

Bachelor of Physical Education Curriculum

<b>I. General Education Courses</b>		<b>53 units</b>
a. Core Courses		24 units
GEC-UTS	Understanding the Self	3
GEC-RPH	Readings in Philippine History	3
GEC – MATH	Mathematics in the Modern World	3
GEC – PCOM	Purposive Communication	3
GEC – ART	Art Appreciation	3
GEC – STS	Science, Technology, and Society	3
GEC-TCW	The Contemporary World	2
GEC – Ethics	Ethics	3
b. Institutional Elective Courses		12 units
FL	Foreign Language	3
JPL	Life and Works of Jose P. Laurel	3
BSC 1	Being Skills Course 1	1.5
BSC 2	Being Skills Course 1	1.5
EPC	English Proficiency Course	3
c. GE Elective		3 units
Rizal	Life, Works of Rizal	3
d. Physical Education		8 Units
PE 1	Physical Fitness and Gymnastics	2
PE 2	Rhythmic Activities	2
PE 3	Individual-Dual Sports and Games	2
PE 4	Team Sports and Games	2
e. National Service Training Program		6 units
NSTP 1	National Service Training Program 1	3
NSTP 2	National Service Training Program 2	3
<b>II. Professional Courses</b>		<b>48 units</b>
EDUC 1	The Child and Adolescent Learners and Learning Principles	3
EDUC 2	The Teaching Profession	3
EDUC 3	Technology for Teaching and Learning 1	3
EDUC 4	The Teacher and the Community, School Culture and Organizational Leadership	3
EDUC 5	Foundation of Special and Inclusive Education	3
EDUC 6	<b>Assessment in Learning 1</b>	3
EDUC 7	The Teacher and the School Curriculum	3
EDUC 8	Facilitating Learner-Centered Teaching	3
EDUC 9	Field Study 1	3
EDUC 10	Assessment in Learning 2	3
EDUC 11	Building and Enhancing Literacy Skills across the Curriculum	3
EDUC 12	Field Study 2	3
EDUC 13	Teaching Internship	3
EDUC 14	Teacher Education Practices with Comprehensive Examination	3

TTL	Technology for Teaching and Learning 2	3
<b>III. Major Subjects</b>		<b>66 units</b>
BPED 1	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	3
BPED	Anatomy and Physiology of Human Movement	3
BPED	Physiology of Exercise and Physical Activity	3
BPED	Principles of Motor Control and Learning of Exercise, Sports and Dance	3
BPED	Movement Education	3
BPED	Individual and Dual Sports (Racket Sports, Athletics)	3
BPED	Applied Motor Control and Learning of Exercise, Sports and Dance	3
BPED	International Dance and Other Forms	3
BPED	Swimming and Aquatics	3
BPED	Emergency Preparedness and Safety Management	3
BPED	Philippine Traditional Games and Sports	3
BPED	Coordinated School Health Program	3
BPED	Personal, Community & Environmental Health	3
BPED	Curriculum and Assessment for Physical Education and Health Education	3
BPED	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-traditional: Ultimate Handball, Floorball, Futsal, Sepak Takraw)	3
BPED	Sports and Exercise Psychology	3
BPED	Drug Education, Consumer Health Education and Health Eating	3
BPED	Process of Teaching PE & Health Education	3
BPED	Music in K-12 Curriculum	3
BPED	Arts in K-12 Curriculum	3
RES 1	Research in Education	3
RES 2	Thesis Writing	3
<b>TOTAL</b>		<b>167 Units</b>