



Bachelor of Science Program in Sports and Exercise Science
Faculty of Sports Science, Chulalongkorn University

Program Codes and Titles

Program Code	25470011100058
Program Title	Bachelor of Science Program in Sports and Exercise Science

Degree Title and Field of Study

Degree Title

Full Title (English) : Bachelor of Science

Abbreviation (English) : B.Sc.

Field of Study in Transcript

Field of Study : Sports and Exercise Science

Total credits throughout the program 138 credits

Bachelor of Science in Sports and Exercise Science, Faculty of Sports Science, Chulalongkorn University, collaborates in an academic network with educational institutions in Thailand. The collaboration networks which involve sharing knowledge, study visit, and exchanging experiences. Teaching and research-related equipment/instruments include the Sports Authority of Thailand, Ministry of Tourism and Sports, Ministry of Public Health, Ministry of Culture, National Olympic Committee of Thailand, Sports Association of Thailand, Bunditpatanasilp Institute of Fine Arts. Additionally, academic collaborations with international Sports Science educational institutions involve visiting, teaching and learning activities, and performing collaborative research with universities such as Indiana University Bloomington in USA and Tohoku University in Japan under the Memorandum of Understanding (MOU) with Chulalongkorn University. Furthermore, there are student exchange programs and professional training opportunities with institutions such as the Institute of Technical Education (ITE) in Singapore, Semarang University in Indonesia, and Ton Duc Thang University in Vietnam.



Career options after graduating

1. Academics, developers, and practitioners in sports and health promotion.
2. Sports scientists and health promoters.
3. Research assistants in sports and exercise science and health promotion.
4. Sports coaches and assistant sports coaches.
5. Exercise advisors and health promoters in workplaces.
6. Project managers for sports development, enhancement, and services, as well as health promotion.
7. Entrepreneurs and self-employed professionals in sports, exercise, and health promotion.

Study locations

1. Within the university locations: These include the Faculty of Sports Science, different faculties within Chulalongkorn University, and Chulalongkorn University Sports Center.
2. Outside the university locations: These include field visits and professional training which take place at various locations e.g., the Sports Authority of Thailand, Ministry of Tourism and Sports, Ministry of Public Health, Sports Association of Thailand, sports clubs, and science-based sports and exercise facilities. fitness centers, spas, hospitals, and health centers.

Program Philosophy

The philosophy of the bachelor's degree program in Sports and Exercise Science is to produce graduates who possess knowledge and morality, and can promote sports, physical exercise, and health. This is achieved through a solid foundation of knowledge in sports and health based on the global standards.



Program Objectives

1. To produce graduates in the field of Sports and Exercise Science who possess knowledge, understanding, and the ability to apply their knowledge in sports and exercise science to promote sports and health effectively. They should also be capable of working in relevant public and private organizations.
2. To produce graduates with knowledge and ethical values to lead a fulfilling life and engage in professional careers, while contributing to society.
3. To produce graduates with a positive attitude towards the profession of Sports and Exercise Science.

Educational management system

Semester system: Each semester consists of a maximum of 22 credit hours, with a minimum of 15 weeks of study. The summer semester consists of a maximum of 7 credit hours. The total duration of the program is 4 years.

Academic Calendar:

- First semester: August - December
- Second semester: January - May
- Summer semester: June – August

Program Structure

1. General Education Courses: 32 credits

Social Sciences	3	credits
Humanities	3	credits
Science and Mathematics	3	credits
Multidisciplinary Studies	3	credits
Foreign Languages	12	credits
General Education for Special Group	8	credits



2. Major Courses (Sports Science and Exercise): 100 credits

Basic Science Courses	14	credits
Basic Professional Courses	12	credits
Professional Courses	74	credits

-Mandatory Professional Courses (41)

-Sports Skills Courses (15)

Mandatory Sports Skills Courses (12)

Elective Sports Skills Courses (3)

-Specialized elective Professional Courses (18)

