



FOUR YEAR CURRICULUM LEADING TO THE DEGREE OF
BACHELOR OF PHYSICAL EDUCATION (BPED)
Per C.M.O. No. 80 s. 2017, Effective S/Y 2023-2024

FIRST YEAR

First Semester

Course Code	Course Description	Units
Hum 11	Understanding the Self	3
English 11	Purposive Communication	3
Math 11	Mathematics in the Modern World	3
Soc Sci 11	Readings in the Philippine History	3
SSP	Religions, Religious Experiences	3
Hum 12	Art Appreciation	3
Prof. Ed 101	The Child and Adolescent Learners and Learning Principles	3
PATHFit 1	Movement Competency Training	2
NSTP 1	CWTS/LTS	3
Total		26

Second Semester

Course Code	Course Description	Units
STS 11	Science, Technology and Society	3
Hum 13	Ethics	3
Soc Sci 12	The Life and Works of Rizal	3
MST	Environmental Science	3
Prof. Ed 102	Foundation of Special and Inclusive Education	3
Arts & Hums	Reading Visual Arts	3
P.E. 101	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	3
PATHFit 2	Exercise-Based Fitness Activities	2
NSTP 2	CWTS/LTS	3
Total		26

SECOND YEAR

First Semester

Course Code	Course Description	Units
Prof. Ed 103	The Teaching Profession	3
Soc Sci 13	The Contemporary World	3
P.E. 102	Process of Teaching PE and Health Education	3
P.E. 103	Philippine Traditional Games and Sports	3
P.E. 104	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3
P.E. 105	Coordinated School Health Program	3
P.E. 106	Administration and Management of Physical Education and Health Education Programs	3
PATHFit 3	Sports	2
Total		23

Second Semester

Course Code	Course Description	Units
Prof. Ed 104	The Teacher and the School Curriculum	3
Prof. Ed 105	The Teacher and the Community, School Culture and Organizational Leadership	3
P.E. 107	Anatomy and Physiology of Human Movement	3
P.E. 108	Curriculum and Assessment for Physical Education and Health Edu.	3
P.E. 109	International Dance and Other Forms	3
P.E. 110	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Speak Takraw)	3
P.E. 111	Personal, Community and Environmental Health	3
PATHFit 4	Outdoor and Adventure Activities	2
Total		23



THIRD YEAR

First Semester

Course Code	Course Description	Units
Prof. Ed 106	Facilitating Learner-Centered Teaching	3
Prof. Ed 107	Technology for Teaching and Learning 1	3
Prof. Ed 108	Assessment of Learning 1	3
P.E. 112	Physiology of Exercise and Physical Activities	3
P.E. 113	Philippine Traditional Dance	3
P.E. 114	Emergency Preparedness and Safety Management	3
P.E. 115	Principles Motor Control and Learning of Exercise, Sports and Dance	3
P.E. 116	Non-Traditional Team Sports	3
Total		24

Second Semester

Course Code	Course Description	Units
Prof. Ed 109	Assessment of Learning 2	3
Prof. Ed 110	Technology for Teaching and Learning 2	3
Prof. Ed 111	Building and Enhancing New Literacies Across the Curriculum	3
P.E. 117	Methods of Research	3
P.E. 118	Swimming and Aquatics	3
P.E. 119	Drug Education, Consumer Health Education and Healthy Eating	3
P.E. 120	Applied Motor Control and Learning Exercise, Sports and Dance	3
P.E. 121	Movement Education	3
P.E. 122	Sports and Exercise Psychology	3
Total		27

FOURTH YEAR

First Semester

Course Code	Course Description	Units
Prof. Ed 112	Observation of Teaching-Learning in Actual School Environment	3
Prof. Ed 113	Participation and Teaching Assistantship	3
Total		6

Second Semester

Course Code	Course Description	Units
Prof. Ed 114	Teaching Internship (Off Campus) with Action Research	6
Class Review	Enrichment Classes	(12)
Total		6

Summary :	
General Education Course	36
Professional Education Course	42
Major Courses	63
Electives	6
Mandates Courses (P.E. & NSTP)	14
	161

Prepared by:

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