



BATAAN PENINSULA STATE UNIVERSITY - ORANI CAMPUS
BAYAN, ORANI, BATAAN 2112, PHILIPPINES

AACUP

ACCREDITING AGENCY OF CHARTERED COLLEGES AND
UNIVERSITIES IN THE PHILIPPINES

LEVEL I ACCREDITATION



AREA III

**BACHELOR OF SCIENCE IN
EXERCISE AND SPORT
SCIENCE**





BACHELOR OF SCIENCE IN EXERCISE AND SPORT SCIENCE

I.4 The faculty distributes a copy of the syllabus to each student.

The Bachelor of Science in Exercise and Sports Sciences (BSESS) program at Bataan Peninsula State University Orani Campus equips students with a strong foundation in sports science, physical education, fitness training, and human movement. The curriculum is designed to prepare future professionals in coaching, sports development, fitness instruction, and wellness promotion.

Faculty members at the Orani Campus are committed to providing students with structured, high-quality instruction. Each course is guided by a detailed syllabus, which is distributed to students at the start of the term. This syllabus outlines course objectives, weekly topics, grading policies, and required activities, giving students a clear roadmap for their academic progress.

The program also emphasizes hands-on learning through practical classes, laboratory work, internships, and community outreach. Students are encouraged to apply theoretical knowledge in real-world settings—whether in coaching youth teams, conducting fitness assessments, or supporting health programs. The BSESS program at BPSU Orani combines discipline, experience, and education to develop skilled, ethical professionals in the field of sports and exercise science.

VISION

An inclusive and sustainable University recognized for its global and 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.



BACHELOR OF SCIENCE IN EXERCISE AND SPORT SCIENCE

The screenshot displays a Google Classroom interface. On the left is a sidebar with navigation options: Resources, Teaching, To review, and a list of courses. The main area shows a class titled "RESEARCH 1-BSESS FSM3". A post by Alonzo Mortejo, dated May 2, contains an announcement about a sports concussion injury assignment and a link to a syllabus document titled "syllabus in research in Ph... Microsoft Word". Below the post, there are sections for Quick Links, Meet, Class code (6wmyh7h), and Upcoming events.

Sidebar Navigation:

- Resources
- Teaching
- To review
- MPE0001 Curriculum an...
- C contemporary issues in Ph... FSM-3
- R RESEARCH 1-BSESS FSM3 BSESS FSM 3
- C contemporary issues in Ph... FSC-3
- A Administration and Manag... BPED 2B
- A Administration and Manag... BPED 2A
- R RECO 0103- RESEARCH 1 BPED3D
- R RECO 0103- RESEARCH 1 BPED3A
- C Course Elective 3 (Admins... BPED 2A
- M MPES0007 Advanced Spo...
- S Supervision and Admin of ...

Main Content Area:

RESEARCH 1-BSESS FSM3

BSESS FSM 3

Quick Links

- + Add link

Meet

- Generate link

Class code

6wmyh7h

Upcoming

Due today
1:29PM - Activity in resea...
1:45PM - Sports concuss...

Post by Alonzo Mortejo (May 2):

Announce something to your class

Alonzo Mortejo posted a new assignment via Quizizz: Sports concussion injury - online act... May 2 (Edited 11:36 AM)

Alonzo Mortejo posted a new assignment via Quizizz: research activity-concept building May 2

Dear students!
This is to share with you our syllabus in research I in sports and exercise science here in our google classroom for your reference

[syllabus in research in Ph... Microsoft Word](#)

Footer:

https://classroom.google.com/c/NzMTOTQ4OTkzNDk3

Open with Google Docs

Syllabus Document Preview:

BATAAN PENINSULA STATE UNIVERSITY
BACHELOR OF PHYSICAL EDUCATION
BACHELOR OF SCIENCE IN SPORTS AND EXERCISE SCIENCE
Bataan, Philippines

Course Title: Research I
Methods of Research in Physical and Health Education
Course Code: [Blank]
Credit Hours: 3 units
Instructor: Alonzo Mortejo and alanzomortejo@gmail.com
Term: 2nd sem 2023

Course Description
This course provides students with foundational concepts in research methods, focusing on research design, data collection, statistical applications, and the development of research instruments. Emphasis is placed on applying these concepts within the physical and health education specializations. Students will conceptualize a research problem, gather literature, design a methodology, and develop a comprehensive research proposal as a course requirement.

Course Objectives
By the end of the course, students will be able to:
1. Understand and apply general concepts and methods of research.
2. Develop skills in integrating a research study, including creating instruments and applying statistical methods.
3. Conduct a literature review to support research.
4. Prepare a research proposal with clear objectives, methodology, and a study timeline.
5. Robust research concepts specifically to physical and health education.

