



BACHELOR OF PHYSICAL EDUCATION  
CURRICULUM PROGRAM OF STUDY  
Effective SY 2019-2020\*

Name of Student: \_\_\_\_\_ Student ID No: \_\_\_\_\_

| Grade          | Course Code   | Course Title                                                                                                        | Unit/s | Pre-requisite                          | Grade           | Course Code                                                                            | Course Title                                                                         | Unit/s | Pre-requisite                                  |
|----------------|---------------|---------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------|-----------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------|------------------------------------------------|
| FIRST YEAR     |               |                                                                                                                     |        |                                        |                 |                                                                                        |                                                                                      |        |                                                |
| FIRST SEMESTER |               |                                                                                                                     |        |                                        | SECOND SEMESTER |                                                                                        |                                                                                      |        |                                                |
|                | GE-UTS        | Pag-unawa sa Sarili                                                                                                 | 3      |                                        |                 | GE-ET                                                                                  | Ethics                                                                               | 3      |                                                |
|                | GE-PH         | Mga Babasahin Hinggil sa Kasaysayan ng Pilipinas                                                                    | 3      |                                        |                 | GE-MMW                                                                                 | Mathematics in the Modern World                                                      | 3      |                                                |
|                | GE-PC         | Purposive Communication                                                                                             | 3      |                                        |                 | GE-LWR                                                                                 | Ang Buhay at mga Akda ni Rizal                                                       | 3      | GE-PH                                          |
|                | Ed 1          | The Child and Adolescent Learners and Learning Principles                                                           | 3      |                                        |                 | Ed 3                                                                                   | Building and Enhancing New Literacies Across the Curriculum                          | 3      |                                                |
|                | Ed 2          | Facilitating Learner-Centered Teaching                                                                              | 3      |                                        |                 | Ed 4                                                                                   | Technology for Teaching and Learning                                                 | 3      |                                                |
|                | PEd 1         | Anatomy and Physiology of Human Movements                                                                           | 3      |                                        |                 | PEd 3                                                                                  | Philosophical and Socio-anthropological Foundations of Physical Education and Sports | 3      |                                                |
|                | PEd 2         | Principles, Motor Control and Learning of Exercise, Sports and Dance                                                | 3      |                                        |                 | PEd 4                                                                                  | Physiology of Exercises and Physical Activity                                        | 3      |                                                |
|                | PATH Fit 1    | Movement Enhancement                                                                                                | 2      |                                        |                 | PATH Fit 2                                                                             | Fitness Exercises                                                                    | 2      | PATH Fit 1                                     |
|                | Total         |                                                                                                                     | 23     |                                        |                 | Total                                                                                  |                                                                                      | 23     |                                                |
| SUMMER         |               |                                                                                                                     |        |                                        |                 |                                                                                        |                                                                                      |        |                                                |
|                | GE-Elect: ES  | Environmental Science                                                                                               | 3      |                                        |                 | PEd Elect 1*                                                                           | Elective 1                                                                           | 3      |                                                |
|                | GE-STC        | Science, Technology and Society                                                                                     | 3      |                                        |                 | Total                                                                                  |                                                                                      | 9      |                                                |
| SECOND YEAR    |               |                                                                                                                     |        |                                        |                 |                                                                                        |                                                                                      |        |                                                |
|                | GE-Elect: PPC | Philippine Popular Culture                                                                                          | 3      |                                        |                 | GE-AA                                                                                  | Art Appreciation                                                                     | 3      |                                                |
|                | Ed 5          | The Teacher and the School Curriculum                                                                               | 3      |                                        |                 | GE-Elect: EM                                                                           | The Entrepreneurial Mind                                                             | 3      |                                                |
|                | PEd 5         | Sports and Exercise Psychology                                                                                      | 3      |                                        |                 | Ed 6                                                                                   | The Teacher and the Community, School Culture, and Organizational Leadership         | 3      |                                                |
|                | PEd 6         | Applied Motor Control and Learning of Exercise, Sports and Dance                                                    | 3      |                                        |                 | PEd 10                                                                                 | Movement Education                                                                   | 3      |                                                |
|                | PEd 7         | Curriculum and Assessment for Physical Education and Health Education                                               | 3      |                                        |                 | PEd 11                                                                                 | Philippine Traditional Dances                                                        | 3      |                                                |