3. Elective Courses: 6 credits

3910	General Courses of the Faculty
3911 and 3912	The Aspect of Sports
3913 and 3914	The Aspect of Health

1. General Education Courses: 32 credits

Social Sciences, Humanities, Science and Mathematics or Multidisciplinary Studies (students can choose courses announced by the General Education Center)

12 credits

Foreign Languages

12 credits

5500111	EXPERIENTIAL ENGLISH I	3(2-2-5)
5500112	EXPERIENTIAL ENGLISH II	3(2-2-5)
5500201	ENGLISH FOR ACADEMIC PURPOSES I (SPORTS SCIENCE)	3(2-2-5)
5500202	ENGLISH FOR ACADEMIC PURPOSES II (SPORTS SCIENCE)	3(2-2-5)



General Education Courses for Special Group	8	credits
2719111	THAI LANGUAGE	2(1-2-3)
3404117	INTRODUCTION TO LAW	3(3-0-6)
3800101	GENERAL PSYCHOLOGY	3(2-2-5)

2. Major Courses (Sports Science and Exercise): 100 credits

Basic Science Courses	14	credits
2302171	CHEMISTRY FOR HEALTH SCIENCE	3(3-0-6)
2302172	CHEMISTRY LABORATORY FOR HEALTH SCIENCE	1(0-3-0)
2303101	GENERAL BIOLOGY I	3(3-0-6)
2303102	GENERAL BIOLOGY LABORATORY I	1(0-3-0)
2304109	MEDICAL PHYSICS	3(3-0-6)
2304189	MEDICAL PHYSICS LABORATORY	1(0-3-0)
2310303	HUMAN BIOCHEMISTRY	2(2-0-4)
Basic Professional Courses	12	credits
3900124	PHILOSOPHY AND PROFESSIONAL ETHICS IN SPORTS AND EXERCISE SCIENCE	3(3-0-6)
3900404	RESEARCH IN SPORTS AND EXERCISE SCIENCE	3(2-2-5)
3910102	HUMAN ANATOMY AND PHYSIOLOGY	3(2-2-5)
3910304	STATISTICS FOR SPORTS AND EXERCISE SCIENCE	3(2-2-5)
Professional Courses	74	credits
-- Mandatory Professional Courses 41 credits		
3910109	EXERCISE PHYSIOLOGY	3(3-0-6)
3910202	PHYSICAL FITNESS ASSESSMENT	3(2-2-5)
3910211	EXERCISE FOR HEALTH	3(2-2-5)
3910216	RECREATION PRINCIPLE AND MANAGEMENT	3(2-2-5)



3910217	SPORTS MANAGEMENT AND SPORTS BUSINESS	3(3-0-6)
3910218	PRINCIPLES OF SPORTS TRAINING	3(2-2-5)
3910219	FIRST AID AND PREVENTION FOR EXERCISE AND SPORT INJURY	3(2-2-5)
3910305	NUTRITION FOR SPORTS AND HEALTH	3(2-2-5)
3910310	SPORTS BIOMECHANICS	3(2-2-5)
3910319	SPORTS AND EXERCISE PSYCHOLOGY	3(2-2-5)
3910320	MOTOR SKILL LEARNING	3(2-2-5)
3910321	PRINCIPLES OF HEALTH PROMOTION	3(3-0-6)
3910415	PROFESSIONAL EXPERIENCE	5(0-15-0)

-- Sports Skills Courses 15 credits

Mandatory Sports Skills Courses 12 credits

3900262	FUNDAMENTAL OF SPORTS MOVEMENT	1(0-2-1)
3910150	FOOTBALL	1(0-2-1)
3910151	VOLLEYBALL	1(0-2-1)
3910152	BASKETBALL	1(0-2-1)
3910154	TRACK ATHLETICS	1(0-2-1)
3910155	FIELD ATHLETICS	1(0-2-1)
3910157	BADMINTON	1(0-2-1)
3910158	TENNIS	1(0-2-1)
3910159	AEROBIC DANCE LEADERSHIP	1(0-2-1)
3910177	SWIMMING AND WATER SAFETY	1(0-2-1)
3910178	MUAY THAI AND THAI MARTIAL ARTS	1(0-2-1)
3910179	MARTIAL ARTS AND SELF DEFENSE	1(0-2-1)

