



university of cebu

University of Cebu Main Campus  
**College of Teacher Education**

Bachelor of Physical Education (BPED)  
 CMO No. 80, Series of 2017  
**Effective School Year 2022-2023**

Name : \_\_\_\_\_ Date Started / First Enrolled: \_\_\_\_\_  
 ID Number : \_\_\_\_\_ Expected Date of Graduation: \_\_\_\_\_

**FIRST YEAR**

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
HUM 101	Art Appreciation	3				3	
PSYCH 101	Understanding the Self	3				3	
ENGL 101	Purposive Communication	3				3	
TC 111	Foundation of Special and Inclusive Education	3				3	
TC 112	The Child and Adolescent Learners and Learning Principles	3				3	
BPED 1	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	3				3	
PE 101	Movement Competency Training (PATHFit 1)	2				2	
NSTP 101	National Service Training Program 1	3				3	
<b>Total</b>		<b>23</b>				<b>23</b>	

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
HUM 102	Philippine Popular Culture	3				3	
MATH 101	Mathematics in the Modern World	3				3	
HIST 101	Readings in Philippine History	3				3	
COMP 100	Computer Applications	2		1	3	3	
PC 121	Building and Enhancing New Literacies Across the Curriculum	3				3	
PC 122	Facilitating Learner-Centered Teaching	3				3	TC 112
BPED 2	Anatomy and Physiology of Human Movement	3				3	
PE 102	Exercised-Based Fitness Activities (PATHFit 2)	2				2	PE 101
NSTP 102	National Service Training Program 2	3				3	NSTP 101
<b>Total</b>		<b>25</b>		<b>1</b>		<b>26</b>	

**SECOND YEAR**

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
STS 101	Science Technology and Society	3				3	
SOCIO 101	The Contemporary World	3				3	
PC 213	Technology for Teaching and Learning 1	3				3	
BPED 3	Physiology of Exercise and Physical Activity	3				3	
BPED 4	Principles of Motor Control and Learning of Exercise, Sports and Dance	3				3	
BPED 5	Philippine Traditional Dances	3				3	
BPED 6	Sports and Exercise Psychology	3				3	PE 102
BPED 7	Movement Education	3				3	
PE 103	Sports and Dance (PATHFit 3)	2				2	PE 102
<b>Total</b>		<b>26</b>				<b>26</b>	

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
PHILO 101	Ethics	3				3	
SOCIO 102	Gender and Society	3				3	
BPED 8	Personal, Community and Environmental Health	3				3	
BPED 9	Philippine Traditional Games	3				3	PE 103
BPED 10	International Dance and other Forms	3				3	BPED 5
BPED 11	Applied Motor Control and Learning of Exercise, Sports and Dance	3				3	BPED 4
BPED 12	Aquatics (Swimming and other Water Activities)	3				3	
BPED 13	Technology Application in Teaching PE	2		1	3	3	PC 213
BPED 14	Emergency Preparedness and Safety Management	3				3	
PE 104	Sports/Outdoor Adventure Activities (PATHFit 4)	2				2	PE 103
<b>Total</b>		<b>28</b>		<b>1</b>		<b>29</b>	

**SUMMER**

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
LIT 101	Literature of the World	3				3	
RIZAL 101	Life and Works of Dr. Jose Rizal	3				3	
BPED 15	Individual and Dual Sports	3				3	
<b>Total</b>		<b>9</b>				<b>9</b>	

### THIRD YEAR

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
ENTREP 100	Entrepreneurship	3				3	
TC EC 311	Education Enhancement Course 1	3				3	All Gen Ed Courses
PC 314	Assessment in Learning 1	3				3	PC 122
PC 315	The Teacher and the School Curriculum	3				3	PC 121
TC 313	The Teaching Profession	3				3	PC 121
BPED 16	Team Sports	3				3	BPED 4, PE 104
BPED 17	Coordinated School Health Program	3				3	
TVL 100	TECHVOC NCII – Computer Servicing	2		1	3	3	
BPED-ELECT 1	Prevention and Management of Exercise and Sports Related Injuries	3				3	
<b>Total</b>		<b>26</b>		<b>1</b>		<b>27</b>	

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
TC EC 322	Education Enhancement Course 2	3				3	All PC and TC Courses
PC 325	Assessment in Learning 2	3				3	PC 314
TC 324	The Teacher and the Community, School Culture and Organizational Leadership	3				3	TC 313
BPED 18	Process of Teaching Physical Education and Health Education	3				3	
BPED 19	Curriculum and Assessment for Physical Education and Health Education	3				3	
BPED 20	Drug Education, Consumer Health Education and Healthy Eating	3				3	BPED 8
TC RES - PE	Research in Physical Education	3				3	
BPED-ELECT 2	Administration and Management of Physical Education and Health Education	3				3	
<b>Total</b>		<b>24</b>				<b>24</b>	

### FOURTH YEAR

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
FS 411	Field Study 1	3				3	All 3 <sup>rd</sup> year subjects
FS 412	Field Study 2	3				3	All 3 <sup>rd</sup> year subjects
<b>Total</b>		<b>6</b>				<b>6</b>	

Course Code	Descriptive Title	Lec		Lab		Total Units	Pre / Co requisite
		Units	Hrs	Units	Hrs		
PT 422	Teaching Internship	6				6	FS 411 FS 412
<b>Total</b>		<b>6</b>				<b>6</b>	

**Summary of Courses:**

• General Education Courses	:	39
• Professional Courses	:	30
• Major Courses	:	63
• Electives	:	6
• Mandated Courses (PE and NSTP)	:	14
• Internship	:	12
• Institutional Courses	:	3
• Other Courses	:	9
<b>Total</b>	:	<b>176</b>

*[Signature]*  
**Dr. Rex T. Argate**  
Dean

*[Signature]*  
**Dr. Debra A. Liagas**  
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*[Signature]*  
**Mr. Benly S. Formoso**  
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**Ms. Elita B. Sabornido**  
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