



CURRICULUM

Bachelor of Physical Education

Academic Year 2018-2019

Reference CMOs: CMO No. 20, s. 2013, CMO No. 80, s. 2017 and CMO No. 4, s. 2018

Curriculum Description

The BPEd is a four-year program aimed at equipping graduates with the competencies to meet the psychomotor, cognitive and affective needs of learners. It is aimed at physical literacy, which serves as the foundation for confident, enjoyable and sustained participation in a wide range of physical activities. Thus, it consists of developmentally appropriate activities. PE also aims to optimize health through learning experiences aimed at the formation of physical activity and healthy eating habits, as well as dispositions. These learning experiences likewise extend beyond the classroom; hence, student learning must be reinforced through programs on school and community recreation, as well as organized, competitive sports.

Program Objectives

The BPEd program aims to produce secondary teachers who have the ability to:

1. demonstrate comprehensive and up-to-date knowledge in a specific field of specialization in the physical education curriculum by engaging in scholarly and research activities and by maximizing opportunities for lifelong learning;
2. provide meaningful learning experiences to secondary students by using emerging educational technologies for quality and effective teaching and by creating an environment that encourages positive social interaction, active engagement and self-motivation;
3. demonstrate competence in teaching and testing through the design, adoption and utilization of teaching methods, instructional materials, and assessment tools that are appropriate to the cognitive, affective and psychomotor development of learners;
4. observe the professional code of ethics for teachers and internalize the importance of continuous professional development, as well as the need to work cooperatively and harmoniously with all members of the academic community; and
5. establish sustainable partnerships and linkages with the professional community and provide assistance to the underserved, depressed, illiterate and less skilled members of society through extension activities and community service.

Program Outcomes

The graduates of the program have the ability to:

- a. apply scientific and evidence-based practices critical to the educational and learning processes;
- b. demonstrate skillful performance in a variety of physical activities;
- c. adapt performance to variety of physical activity settings: (e.g. formal classes, recreational, and competitive);
- d. critically examine the curriculum (e.g. content, pedagogy and assessments) and program, and enhance (e.g. innovative) them necessarily;
- e. plan and implement safe and effective physical activity programs to address the needs of individual and groups in school and/or non-school settings;
- f. monitor and evaluate physical activity programs in school and/or non-school settings;
- g. use appropriate assessments in, as and for student or client learning;
- h. use information, media and technology in pedagogy and for lifelong learning;
- i. demonstrate firm work/professional ethics;

- j. cultivate solidarity by working and dealing with/relating to others harmoniously;
- k. promote the advancement of the profession by making sense of and getting involved in current discourse that impact on the profession;
- l. pursue lifelong learning for personal and professional development;
- m. communicate effectively with PE practitioners, other professionals and stakeholders; and
- n. use oral, written, and technology formats deftly.