Elective Sports Skills Courses 3 credits

3900251	TABLE TENNIS	1(0-2-1)
3910162	RUGBY FOOTBALL	1(0-2-1)



3910163	FIELD HOCKEY	1(0-2-1)
3910164	HANDBALL	1(0-2-1)
3910165	PETANQUE	1(0-2-1)
3910167	YOGA	1(0-2-1)
3910172	FUTSAL	1(0-2-1)
3910176	FLOORBALL	1(0-2-1)
3910180	TAKRAW	1(0-2-1)
3910181	GOLF	1(0-2-1)
3910182	PILATES	1(0-2-1)
3910183	BODY BUILDING	1(0-2-1)
3910184	MARATHON	1(0-2-1)
3910185	ELECTRONIC SPORTS	1(0-2-1)
3910186	DANCE SPORT AND RHYTHMIC ACTIVITIES	1(0-2-1)

-- Specialized elective Professional Courses 18 credits

When students are in the second year at the second semester, they can choose subjects in the specialized elective professional courses announced by Chula Unisearch as follows;

The Aspect of Sports

3910312	PHYSICAL FITNESS TRAINING FOR ATHLETES	3(2-2-5)
3911306	PERIODIZATION FOR SPORTS PERFORMANCE	3(2-2-5)
3911307	SPORTS INJURIES	3(2-2-5)
3911406	TECHNICAL ASPECT OF MUSCLE TRAINING PROGRAM	3(2-2-5)
3911407	RECONDITIONING AFTER SPORTS INJURY	3(2-2-5)
3912314	SPORTS EVENT MANAGEMENT	3(3-0-6)



The Aspect of Health

3913301	EXERCISE PRESCRIPTION FOR GENERAL AND SPECIAL GROUPS	3(3-0-6)
3913307	PRACTICUM IN HEALTH PROMOTION	3(2-6-1)
3913315	EXERCISE FOR ELDERLY	3(2-2-5)
3913316	THEORY IN HEALTH BEHAVIOR	3(3-0-6)
3913317	PRINCIPLE AND PRACTICUM IN EXERCISE INSTRUCTION FOR HEALTHY AND SPECIAL POPULATIONS	3(2-2-5)
3913318	HEALTH AND WELLNESS SERVICE MANAGEMENT	3(3-0-6)

3. Elective course: 6 credits

Students can choose subjects in the elective courses of all faculties in Chulalongkorn University.

Admission Selection

Undergraduate Programs follow the announcement of student admissions to Chulalongkorn University and the regulations set by the Association of the Council of University Presidents of Thailand (CUPT).

Qualifications of Applicants:

Applicants must complete at least up to Grade 12 or its equivalent, with qualifications as specified in the regulations for entrance examination for admission to higher education institutions under the Ministry of Higher Education, Science, Research, and Innovation.

The Faculty of Sports Science accepts applications for admission through the #TCAS system in 3 rounds as follows:



1. Round 1: Portfolio submission, accepting 20 applicants, consisting of two programs as follows:

1.1 National Student Athletes to Sports Scientists Program (10 applicants)

1. Qualifications of applicants

- 1.1 Thai nationality or legal residents of Thailand
- 1.2 Currently studying in Grade 12 or have completed Grade 12 or its equivalent
- 1.3 Grade Point Average (GPAX) and average scores in specified subjects as follows:
 - 1.3.1 For those currently studying in Grade 12, the GPAX from Grade 10 to Grade 12 (first semester) of at least 2.50 for a total of 5 semesters.
 - 1.3.2 For those who have completed Grade 12, the GPAX from Grade 10 to Grade 12 for a total of 6 semesters of at least 2.50
- 1.4 Demonstrated outstanding abilities in sports with a record of achievements at the national and/or international level within the past 3 years, including:
 - 1.4.1 Representing Thailand in Olympic Games, Asian Games, SEA Games, World Championships, Asian Championships, or ASEAN Championships in sports events
 - 1.4.2 Being selected as a Thai national youth athlete by the Sports Association or as a Thai student athlete by the Department of Physical Education
- 1.5 Submission of a portfolio with achievements and abilities in sports at the national and/or international level as described in 1.4, as well as academic activities, community service, or other activities.
- 1.6 No serious contagious diseases, diseases that society detests, or major illnesses that would hinder their education.
- 1.7 A good behavior and agree to study diligently, follow the rules and regulations of the university and comply with all requirements that are existing or announced in the future.



