



Bachelor of Secondary Education Major in Physical Education

PROGRAM CURRICULUM

PROGRAM: *Bachelor of Secondary Education Major in Physical Education*

HEAD/COORDINATOR: Arnold P. Santos, LPT. MaEd. (C)

About: The **Bachelor of Physical Education (BPEd)** program prepares students to become physical education teachers who promote fitness, wellness, and sports in schools. It combines teaching methods, physical activity, sports science, and movement skills to equip graduates with the knowledge and skills to teach effectively.

The curriculum includes general education, professional education, physical education specialization courses (e.g., anatomy, sports management, and dance), and teaching internships.

COLLEGE LEVEL: *First Year*

SUBJECTS/COURSES

First Semester	Second Semester
RELS1001 Christian Formation	RELS1002 Christian Ethics
NSTP1001 National Service Training Program 1	GNED1002 Understanding the Self
PHED1001 PE 1: Physical Activity Towards Health and Fitness 1 (PATHFit 1) Movement Competency Training	EDUC1201 Building and Enhancing New Literacies Across the Curriculum
GNED1001 Mathematics in the Modern World	EDUC1202 The Teacher and the School Curriculum
EDUC1101 The Teaching Profession	EDUC1203 Foundation of Special and Inclusive Education
EDUC1102 Facilitating Learner Centered Teaching	EDSM1201 History of Mathematics
EDUC1103 Technology for Teaching and Learning 1	NSTP1002 National Service Training Program 2
EDUC1104 The Child and Adolescent Learner and Learning Principles	PHED1002 PE 2: Physical Activity Towards Health and Fitness 2 (PATHFit 2) : Exercise-based Fitness Activities
GNED1010 Living in the IT Era	GNED1004 Science, Technology & Society
Total Units: 26	Total Units: 26



COLLEGE LEVEL: <i>Second Year</i>	
SUBJECTS/COURSES	
First Semester	Second Semester
GNED1003 The Contemporary World	GNED1005 Readings in Philippine History
GNED1009 Life and Works of Rizal	GNED1006 Purposive Communication
EDSP2101 Anatomy and Physiology of Human Movement	GNED1007 Art Appreciation
PHED1003 PATHFit 3: Physical Activity Towards Health and Fitness 3 : Dual Sports and Group Exercise	PATHFit 4: Physical Activity Towards Health and Fitness 4 : Dance and Team Sports
EDSP2102 Physiology of Exercise and Physical Activity	PHED1004 Applied Motor Control and Learning of Exercise, Sports and Dance
EDSP2103 Principles of Motor Control and Learning of Exercise, Sports and Dance	EDSP2201 Movement Education
EDSP2104 Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	EDSP2202 Swimming and Aquatics
ENGL1001 Philippine Popular Culture	EDSP2203 International Dance and Other Forms
GNED 1011 Environmental Science	GNED1008 Ethics
Total Units: 26	Total Units: 26



COLLEGE LEVEL: <i>Third Year</i>	
SUBJECTS/COURSES	
First Semester	Second Semester
EDUC3101 The Contemporary World	EDUC3201 Assessment of Learning 2 Technology for Teaching and Learning 2 (Technology Application in Teaching PE and Health Education including Instructional Materials Development)
EDUC3102 Life and Works of Rizal	EDSP3201 Curriculum and Assessment in Physical Education and Health Education for K-12
EDUC3103 Anatomy and Physiology of Human Movement	EDSP3202 Team Sports (i.e. Soccer, Basketball, Volleyball, Softball, Non-traditional: Ultimate, Handball, Floorball, Futsal, Sepak Takraw)
EDSP3101 PATHFit 3: Physical Activity Toward Health and Fitness 3 : Dual Sports & Group Exercise	EDSP3203 Drug Education, Consumer Health Education and Nutrition
EDSP3102 Physiology of Exercise and Physical Activity	EDSP3204 Research 1
EDSP3103 Principles of Motor Control and Learning of Exercise, Sports and Dance	EDSP3205 Contemporary Issues in PE and Sports
EDSP3104 Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	EDSP4101 Field Study 1
EDUC3203 Philippine Popular Culture Environmental Science	EDUC4101 Field Study 1 EDUC3201 Assessment of Learning 2
Total Units: 27	Total Units: 24



COLLEGE LEVEL: Fourth Year	
SUBJECTS/COURSES	
First Semester	Second Semester
EDUC4102 Field Study 2	EDUC4201 Teaching Internship
EDSP4103 Philippine Traditional Dances	Total Units: 6
EDUC4105 Course Audit (LET Review)	
Total Units: 9	

COLLEGE OF EDUCATION is a service-oriented academic unit committed to the continuous pursuit of excellence in the development of Christian teachers and school managers.

VISION

The College of Education is a service – oriented academic unit which provides general education for the university. It is committed to the continued pursuit of excellence in teacher's training courses imbued with Christian ideals, values and traditions of Philippine life and culture sufficiently equipped with Christian leadership skills.

MISSION

Adherent to the belief in the inherent dignity of a person and committed to the development of the total person, the College of Education and its competent and highly qualified faculty and staff are committed to provide excellent and quality education.

OBJECTIVES

The College of Education aims to develop graduates who are:

professionally competent;

responsive and sensitive to the needs and aspirations of a humane and democratic society;

imbued with the spirit of scientific inquiry; committed to serving God, country, and people.

potential leaders in answer to the needs of Christian leadership in their chosen profession.

technologically competent