Curriculum Components

Code	Courses	Units	Total
	A. General Education (CMO No. 20, Series of 2013 and CMO No. 4, Series of 2018)		42 units
Fili 101	Kontekstwalisadong Komunikasyon sa Filipino	3	
Fili 102	Filipino sa Iba't-Ibang Disiplina	3	
Fili 103	Retorika – Masining na Pagpapahayag	3	
GEd 101	Understanding the Self	3	
GEd 102	Mathematics in the Modern World	3	
GEd 103	Life and Works of Rizal	3	
GEd 104	The Contemporary World	3	
GEd 105	Readings in Philippine History	3	
GEd 106	Purposive Communication	3	
GEd 107	Ethics	3	
GEd 108	Art Appreciation	3	
GEd 109	Science, Technology and the Society	3	
Litr 101	Sosyedad at Literatura/Panitikang Panlipunan	3	
Litr 102	ASEAN Literature	3	
	B. Professional Education Courses		42 units
	<i>Foundation/Theories and Concepts</i>		
Ed 101	The Child and Adolescent Learners and Learning Principles	3	
Ed 102	The Teaching Profession	3	
Ed 103	The Teacher and the Community, School Culture and Organizational Leadership	3	
Ed 106	Foundation of Special and Inclusive Education	3	
	<i>Pedagogical Content Knowledge</i>		
Ed 105	Facilitating Learner-Centered Teaching	3	
Ed 104	Assessment in Learning 1	3	
Ed 109	Assessment in Learning 2	3	
Ed 107	Technology for Teaching and Learning 1	3	
Ed 108	The Teacher and the School Curriculum	3	
Ed 110	Building and Enhancing New Literacies Across the Curriculum	3	
	<i>Experiential Learning</i>		
Ed 111	Field Study 1	3	
Ed 112	Field Study 2	3	
Ed 115	Teaching Internship	6	
	C. Specialization Courses		63 units
PEd 111	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	
PEd 112	Anatomy and Physiology of Human Movement	3	
PEd 113	Principles of Motor Control and Learning of Exercise, Sports and Dance	3	
PEd 121	Applied Motor Control and Learning of Exercises, Sports and Dance	3	
PEd 122	Physiology of Exercise and Physical Activity	3	
PEd 123	Emergency Preparedness and Safety Management	3	
PEd 212	Movement Education	3	
PEd 213	Philippine Traditional Dances	3	
PEd 221	Swimming and Aquatics	3	
PEd 222	International Dance and other Forms	3	
Code	Courses	Units	Total
PEd 223	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	
PEd 311	Technology Application in Teaching PE and Health Education	3	
PEd 312	Philippine Traditional Games	3	

PEd 313	Coordinated School Health Program	3	
PEd 314	Personal, Community and Environmental Health	3	
PEd 315	Curriculum and Assessment for Physical Education and Health Education for K to 12	3	
PEd 316	Process of Teaching PE and Health Education	3	
PEd 317	Research in Physical Education 1	3	
PEd 321	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-Traditional: Ultimate Handball, Floorball, Futsal, Sepak Takraw)	3	
PEd 322	Sports and Exercise Psychology	3	
PEd 323	Drug Education, Consumer Health and Healthy Eating	3	
	D. Elective Courses		9 units
PEd 211	Arts in the K to 12 Curriculum	3	
PEd 324	Music in K to 12 Curriculum	3	
PEd 325	Administration and Management of Physical Education and Health Education Programs	3	
	E. Mandated Courses		14 units
NSTP 111	National Service Training Program 1	3	
NSTP 121	National Service Training Program 2	3	
PE 101	Physical Fitness, Gymnastics and Aerobics	2	
PE 102	Rhythmic Activities	2	
PE 103	Individual and Dual Sports	2	
PE 104	Team Sports	2	
	F. Institutional Prerogative		10 units
Ed 113	Management of Students' Behavior and Wellness	3	
Ed 114	Special Topics in Education	3	
Ed 116	Comprehensive Examination	3	
PEd 326	Research in Physical Education 2	1	

SUMMARY	
Courses	Number of Units
General Education	42
Professional Education	42
Specialization	63
Elective/Cognates	9
Mandated	14
Institutional Prerogative	10
TOTAL	180

PROGRAM OF STUDY

FIRST YEAR					
First Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
NSTP 111	National Service Training Program 1	3	3	-	-
PE 101	Physical Fitness, Gymnastics and Aerobics	2	2	-	-
GEd 104	The Contemporary World	3	3	-	-
GEd 105	Readings in Philippine History	3	3	-	-
GEd 106	Purposive Communication	3	3	-	-
Litr 101	Sosyedad at Literatura/Panitikang Panlipunan	3	3	-	-
Ed 102	The Teaching Profession	3	3	-	-
PEd 111	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	3	-	-
PEd 112	Anatomy and Physiology of Human Movement	3	3	-	-
PEd 113	Principles of Motor Control and Learning of Exercise, Sports and Dance	3	3	-	-
	TOTAL	29	29	-	-

