Course Description

School/Faculty/Department. Gen. Ed.Institute **Program** RSU General Education

Program Bachelor degree **Academic Year** 1/2025

1. General Informatiom

IRS/RSU 172	ชีวิตที่เป็นมิตรกับสิ่งแวดล้อม (Environmental-friendly Life)	3(2-3-6)
Co-requisite course(s)	-	
Pre-requisite course(s)	-	
Semester	1/2025	
Section	900, 901, 910, 911, 912	

Curriculum

- ☐ Preparatory Courses
- ■ General Education Courses
- ☐ Specialized Core Courses
- ☐ Free Elective Courses

Responsible faculty member Dr.Oranan Prommano

Instructor	Dr. Oranan Prommano	■ Full-time Lecturers	☐ Guest Lecturers
	Asst. Prof. Dr. Somphon Phraephan	■ Full-time Lecturers	☐ Guest Lecturers
	Dr. Orn-uma Y. Sroijit	■ Full-time Lecturers	☐ Guest Lecturers
	Dr. Patipat Thinwang	■ Full-time Lecturers	☐ Guest Lecturers
	Dr.Taratorn Fainanta	■ Full-time Lecturers	☐ Guest Lecturers
	Dr.Teerapong Seesamut	■ Full-time Lecturers	☐ Guest Lecturers

Place of study ■ Onsite ☐ Off-site

Date of preparation August 15, 2025

2. Course Objectives and Components

1. Learning objectives

To understand the importance of living an environmentally friendly life.

2. Course description

Changes of environment at both the community and global levels that influence people ways of living. Development and environmental-friendly life. Coping with changes and self-adjustment during the environmental crisis.

3. Number of weekly hours for advising and academic counseling for individual students.

.....3.....hours/week

- ■ e-mail: Oranan.p@rsu.ac.th
- □ Facebook: -
- ■ Line:……
- ■ Other Specify : Google Classroom

No	Name	Faculty	E-mail
1	 Dr. Oranan Prommano IRS172 section 900	Medical Technology	oranan.p@rsu.ac.th

No	Name	Faculty	E-mail
2	 Asst. Prof. Dr. Somphon Phraephan IRS172 section 901	Medical Technology	somphon.p@rsu.ac.th
3	 Dr. Orn-uma Y. Sroijit RSU172 section 900	Medical Technology	orn-uma.y@rsu.ac.th
4	 Dr. Patipat Thinwang IRS172 section 910	Medical Technology	patipat.t@rsu.ac.th

No	Name	Faculty	E-mail
5	 Dr. Taratorn Fainanta IRS172 section 911	Science	taratorn.f@rsu.ac.th
6	 Dr. Dr. Teerapong Seesamut RSU172 section 910	Science	teerapong.s@rsu.ac.th

Group	Subject	Section	Student	Line group	Google classroom	Date/ Room
A	IRS172	900	45		Name: IRS/RSU172_ Group A_1/2568_Tuesday_ 12.00-14.45 Class code: 7pkbplsy	Tuesday 12.00-14.45 Room: 19-102
	IRS172	901	27			
	RSU172	900	70			
B	IRS172	910	55		Name: IRS/RSU172_ Group B_1/2568_Tuesday_ 15.00-17.45 Class code: b4mpt2ql	Tuesday 15.00-17.45 Room: 19-102
	IRS172	911	65			
	RSU172	910	84			

4. Course Learning Outcomes (CLOs):

Students can adapt their daily lives to be environmentally friendly.

3. Student Learning Outcomes

Development of subject learning outcomes following the desired learning standards for each domain is as follows:

1. Knowledge

PLOs	Course Learning Outcomes (CLOs)	Teaching methods	Assessment methods
1	Have knowledge and understanding of environmental sustainability.	● Teach through activity based by conducting small group activities to exchange knowledge about environmental problems causes by daily life-style. ● Assign 3 mini-projects to facilitate learning about environmentally friendly living. • **Mini Project #1**: **Upcycling & Recycle** Purpose: D.I.Y an upcycling product Mini project ideas: Develop a sustainable product or redesign an existing product to be more eco-friendly, with a focus on reducing its carbon footprint. • **Mini Project #2: Eco-labeling** Purpose: Create a video presentation Mini project ideas: Explore the eco labelled products in daily life i.e.,	● Evaluate and score based on the assigned task ● Evaluate based on mini-project presentation and reporting

		supermarket, drug store, convenience store. Shoot video and prepare a video presentation explaining on 10 ecolabeling products. • **Mini Project #3: Eco- friendly lifestyle** Purpose: Changing yourself toward eco-friendly lifestyle Mini project ideas: Design a comprehensive personal action plan to reduce carbon footprint, including lifestyle changes and advocacy efforts. Record tracking your daily life.	

