



## BACHELOR OF PHYSICAL EDUCATION

(CMO No. 80, s. 2017)

Starting Academic Year 2018 – 2019

### FIRST YEAR

| <u>FIRST SEMESTER</u>                                          | UNITS     | <u>SECOND SEMESTER</u>                                                           | UNITS     |
|----------------------------------------------------------------|-----------|----------------------------------------------------------------------------------|-----------|
| ___ GE 1- Logic                                                | 3         | ___ GE 3- Mathematics in the Modern World                                        | 3         |
| ___ GE 2- Understanding the Self                               | 3         | ___ Educ 2- Foundation of Special & Inclusive Education                          | 3         |
| ___ Educ 1- Child & Adolescent Learner & Learning Principles   | 3         | ___ Educ 3- Building & Enhancing New Literacies across the Curriculum            | 3         |
| ___ BPEd 101- Philo-Anthro Foundations of PE & Sports          | 3         | ___ BPEd 103- Physiology of Exercise & Physical Activity                         | 3         |
| ___ BPEd 102- Anatomy & Physiology of Human Movement (Lec&Lab) | 5         | ___ BPEd 104- Principles of Motor Control & Learning of Exercise, Sports & Dance | 3         |
| ___ PE 1- Physical Education 1                                 | 2         | ___ BPEd 105- Sports & Exercise Physiology                                       |           |
| ___ NSTP 1- National Service Training Program 1                | 3         | ___ BPEd 106- Movement Education                                                 | 3         |
|                                                                |           | ___ PE 2- Physical Education 2                                                   | 3         |
|                                                                |           | ___ NSTP 2- National Service Training Program 2                                  | 2         |
| <b>TOTAL UNITS</b>                                             | <b>22</b> | <b>TOTAL UNITS</b>                                                               | <b>3</b>  |
|                                                                |           |                                                                                  | <b>26</b> |

### SECOND YEAR

| <u>FIRST SEMESTER</u>                                    | UNITS     | <u>SECOND SEMESTER</u>                                       | UNITS     |
|----------------------------------------------------------|-----------|--------------------------------------------------------------|-----------|
| ___ GE 4- Ethics                                         | 3         | ___ GE 5- Purposive Communication                            | 3         |
| ___ Educ 4- Technology for Teaching & Learning           | 3         | ___ GE 6- Wikang Filipino                                    | 3         |
| ___ Educ 5- The Teaching Profession                      | 3         | ___ Educ 6- Facilitating Learner-Centered Teaching           | 3         |
| ___ BPEd 107- Philippine Traditional Dances              | 3         | ___ BPEd 111- Philippine Traditional Games                   | 3         |
| ___ BPEd 108- Individual/Dual/Combative Sports           |           | ___ BPEd 112- Team Sports                                    | 3         |
| ___ BPEd 109- Personal, Community & Environmental Health | 3         | ___ BPEd 113- Drug Ed., Consumer Health Ed. & Healthy Eating | 3         |
| ___ BPEd 110- International Dance and Its Forms          | 3         | ___ BPEd 114- Curriculum & Assessment of PE & Health Ed.     | 3         |
| ___ PE 3- Physical Education 3                           | 2         | ___ PE 4- Physical Education 4                               | 2         |
| ___ Lit 1- Literatures of the Philippines                | 3         | ___ Lit 2- Literatures of the World                          | 3         |
| <b>TOTAL UNITS</b>                                       | <b>26</b> | <b>TOTAL UNITS</b>                                           | <b>26</b> |

### THIRD YEAR

| <u>FIRST SEMESTER</u>                            | UNITS     | <u>SECOND SEMESTER</u>                                                               | UNITS     |
|--------------------------------------------------|-----------|--------------------------------------------------------------------------------------|-----------|
| ___ Educ 7- Educational Research                 | 3         | ___ Educ 11- Assessment of Learning 2                                                | 3         |
| ___ Educ 8- Assessment in Learning 1             | 3         | ___ Educ 12- Field Study 2                                                           | 3         |
| ___ Educ 9- Field Study 1                        | 3         | ___ Educ 13- The Teacher & the Community, School Culture & Organizational Leadership | 3         |
| ___ Educ 10- The Teacher & the School Curriculum | 3         | ___ BPEd 119- Tech. Application in PE & Health Ed.                                   | 3         |
| ___ BPEd 115- Swimming & Aquatics                | 3         | ___ BPEd 120- Emergency Preparedness & Safety Management                             | 3         |
| ___ BPEd 116- Research in PE & Health 1          | 3         | ___ BPEd 121- Applied Motor Control & Learning of Exercise, Sports & Dance           | 3         |
| ___ BPEd 117- Process of Teaching PE and Health  | 3         | ___ BPEd 122- Adapted Physical Education                                             | 3         |
| ___ BPEd 118- Coordinated School Health Program  | 3         | ___ BPEd 123- Research in PE & Health 2                                              | 3         |
| ___ GE 13- Masining na Pagpapahayag              | 3         | ___ BPEd 124- Elective 1*                                                            | 3         |
| <b>TOTAL UNITS</b>                               | <b>27</b> | <b>TOTAL UNITS</b>                                                                   | <b>27</b> |

### FOURTH YEAR

| <u>FIRST SEMESTER</u>                     | UNITS     | <u>SECOND SEMESTER</u>           | UNITS    |
|-------------------------------------------|-----------|----------------------------------|----------|
| ___ GE 7- Readings in Phil. History       | 3         | ___ Educ 15- Teaching Internship | 6        |
| ___ GE 8- Contemporary World              | 3         |                                  |          |
| ___ GE 9- Arts Appreciation               | 3         |                                  |          |
| ___ GE 10- Panitikang Filipino            | 3         |                                  |          |
| ___ GE 11- The Life & Works of Rizal      | 3         |                                  |          |
| ___ GE 12- Science & Technology & Society | 3         |                                  |          |
| ___ Educ 14- Trends & Issues in Education | 3         |                                  |          |
| ___ BPEd 125- Elective 2*                 | 3         |                                  |          |
| <b>TOTAL UNITS</b>                        | <b>24</b> | <b>TOTAL UNITS</b>               | <b>6</b> |

\*Electives: Outdoor Adventure Education  
 Contemporary Issues in PE & Sports

Prevention & Management of Exercise & Sports Related Injuries  
 Administration & Management of PE & Health Education Programs