Second Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
NSTP 121	National Service Training Program 2	3	3	-	NSTP 111
PE 102	Rhythmic Activities	2	2	-	PE 101
GEd 101	Understanding the Self	3	3	-	-
GEd 102	Mathematics in the Modern World	3	3	-	-
GEd 103	Life and Works of Rizal	3	3	-	-
Fili 101	Kontekstwalisadong Komunikasyon sa Filipino	3	3	-	-
Ed 101	The Child and Adolescent Learners and Learning Principles	3	3	-	-

PEd 121	Applied Motor Control and Learning of Exercises, Sports and Dance	3	3	-	PEd 113
PEd 122	Physiology of Exercise and Physical Activity	3	3	-	-
PEd 123	Emergency Preparedness and Safety Management	3	3	-	-
	TOTAL	29	29	-	

SECOND YEAR					
First Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
PE 103	Individual and Dual Sports	2	2	-	PE 101
GEd 109	Science, Technology and the Society	3	3	-	-
Fili 102	Filipino sa Iba't-Ibang Disiplina	3	3	-	-
Ed 106	Foundation of Special and Inclusive Education	3	3	-	-
Ed 107	Technology for Teaching and Learning 1	3	3	-	-
Ed 108	The Teacher and the School Curriculum	3	3	-	-
PEd 211	Arts in the K to 12 Curriculum	3	3	-	
PEd 212	Movement Education	3	3	-	PEd 112
PEd 213	Philippine Traditional Dances	3	3	-	-
	TOTAL	26	26	-	

Second Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
PE 104	Team Sports	2	2	-	PE 101
GEd 107	Ethics	3	3	-	-
GEd 108	Art Appreciation	3	3	-	-
Ed 103	The Teacher and the Community, School Culture and Organizational Leadership	3	3	-	Ed 102
Ed 104	Assessment in Learning 1	3	3	-	-
Ed 105	Facilitating Learner-Centered Teaching	3	3	-	Ed 101
PEd 221	Swimming and Aquatics	3	3	-	-
PEd 222	International Dance and other Forms	3	3	-	-
PEd 223	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	3	-	-
	TOTAL	26	26	-	

THIRD YEAR					
First Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
Litr 102	ASEAN Literature	3	3	-	-
PEd 311	Technology Application in Teaching PE and Health Education	3	3	-	Ed 107
PEd 312	Philippine Traditional Games	3	3	-	-
PEd 313	Coordinated School Health Program	3	3	-	-
PEd 314	Personal, Community and Environmental Health	3	3	-	-
PEd 315	Curriculum and Assessment for Physical Education and Health Education for K to 12	3	3	-	-
PEd 316	Process of Teaching PE and Health Education	3	3	-	-
PEd 317	Research in Physical Education 1	3	3	-	-
	TOTAL	24	24	-	

Second Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
Fili 103	Retorika – Masining na Pagpapahayag	3	3	-	Fili 101, Fili 102
Ed 109	Assessment in Learning 2	3	3	-	Ed 104
Ed 110	Building and Enhancing New Literacies Across the Curriculum	3	3	-	-
PEd 321	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-Traditional: Ultimate Handball, Floorball, Futsal, Sepak Takraw)	3	3	-	-
PEd 322	Sports and Exercise Psychology	3	3	-	-
PEd 323	Drug Education, Consumer Health and Healthy Eating	3	3	-	-
PEd 324	Music in K to 12 Curriculum	3	3	-	-
PEd 325	Administration and Management of Physical Education and Health Education Programs	3	3	-	-
PEd 326	Research in Physical Education 2	1	1	-	PEd 317
	TOTAL	25	25	-	

FOURTH YEAR					
First Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
Ed 111	Field Study 1	3	3	-	Ed 101 to Ed 110, All PEd courses
Ed 112	Field Study 2	3	3	-	Ed 101 to Ed 110, All PEd courses
Ed 113	Management of Students' Behavior and Wellness	3	3	-	-
Ed 114	Special Topics in Education	3	3	-	-
TOTAL		12	12	-	

Second Semester					
Code	Course Title	Units	Lec	Lab	Prerequisite
Ed 115	Teaching Internship	6	6	-	Ed 111, Ed 112
Ed 116	Comprehensive Examination	3	3	-	All Academic Courses
TOTAL		9	9	-	