2. Skills

PLOs	Course Learning Outcomes (CLOs)	Teaching methods	Assessment methods
1	Able to seek integrated knowledge from appropriate and reliable sources.	● Assign individual/group work to discuss on a topic of environmental sustainability	● Evaluate and score based on the assigned task ● Evaluate based on mini-project presentation and reporting

3. Ethics

PLOs	Course Learning Outcomes (CLOs)	Teaching methods	Assessment methods
1	Have orderliness, discipline, punctuality, and responsibility towards oneself and society.	● Integrate content on discipline, punctuality, and responsibility	● Observe that the submission of work must

		towards oneself and society. ● Teach by incorporating virtues and ethics during project work through discussions with students, emphasizing responsibility towards tasks, discipline, professional ethics, honesty in duties within the group, humility, generosity towards colleagues, and avoiding greed.	be on time to train students to be responsible for their tasks, able to collaborate with others, and be punctual.

4. Characteristics

PLOs	Course Learning Outcomes (CLOs)	Teaching methods	Assessment methods
1	Take responsibility for assigned tasks.	● Assign tasks with specified deadlines.	● Observe behavior and submission of work. ● Evaluate and grade based on the assigned tasks.

4. Course Planning and Assessment

1. Course planning

Week	Date-Time	Topic	Remark	Instructor
1	Tuesday 19th August 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Introduction to Environmental Friendly Life** ☐ Course outline and expectations ☐ Importance of sustainable living ☐ Carbon Emissions and their impact ☐ Introduction to carbon emission as a currency	**Activities:** o Ice-breaker activities o Discussion on personal environmental impacts o How to use Line group and Google application **Assignment #1:** Daily carbon emission	**Teerapong** Oranan Somphon Orn-uma Patipat Taratorn
2	Tuesday 26th August 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Product Life Cycle (From…to…)** ☐ Case studies on common products (Bean to Bar Chocolate) ☐ Stages of the product life cycle: Raw material extraction, manufacturing, distribution, usage, disposal ☐ Carbon footprint at each stage of the product life cycle	**Activities:** o Group discussion on ways to make product cycles more sustainable o From…to… carbon footprint at each stage of the product life cycle	**Oranan** Somphon Orn-uma Patipat Taratorn Teerapong
3	Tuesday 2nd September 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Sustainable food Choices** ☐ Food waste ☐ Environmental impacts and carbon footprint of different types of food (meat, vegetables, processed foods)	**Activities:** o Workshop of food waste o Calculate the carbon footprint of food waste	**Patipat** Oranan Somphon Orn-uma Taratorn Teerapong

Week	Date-Time	Topic	Remark	Instructor
			Assignment #2 Topic: Happy meal (Food waste)	
4	Tuesday 9th September 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Sustainable food Choices** (self-study of assignment #2)		
5	Tuesday 16th September 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Carbon footprint** **& Upcycling and Recycle** ☐ Definition and significance of carbon footprint ☐ Ways to reduce carbon footprint	**Activities:** o Group discussion of reducing carbon footprint **Remark:** Mini-project #1	**Oranan** Somphon Orn-uma Patipat **Taratorn** Teerapong
6	Tuesday 23rd September 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Development of Mini project #1** (self-study)	**Activities:** o DIY of upcycling product Group work of students	**Oranan** Somphon Orn-uma Patipat Taratorn Teerapong
7	Tuesday 30th September 2025	**Show case of Mini project #1:** Upcycling day	**Exhibition hall** Building 6	Oranan Somphon Patipat

Week	Date-Time	Topic	Remark	Instructor
	Group A 12.00-14.45 **Group B** 15.00-17.45			Taratorn Teerapong
	Tuesday 7th October 2025	Term break		
8	Tuesday 14th October 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Sustainable life style** ☐ Eco-Labeling Green food Green building materials and techniques Green pharmaceuticals Eco clothes	**Activities:** o Group brainstorming and project proposal presentations o Instructor feedback and guidance o Calculate estimated carbon footprint of proposed projects **Remark:** Mini-project #2	**Oranan** Somphon Orn-uma Patipat Taratorn Teerapong
9	Tuesday 21st October 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Sweet house bitter home** ☐ Toxic chemicals from household products	**Activities:** o Group discussion on ways to reduce toxic chemical	**Orn-uma** Oranan Somphon Patipat Taratorn Teerapong
10	Tuesday 28th October 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Development of Mini Project #2** (self-study)	**Activities:** o Group work of students o Explore eco daily product o Prepare VDO clip o Peer review sessions for feedback	Oranan Somphon Orn-uma Patipat Taratorn Teerapong