1.2 Students with Athletic Potential to Sports Scientists Program (10 applicants)

1. Qualifications of applicants

- 1.1 Thai nationality or legal residents of Thailand
- 1.2 Currently studying in Grade 12 or have completed Grade 12 or its equivalent and fulfill the qualification stated in 1.7
- 1.3 Demonstrated outstanding potential abilities in sports as follows:
 - 1.3.1 Athletic abilities and potential to develop at the national or international level, with a track record within the past 3 years or.
 - 1.3.2 Be involved or have participated in sports activities that demonstrate knowledge in sports development and have the potential to develop at the national or international level within the past 3 years.
- 1.4 Submission of a portfolio consisting of personal qualifications and achievements, problem-solving abilities, and sports activity problem-solving abilities. Must have a development plan to reach the national or international level and goals for the future, as well as academic activities or other activities related to sports that utilize the knowledge of Chulalongkorn University and/or external organizations related to Chulalongkorn University for sports development including sports management and academic sports scholarships.
- 1.5 No serious contagious diseases, diseases that society detests, or important diseases that may hinder education and sports participation.
- 1.6 A good behavior and agree to study diligently, follow the rules and regulations of the university, and comply with all requirements that are existing or announced in the future.
- 1.7 Applicants can select up to 3 choices and must possess specific qualifications as specified by the faculty, as follows:
 - Currently studying in Grade 12 or have completed Grade 12 or its equivalent
 - The GPAX from a total of 5 semesters of at least 2.50



2. Round 2: Quota, accepting 90 applicants, consisting of 5 programs as follows:

2.1 National Sports Development Program (15 applicants)

1. Qualifications of applicants

- 1.1 Currently studying in Grade 12 or have completed Grade 12 or its equivalent
- 1.2 The GPAX from a total of 5 semesters of at least 2.00
- 1.3 Demonstrated outstanding abilities in sports

2. Examination criteria:

- 2.1 TGAT weighted 60% with minimum requirement score of at least 20%
- 2.2 A-Level, consisting of 2 subjects as follows:

2.2.1 Applied Math 2	weighted	20%
2.2.2 Applied Science	weighted	20%

with minimum requirement score in each subject of at least 20%

2.2 National Football Athlete Program (5 applicants)

1. Qualifications of applicants

- 1.1 Currently studying in Grade 12 or have completed Grade 12 or its equivalent
- 1.2 The GPAX from a total of 5 semesters of at least 2.00
- 1.3 Demonstrated outstanding abilities in football

2. Examination criteria:

- 2.1 TGAT weighted 60% with minimum requirement score of at least 20%
- 2.2 A-Level, consisting of 2 subjects as follows:

2.2.1 Applied Math 2	weighted	20%
2.2.2 Applied Science	weighted	20%

with minimum requirement score in each subject of at least 20%

2.3 Scholarship for Students from Rural Area Program (Chula-rural area Program) (15 applicants)

1. Qualifications of applicants

- 1.1 Currently studying in Grade 12 or have completed Grade 12 or its equivalent
- 1.2 The GPAX from a total of 5 semesters of at least 2.75

2. Examination criteria:

- 2.1 TGAT weighted 40% with minimum requirement score of at least 25%
- 2.2 A-Level, consisting of 2 subjects as follows:

2.2.1 Applied Math 2	weighted	30%
2.2.2 Applied Science	weighted	30%

with minimum requirement score in each subject of at least 25%



2.4 Students with Sport Abilities for Sports and Exercise Science Program (30 applicants)

1. Qualifications of applicants

- 1.1 Thai nationality or legal residents of Thailand
- 1.2 Currently studying in Grade 12 or have completed Grade 12 or its equivalent
- 1.3 Grade Point Average (GPAX) and average scores in specified subjects as follows:
 - 1.3.1 For those currently studying in Grade 12, the GPAX from Grade 10 to Grade 12 (first semester) of at least 2.00 for a total of 5 semesters
 - 1.3.2 For those who have completed Grade 12, the GPAX from Grade 10 to Grade 12 for a total of 6 semesters of at least 2.00
- 1.4 Demonstrated abilities in sports with or had a history of creating contents related to sports and exercise within the past 3 years, including:
 - 1.4.1 Track record and abilities in sports as follows:
 - 1.4.1.1 Representing Thailand in national sports teams, or
 - 1.4.1.2 Representing Thailand as a youth athlete or Thai student, or
 - 1.4.1.3 Participating in national sports competitions as an individual athlete, or
 - 1.4.1.4 Participating in national youth sports competitions, or
 - 1.4.1.5 Ranking 1-8 as an individual or 1-4 as a team in the following sports competitions:
 - (1) National student championship, or
 - (2) Department of Physical Education, or
 - (3) Office of the Basic Education Commission (OBEC)

Applicants must submit their highest-ranking achievement in only one category.



2. Examination criteria:

- 2.1 TGAT weighted 40% with minimum requirement score of at least 20%
- 2.2 A-Level, consisting of 2 subjects as follows:
 - 2.2.1 Applied Math 2 weighted 20%
 - 2.2.2 Applied Science weighted 20%with minimum requirement score in each subject of at least 20%
- 2.3 Specialized Exam in Sports Science weighted 20% with minimum requirement score of at least 20%

The specialized exam in Sports Science will cover the following topics:

1. Basic knowledge of body movement for sports and exercise.
2. Knowledge of physical fitness.
3. Knowledge of rules, regulations, and how to play popular sports.
4. Knowledge of sports and physical exercise news, both domestically and internationally.
5. Knowledge of personal health, health promotion, and disease prevention.

2.5 Students with Interest in Sports and Exercise Science Program (30 applicants)

1. Qualifications of applicants

- 1.1 Thai nationality or legal residents of Thailand
- 1.2 Currently studying in Grade 12 in the academic year 2022 or have completed Grade 12 or its equivalent
- 1.3 Grade Point Average (GPAX) and average scores in specified subjects as follows:
 - 1.3.1 For those currently studying in Grade 12, the GPAX from Grade 10 to Grade 12 (first semester) of at least 2.50 for a total of 5 semesters
 - 1.3.2 For those who have completed Grade 12, the GPAX from Grade 10 to Grade 12 for a total of 6 semesters of at least 2.50
- 1.4 No serious contagious diseases, diseases that society detests, or major illnesses that would hinder their education
- 1.5 A good behavior and agree to study diligently, follow the rules and regulations of the university, and comply with all requirements that are existing or announced in the future.



2. Examination criteria:

2.1 TGAT weighted 40% with minimum requirement score of at least 25%

2.2 A-Level, consisting of 2 subjects as follows:

2.2.1 Applied Math 2 weighted 20%

2.2.2 Applied Science weighted 20%

with minimum requirement score in each subject of at least 25%

2.3 Specialized Exam in sports science weighted 20% with minimum requirement score of at least 25%

The specialized exam will cover the following topics:

1. Basic knowledge of body movement for sports and physical exercise.
2. Knowledge of physical fitness.
3. Knowledge of rules, regulations, and how to play popular sports.
4. Knowledge of sports and physical exercise news, both domestically and internationally.
5. Knowledge of personal health, health promotion, and disease prevention.

