2023	หมายเหตุ
	History, benefits, rules, regulations, etiquette of Western martial arts. Training basic skills and techniques of Western martial arts such as boxing, wrestling, and mixed martial arts. Analyzing movement components, enhancing physical fitness, and safety in Western martial arts.	<input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก364 กีฬาต่อสู้ภูมิปัญญาตะวันออก 1(0-2-1) SPS364 Eastern Martial Arts History, benefits, rules, regulations, etiquette of Eastern martial arts. Training basic skills and techniques of Eastern martial arts such as Muay Thai, Taekwondo, and Judo. Analyzing movement components, enhancing physical fitness, and safety in Eastern martial arts.	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก474 ไตรกีฬา 1(0-2-1) SPS474 Triathlon History and benefits of triathlon, training skills and techniques, equipment maintenance, rules, regulations, etiquette, physical fitness enhancement, and safety in triathlon competitions.	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
Practicum in Sports Sciences Categories	Practicum in Sports Sciences and Cooperative Education	เปลี่ยนชื่อหมวดวิชาให้สอดคล้องกับแผนการสหกิจศึกษา
วทก 501 การฝึกงานวิชาซีพทางวิทยาศาสตร์การกีฬาและการออกกำลังกาย 6(0-18-0)	วทก482 การฝึกงานวิชาซีพทางวิทยาศาสตร์การกีฬาและการออกกำลังกาย 6(0-18-0)	<input type="checkbox"/> New Course <input checked="" type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input checked="" type="checkbox"/> Change Course Description

Revision 2019	Revision 2023	หมายเหตุ
<p>SPS 501 Practicum in Sports and Exercise Science</p> <p>Practical training in governmental or private sector agencies related to sports science, exercise, and health, under the supervision of academic instructors and workplace advisors. Developing students' academic knowledge and work-related skills, critical thinking, decision-making, analysis, and evaluation, aligning with the needs of employers and the labor market.</p>	<p>SPS482 Practicum in Sports and Exercise Science</p> <p>Systematic work in organizations or agencies related to sports science and exercise, with cooperation between the university and relevant agencies for at least 16 weeks per semester.</p> <p>Supervised by academic instructors and workplace advisors, aiming to develop students' academic knowledge, work-related skills, critical thinking, decision-making, analysis, and evaluation, aligning with the needs of employers and the labor market.</p>	<p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
<p>วทก 502 สหกิจศึกษา 6(0-18-0)</p> <p>SPS 502 Cooperative Education</p> <p>Systematic work in organizations or agencies related to sports science and exercise, with cooperation between the university and relevant agencies for at least 16 weeks per semester. Supervised by academic instructors and workplace advisors, aiming to develop students' academic knowledge, work-related skills, critical thinking, decision-making, analysis, and evaluation, aligning with the needs of employers and the labor market.</p>	<p>วทก484 สหกิจศึกษา 6(0-18-0)</p> <p>SPS484 Cooperative Education</p> <p>Systematic work in organizations or agencies related to sports science and exercise, with cooperation between the university and relevant agencies for at least 16 weeks per semester.</p> <p>Supervised by academic instructors and workplace advisors, aiming to develop students' academic knowledge, work-related skills, critical thinking, decision-making, analysis, and evaluation, aligning with the needs of employers and the labor market.</p>	<p><input type="checkbox"/> New Course</p> <p><input checked="" type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p> <p><input checked="" type="checkbox"/> Change Course Description</p> <p><input type="checkbox"/> Change Course Credits</p> <p><input type="checkbox"/> Remove from Curriculum</p>
	<p>วทก481 การเตรียมความพร้อมฝึกงาน</p> <p>วิชาชีพทางวิทยาศาสตร์การกีฬาและการออกกำลังกาย 1(0-2-1)</p>	<p><input checked="" type="checkbox"/> New Course</p> <p><input type="checkbox"/> Change Course Code</p> <p><input type="checkbox"/> Change Course Name</p>

Revision 2019	Revision 2023	หมายเหตุ
	SPS481 Preparation for Practicum in Sports and Exercise Science Practical preparation before professional training in sports and exercise science. Developing students' knowledge, attitudes, work skills, and readiness for employment through practice in situations or models that meet the needs of employers and the labor market.	<input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum
	วทก483 การเตรียมความพร้อมสหกิจศึกษา 1(0-2-1) SPS483 Preparation for Cooperative Education Practical preparation before cooperative education in sports science and exercise. Developing students' knowledge, attitudes, work skills, and readiness for employment through practice in situations or models that meet the needs of employers and the labor market.	<input checked="" type="checkbox"/> New Course <input type="checkbox"/> Change Course Code <input type="checkbox"/> Change Course Name <input type="checkbox"/> Change Course Description <input type="checkbox"/> Change Course Credits <input type="checkbox"/> Remove from Curriculum