

Validity Date: 1st, 2nd Semester & Summer/Mid-year, SY 2023-2024

CURRICULUM LEADING TO BACHELOR OF PHYSICAL EDUCATION

Per CHED MEMORANDUM ORDER NO. 80, s. 2017 and Board Resolution No. 2021-28

Effectivity Date: School Year 2022-2023

First Year

FIRST SEME	ESTER	No. of	Units		Pre-Requisit		
Code	Descriptive Title	Lec	Lab	Total Units	e(s)	Co-Requisite(s)	
Prof Educ 1	The Child and Adolescent Learner and Learning Principles	3	0	3	None	None	
BPED 1	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	0	3	None	None	
BPED 2	Anatomy and Physiology of Human Movement	3	0	3	None	None	
BPED 3	Physiology of Exercise and Physical Activity	3	0	3	None	None	
GE 1	Understanding the Self	3	0	3	None	None	
GE 2	Readings in Philippine History	3	0	3	None	None	
GE 3	The Contemporary World	3	0	3	None	None	
PE 1	Physical Activities Toward Health and Fitness 1 (PATHFIT 1): Movement Competency Training	2	0	2	None	None	
NSTP 1	CWTS/LTS/ROTC 1	3	0	3	None	None	
	TOTAL	26	0	26			

SECOND SE	MESTER	No. of	Units		Pre-Requisite(Co-Requisite(
Code	Descriptive Title	Lec	Lab	Total Units	s)	s)	
Prof Educ 2	Foundation of Special and Inclusive Education	3	0	3	None	None	
BPED 4	Applied Motor Control and Learning of Exercise, Sports and Dance	3	0	3	None	None	
BPED 5	Philippine Traditional Dances	3	0	3	None	None	
BPED 6	Principles of Motor Control and Learning of Exercises, Sports and Dance	3	0	3	None	None	
GE 4	Mathematics in the Modern World	3	0	3	None	None	
GE 5	Purposive Communication	3	0	3	None	None	
GE 6	Art Appreciation	3	0	3	None	None	
PE 2	Physical Activities Toward Health and Fitness 2 (PATHFIT 2): Exercise-based Fitness Activities	2	0	2	PE 1	None	
NSTP 2	CWTS/LTS/ROTC 2	3	0	3	NSTP 1	None	



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Second Year

FIRST SEMEST	ER	No. of	Units	T (111 14	Pre-Requisite(Co-Requisite(
Code	Descriptive Title	Lec	Lab	Total Units	s) `	s) `	
Prof Educ 3	The Teaching Profession	3	0	3	None	None	
BPED 7	Movement Education	3	0	3	None	None	
BPED 8	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	0	3	None	None	
GE 7	Science, Technology and Society	3	0	3	None	None	
GE 8	Ethics	3	0	3	None	None	
GE 9	The Life and Works of Rizal	3	0	3	None	None	
GE ELECT 1	Environmental Science	3	0	3	None	None	
GE ELECT 3	Living in the IT Era	3	0	3	None	None	
PE 3	Physical Activities Toward Health and Fitness 3 (PATHFIT 3): Menu of Dance, Sports, Martial Arts, Group Exercises, Outdoor and Adventure Activities	2	0	2	PE 2	None	
	TOTAL	26	0	26	•		

SECOND SE	MESTER	No. of	Units	-	Pre-Requisite	Co-Requisite(
Code	Descriptive Title	Lec	Lab	Total Units	(s)	s)	
Prof Educ 4	The Teacher and the School Curriculum	3	0	3	None	None	
Prof Educ 5	The Teacher and the Community School Culture and Organizational Leadership	3	0	3	None	None	
BPED 9	Emergency Preparedness and Safety Management	3	0	3	None	None	
BPED 10	Philippine Traditional Games and Sports	3	0	3	None	None	
BPED 11	International Dance and Other Forms	3	0	3	None	None	
BPED 12	Swimming and Aquatics	3	0	3	None	None	
BPED 13	Coordinated School Health Program	3	0	3	None	None	
GE ELECT 4	Gender and Society	3	0	3	None	None	
PE 4	Physical Activities Toward Health and Fitness 4 (PATHFIT 4): Menu of Dance, Sports, Martial Arts,	2	0	2	PE 3	None	



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Group Exercises, Outdoor and Adventure Activities				
TOTAL	26	0	26	

Third Year

FIRST SEME	STER	No. of	Units	Total	Pre-Requisite	Co-Requisite(
Code	Descriptive Title	Lec	Lab	Units	(s)	s)
Prof Educ 6	Facilitating Learner-Centered Teaching	3	0	3	None	None
Prof Educ 7	Technology for Teaching and Learning 1	3	0	3	None	None
Prof Educ 8	Assessment in Learning 1	3	0	3	None	None
BPED 14	Personal, Community and Environmental Health	3	0	3	None	None
BPED 15	Curriculum and Assessment for Physical Education and Health Education	3	0	3	None	None
BPED 16	Sports and Exercise Psychology	3	0	3	None	None
BPED ELECT 1	Music in the K-12 Curriculum	3	0	3	None	None
RESEARCH 1	Methods of Research	3	0	3	None	None
	TOTAL	24	0	24		

SECOND SEN	EMESTER		f Units	Total	Pre-Requisi	Co-Requisite(s
Code	Descriptive Title	Lec	Lab	Units	te(s))
Prof Educ 10	Assessment in Learning 2	3	0	3	Prof Educ 8	None
Prof Educ 11	Building and Enhancing New Literacies across the Curriculum	3	0	3	None	None
BPED 17	Team Sports (Soccer/ Football, Basketball, Volleyball, Baseball, Softball, Non-Traditional: Ultimate Handball, Floor Ball, Futsal, Sepak Takraw)	3	0	3	None	None
BPED 18	Drug Education, Consumer Health and Healthy Eating	3	0	3	None	None
BPED 19	Process of Teaching PE and Health Education	3	0	3	None	None
BPED 20	Technology for Teaching and Learning 2 (Technology Application in Teaching PE and Health Education including Instructional Materials Development)	3	0	3	None	None
BPED ELECT 2	Administration and Management of Physical Education and Health Education Programs	3	0	3	None	None
RESEARCH 2	Research Paper/Research Project	3	0	3	RESEARCH 1	None



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Fourth Year - BACHELOR OF PHYSICAL EDUCATION

FIRST SEMESTER		No. of Units		_ ,	Pre-Requisite	Co-Requisite(
Code	Descriptive Title	Lec	Lab	Total Units	(s)	s)
Prof Educ 12	Observation of Teaching-Learning in Actual School Learning Environment	3	0	3	None	None
Prof Educ 13	Participation and Teaching Assistantship	3	0	3	None	None
	TOTAL	6	0	6		

SECOND SE	MESTER	No. of Units				Total Units	Pre-Requisite	Co-Requisite(s)
Code	Descriptive Title	Lec	Lab	Ullits	(s)			
Prof Educ 14	Teaching Internship (Off-Campus)			6	Completion of all Academic Subjects	None		
	TOTAL			6	-			

Prepared by: Recommending Approval:

PATRICK GERARD A. PAULINO, PhD

Dean

ESTELITO R. CLEMENTE, PhDVice President for Academic Affairs

Approved:

DULCE F. ATIAN, PhDOIC – Office of the President