2.6 Students from Chulalongkorn University Demonstration School for Sports and Exercise Science Program (5 applicants)

1. Qualifications of applicants

- 1.1 Thai nationality or legal residents of Thailand
- 1.2 Currently studying in Grade 12 in the academic year 2022 or have completed Grade 12 or its equivalent
- 1.3 Grade Point Average (GPAX) and average scores in specified subjects as follows:
 - 1.3.1 For those currently studying in Grade 12, the GPAX from Grade 10 to Grade 12 (first semester) of at least 3.00 for a total of 5 semesters
 - 1.3.2 For those who have completed Grade 12, the GPAX from Grade 10 to Grade 12 for a total of 6 semesters of at least 3.00
- 1.4 No serious contagious diseases, diseases that society detests, or major illnesses that would hinder their education
- 1.5 A good behavior and agree to study diligently, follow the rules and regulations of the university, and comply with all requirements that are existing or announced in the future.



2. Examination criteria:

2.1 TGAT weighted 40% with minimum requirement score of at least 25%

2.2 A-Level, consisting of 2 subjects as follows:

2.2.1 Applied Math 2 weighted 20%

2.2.2 Applied Science weighted 20%

with minimum requirement score in each subject of at least 25%

2.3 Specialized Exam in sports science weighted 20% with minimum requirement score of at least 25%

The specialized exam will cover the following topics:

1. Basic knowledge of body movement for sports and physical exercise.
2. Knowledge of physical fitness.
3. Knowledge of rules, regulations, and how to play popular sports.
4. Knowledge of sports and physical exercise news, both domestically and internationally.
5. Knowledge of personal health, health promotion, and disease prevention.

3. Round 3: Admission, accepting 30 applicants:

1. Qualifications of Applicants

1.1 Completed Grade 12 or its equivalent

1.2 The GPAX from a total of 5 semesters of at least 2.50

2. Examination criteria:

2.1 TGAT weighted 40% with minimum requirement score of at least 25%

2.2 A-Level, consisting of 4 subjects as follows:

2.2.1 Applied Math 2 weighted 30%

2.2.2 Applied Science weighted 30%

with minimum requirement score in each subject of at least 25%



Enrollment Fee/Tuition Fee

For Thai students:

First and second semesters	Tuition fee is 26,500 baht per semester.
Summer semester	Tuition fee is 6,625 baht per semester.

For international students:

First and second semesters	Tuition fee is 82,700 baht per semester.
Summer semester	Tuition fee is 46,380 baht per semester.

The criteria for graduation are as follows:

Complete the required number of credits specified in the program with cumulative grade point average (GPA) of at least 2.00 (on a 4.00 scale grading system)

Scholarship

❖ Educational Support Fund

Types of scholarships are as follows:

- ❖ Type A Scholarship for tuition fees and monthly expenses.
- ❖ Type B (1) Scholarship for tuition fees.
- ❖ Type B (2) Scholarship for specific monthly expenses, not exceeding 5,000 baht per month or 60,000 baht per year
- ❖ Type C Scholarship for supplementary partial expenses, not exceeding, 10,000 baht per academic year.

❖ Bhumibol Scholarship for students who excel academically but have financial difficulties, with a reward of 10,000 baht.

Qualifications for scholarship applicants:

- An undergraduate student in the 2nd year or above.
- Cumulative grade point average (GPA) of at least 2.00
- Must have good conduct and lack financial resources.

❖ Outstanding Student Award for students who bring fame and contribute to the university, with a reward of 2,500 baht

Qualifications for scholarship applicants:

- An undergraduate student
- Must have good conduct, interpersonal skills, responsibility, and a consistent dedication to studies, with a cumulative GPA of at least 2.00 in the academic year under consideration for the award. Must not be under any disciplinary actions.



❖ Student Loan Fund

This is a loan fund provided by the Student Loan Fund with specific qualifications and criteria set by the fund. It is divided into 2 types

❖ 1. Student Loan Fund for Education

which covers tuition fees according to the university's rate, not exceeding the fund's limit, and living expenses of **28,800 baht per year.**

❖ 2. Student Loan Fund for Education Tied to Future Income

which covers only tuition fees according to the university's rate, not exceeding the fund's limit. The borrower must be studying in a specified field of study.