



# BATAAN PENINSULA STATE UNIVERSITY-ORANI CAMPUS

Office of the Dean of Instruction

## I.7.4 performance activities;

The Bachelor of Science in Exercise and Sports Sciences (BSESS) program at Bataan Peninsula State University (BPSU) Orani Campus offers a comprehensive curriculum designed to prepare students for careers in fitness, sports, and health-related fields. While specific details about the I.7.4 performance activities are not publicly available, the program emphasizes practical experiences and performance-based assessments to ensure students develop the necessary skills and competencies in their field.

Students in the BSESS program engage in various hands-on activities, including:

- **Fitness and Sports Training:** Students participate in structured fitness programs and sports activities to understand training principles and improve personal fitness levels.
- **Internships and Practicums:** The program includes field experiences where students apply theoretical knowledge in real-world settings, such as fitness centers, sports teams, or wellness programs.
- **Workshops and Seminars:** Students attend events like the "Kinetics Uncovered Seminar," which provide insights into current trends and practices in exercise science and sports. These performance activities are integral to the BSESS curriculum, fostering the development of practical skills, critical thinking, and professional readiness among students.

Course Outcomes	Course Major Output (Major Task Assessment Tool)	Due Date
<i>Upon completion of the course, the students should be able to:</i>		
CO-001	Discuss the different strokes/styles, facilities, equipment and the rules and regulations of the swimming and other sports of water activities.	
CO-002	Execute the different strokes in swimming properly and apply the techniques and strategies for different event	
CO-003	Apply the different principles of motion and show consideration towards others in the physical activity setting that create an aspects of performance.	
Final Requirement(Final Task Assessment)		

**Grading System**

Class Standing	Percentage
Attendance	10%
quizzes	20%
performance/Practicum/ learning Engagement	40%
Term Examination	30%
<b>TOTAL</b>	<b>100%</b>

Midterm	Final
Class Standing - 70%	Class Standing - 70%
Term Exam - 30%	Term Exam - 30%
<b>Final Rating</b>	
Midterm Grade (50%) + Final Grade (50%) = Final Rating	



### BPSU-ORANI CAMPUS | DEAN

Bayan, Orani, Bataan 2112 PH  
Email: dean\_oc@bpsu.edu.ph

**Vision:** An inclusive and sustainable University recognized for its global academic excellence by 2030.

**Mission:** To develop innovative leaders and empowered communities by delivering transformative instruction, research, extension, and production through Change Drivers and responsive policies.



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MAJOR IN FITNESS AND SPORTS COACHING AND MANAGEMENT**



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