|                | PEd 8         | Process of Teaching PE and Health Education                                                                         | 3      |                                        |                 | PEd 12                                                                                 | International Dance and other Forms                                                  | 3      |                                                |
|                | PEd 9         | Technology for Teaching and Learning 2 (Technology Application in Teaching Physical Education and Health Education) | 3      | Ed 1 & 4                               |                 | PEd 13                                                                                 | Individual and Dual Sports                                                           | 3      |                                                |
|                | PATH Fit 3    | Dance and Sports                                                                                                    | 2      | PATH Fit 1                             |                 | PATH Fit 4                                                                             | Recreation                                                                           | 2      | PATH Fit 1                                     |
|                | Total         |                                                                                                                     | 23     |                                        |                 | Total                                                                                  |                                                                                      | 23     |                                                |
| THIRD YEAR     |               |                                                                                                                     |        |                                        |                 |                                                                                        |                                                                                      |        |                                                |
|                | Ed 7          | Foundations of Special and Inclusive Education                                                                      | 3      |                                        |                 | Ed 8                                                                                   | The Teaching Profession                                                              | 3      | Ed 9                                           |
|                | Ed 9          | Assessment of Learning 1                                                                                            | 3      |                                        |                 | Ed 10                                                                                  | Assessment of Learning 2                                                             | 3      |                                                |
|                | PEd 14        | Research                                                                                                            | 3      |                                        |                 | Ed 11                                                                                  | Environmental Education                                                              | 3      |                                                |
|                | PEd 15        | Team Sports                                                                                                         | 3      |                                        |                 | PEd 19                                                                                 | Personal, Community and Environmental Health                                         | 3      |                                                |
|                | PEd 16        | Philippine Traditional Games and Sports                                                                             | 3      |                                        |                 | PEd 20                                                                                 | Emergency Preparedness and Safety Management                                         | 3      |                                                |
|                | PEd 17        | Swimming and Aquatics                                                                                               | 3      |                                        |                 | PEd 21                                                                                 | Drug Education, Consumer Health Education and Healthy Eating                         | 3      |                                                |
|                | PEd 18        | Coordinated School Health Program                                                                                   | 3      |                                        |                 | PEd Elect 2*                                                                           | Elective 2                                                                           | 3      |                                                |
|                | NSTP 1        | Literacy Training Service 1 (LTS 1)                                                                                 | 3      |                                        |                 | NSTP 2                                                                                 | Literacy Training Service 2 (LTS 2)                                                  | 3      | NSTP 1                                         |
|                | Total         |                                                                                                                     | 24     |                                        |                 | Total                                                                                  |                                                                                      | 24     |                                                |
| FOURTH YEAR    |               |                                                                                                                     |        |                                        |                 |                                                                                        |                                                                                      |        |                                                |
|                | GE-CW         | The Contemporary World                                                                                              | 3      |                                        |                 | FS 3                                                                                   | Teaching Internship                                                                  | 6      | FS 1 & 2                                       |
|                | GE-PS         | Palawan Studies                                                                                                     | 3      |                                        |                 | Ed 12                                                                                  | Integrating Course in Education                                                      | 3      | All Gen Ed, Prof. Ed. & Specialization Courses |
|                | FS 1          | Observation of Teaching-Learning in Actual Classroom Setting                                                        | 3      | All Prof. Ed. & Specialization Courses |                 |                                                                                        |                                                                                      |        |                                                |
|                | FS 2          | Participation and Teaching Assistantship                                                                            | 3      | All Prof. Ed. & Specialization Courses |                 | Total                                                                                  |                                                                                      | 9      |                                                |
|                |               |                                                                                                                     |        |                                        |                 | Note: Subjects printed in italics are the specialization courses for the BPED program. |                                                                                      |        |                                                |
|                | Total         |                                                                                                                     | 12     |                                        |                 | Total no of units: 170                                                                 |                                                                                      |        |                                                |

\*Electives (Choose only two)

Elective 1:

PEd Elect 1a: Administration and Management of PE and Health Education Programs  
PEd Elect 1b: Prevention and Management of Exercise and Sports-related Injuries  
PEd Elect 1c: Non-traditional Games and Sports/ Exercise Prescription and Programming

Elective 2:

PEd Elect 2a: Contemporary Issues in PE, Health and Sports  
PEd Elect 2b: Outdoor and Adventure Education  
PEd Elect 2c: Music in the K-12 Curriculum  
PEd Elect 2d: Arts in the K-12 Curriculum

\*BOR Resolution No. 66, s. 2019  
Dated 3 July 2019