Week	Date-Time	Topic	Remark	Instructor
11	Tuesday 4th November 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Presentation of Mini Project #2 (1)**	**Activities:** o Peer review sessions for feedback o Q&A sessions after each presentation	Oranan Somphon Orn-uma Patipat Taratorn Teerapong
12	Tuesday 11th November 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Presentation of Mini Project #2 (2)**	**Activities:** o Peer review sessions for feedback o Q&A sessions after each presentation **Assignment#3** Topic: Walk through closet	Oranan Somphon Orn-uma Patipat Taratorn Teerapong
13	Tuesday 18th November 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Fast fashion** ☐ The environmental impact and carbon footprint of the fashion industry ☐ Sustainable materials and ethical fashion brands	**Activities:** o Calculation of the carbon footprint of different clothing choices **Assignment#4** Topic: Drug explorer	**Taratorn** Oranan Somphon Orn-uma Patipat Teerapong
14	Tuesday 25th November 2025 Group A 12.00-14.45	**Safe drug save Earth** ☐ Environmental impacts of pharmaceuticals (antibiotics)	**Activities:** o Discussion on integrating eco-friendly practices into personal healthcare	**Somphon** Oranan Orn-uma Patipat Taratorn

Week	Date-Time	Topic	Remark	Instructor
	Group B 15.00-17.45		**Remark:** Mini-project #3 Individual work Change your lifestyle to reduce carbon footprint (for 7 days)	Teerapong
15	Tuesday 2nd December 2025 **Group A** 12.00-14.45 **Group B** 15.00-17.45	**Presentation and Reflection of eco-friendly life style**	**Activities:** o Presentation of mini projects to the class o Course reflection and feedback session	Oranan Somphon Orn-uma Patipat Taratorn Teerapong

2. Assessment

Activity	Learning Outcome	Assessment Week	Assessment Method
3.1, 4.1	1. Class attendance	Throughout the semester	10%
1.1, 2.1, 3.1, 4.1	2. Activity	Throughout the semester	35%
1.1, 2.1, 3.1, 4.1	3. Assignments	1, 3, 12 & 13	30%
1.1, 2.1, 3.1, 4.1	4. Mini project	7, 11, 12 & 15	25%
Total			100%

3. The alignment of Course Learning Outcomes (CLOs) with learning results.

CLOs	1. Knowledge		2. Skills		3. Ethics		4. Characteristics	
	1.1	1.2	2.1	2.2	3.1	3.2	4.1	4.2
CLO 1 Students can adapt their daily lives to be environmentally friendly.	✓		✓		✓		✓	

5. Course Resources

1. **Main textbooks and documents**

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2. **Essential documents and information**

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3. **Recommended documents and information**

https://drive.google.com/file/d/1C796WZlOF7wYE7dAVs9fH2T3JWoAXWM/view?usp=classroom_web&authuser=0

https://drive.google.com/file/d/1eYhJ1hWMGcRlzFpOnyiMzS1AEyfTbM0Z/view

https://drive.google.com/file/d/17R-uaaYPyHYcqNaNq5NE-yugMCdCVhHh/view?usp=classroom_web&authuser=0

https://drive.google.com/file/d/1lqEYcmBZg8sRV-

https://drive.google.com/file/d/1CAuUZl3aWk2_VzPj2xt5UhGxUGkv9KRZ/view?usp=classroom_web&authuser=0P2jD2zNNQJY0PQs7g7/view?usp=classroom_web&authuser=0

6. Course Feedback and Improvement

1. Course evaluation by students

- ☐ Student evaluation of teaching effectiveness
- ☐ Course evaluation form
- ☐ Group discussions between instructors and learners
- ☐ Reflections based on learners' behavior
- ☐ Suggestions through online channels prepared by the instructor for communication with students

2. Other methods of course evaluation

- ☐ Instructor evaluation form
- ☐ Reflected by students
- ☐ Review of the assessment of learning outcomes
- ☐ Observation of teaching by the teaching team members

3. Course development and improvement

- ☐ Seminar on teaching management

4. The process of reviewing students' learning outcomes for a course.

- ☐ Committees are established in the department to review students' learning outcomes by examining exam reports, grading methods, and behavioral assessments.
- ☐ Review of grading for student work by the department and faculty committee.
- ☐ Review of grading based on random inspections of student work by instructors or other qualified individuals who are not regular course instructors.

5. Course revision and development plan

- ☐ Revise the course annually based on suggestions and the review results per section 4.
- ☐ Revise the course annually based on the instructor evaluation results by students.