Course Outline and Activities

Week	Topic	Activities / Learning Tasks
Week 1	Introduction to Research Methods	Task: Class discussion on the importance of research in physical and health education. Activity: Write a reflection paper on the role of research in education and health.
Week 2	Research Problem and Objectives	Task: Brainstorm research topics in physical and health education.
Week 3	Literature Review and Citation	Activity: Submit three potential research questions with rationale. Task: Identify and collect five peer-reviewed articles related to your topic. Activity: Annotated bibliography assignment.
Week 4	Research Design and Methodology	Task: Class discussion on qualitative, quantitative, and mixed-methods research designs. Activity: Draft a methodology section outlining data collection techniques.
Week 5	Research Instruments	Task: Workshop on developing surveys, questionnaires, and observation tools. Activity: Create a draft research instrument and peer-review it in class.
Week 6	Data Collection and Sampling	Task: Discussion on sampling methods and ethical considerations in research. Activity: Develop a sampling plan and ethical approval checklist for your study.
Week 7	Statistical Application in Research	Task: Introduction to basic statistical tools and software for data analysis.
Week 8	Midterm Review and Proposal Drafting	Task: Present the introductory section with background, purpose statement, and

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Navigation sidebar

Course list

Alonzo Mortejo posted a new assignment: reflection paper

Lesson 1 PowerPoint

Chapter 1- Contemporary ...

Add class comment...

Alonzo Mortejo

Dear Student!

syllabus-contemporary is...

Add class comment...

Windows taskbar

System tray





BACHELOR OF SCIENCE IN EXERCISE AND SPORT SCIENCE

Resources

Teaching

To review

MPES0001 Curriculum an...

contemporary issues in Ph...
FSM 3

RESEARCH 1-BSESS FSM3
BSESS FSM 3

contemporary issues in Ph...
FSC 3

Administration and Manag...
BPED 2B

Administration and Manag...
BPED 2A

RECO 0103- RESEARCH 1
BPED3B

RECO 0103- RESEARCH 1
BPED3A

Course Elective 3 (Admins...
BPED 2A

MPES0007 Advanced Spo...

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BATAAN PENINSULA STATE UNIVERSITY

BACHELOR OF SCIENCE IN SPORTS AND EXERCISE SCIENCE

Bataan, Orani, Bataan, Philippines

BATAAN PENINSULA STATE UNIVERSITY

Bachelor of Science in Sports and Exercise Science

Bataan, Orani, Bataan, PHILIPPINES

Course Title: Contemporary Issues in Physical Education and Sports

Course Code: PE/Sports

Credit Hours: 3

Instructor: Alvaro Morcijo

Email: [Instructor Email]

Office Hours: [Office Hours]

Semester: 2nd

Course Description

This course explores pressing issues, trends, and challenges in physical education and sports. Topics include diversity and inclusion, ethical concerns, technology integration, mental health, sports management, and global health issues. The course encourages critical thinking and problem-solving while examining the role of sports and physical education in society.

Course Objectives

By the end of the course, students will be able to:

- Identify and analyze contemporary issues in physical education and sports.
- Evaluate the impact of these issues on individuals, communities, and institutions.
- Propose solutions to ethical and practical challenges in sports and physical education.
- Explore technological advancements and their role in sports and physical education.
- Advocate for equity, inclusion, and mental health awareness in sports settings.

Course Outline and Learning Tasks

Weeks 1-2: Introduction to Contemporary Issues in Physical Education and Sports

- Overview of current trends and challenges in physical education.
- Role of physical education in modern society.

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Google Toolbar

3:07 pm
04/05/2025

New tab

Facebook

S.2 The syllabus includes a li...

New tab

RESEARCH 1-BSESS FSM3 B...

Write For Me - BSESS Learn...

https://classroom.google.com/c/NzM2OTQ0TQ4OTkzNDk3

Classroom

RESEARCH 1-BSESS FSM3
BSESS FSM 3

Stream

Classwork

People

Grades

Home

Calendar

Resources

Teaching

To review

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MPES0007 Advanced Spo...

Supervision and Admin of ...

Announcement

For

All students

Announce something to your class

Dear students!

This is to share with you our syllabus in research! in sports and exercise science here in our google classroom for your reference

B I U

syllabus in research in Physical education sports and wellness pro...
Microsoft Word

Cancel

Save

6wmyh7h

Add class comment...

Upcoming

Search

ENG
US

3:09 pm
04/05/2025

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