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# University of Cebu

## College of Teacher Education

Bachelor of Physical Education (BPED)
CMO No. 80, Series of 2017
***Effective School Year 2019-2020***

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 | | |
| 1st semester | ENGL 100 | Communication Arts | 3 | | | | 3 | |
| | SOCIO 102 | Gender and Society | 3 | | | | 3 | |
| | MATH 100 | College Mathematics | 3 | | | | 3 | |
| | PSYCH 101 | Understanding the Self | 3 | | | | 3 | |
| | AID 100 | Basic First Aid and Emergency Treatment- Disaster Preparedness | 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 Enhancement | 2 | | | | 2 | |
| | NSTP 101 | National Service Training Program 1 | 3 | | | | 3 | |
| | | Total | | | | | 29 | |

| | Course Code | Descriptive Title | Lec | | Lab | | Total Units | Pre / Co requisite |
|---|---|---|---|---|---|---|---|---|
| | | | Units | Hrs | Units | Hrs | | |
| 2nd semester | ENGL 101 | Purposive Communication | 3 | | | | 3 | |
| | 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 | |
| | 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 | Fitness Exercises | 2 | | | | 2 | PE 101 |
| | NSTP 102 | National Service Training Program 2 | 3 | | | | 3 | NSTP 101 |
| | | Total | | | | | 29 | |

## SECOND YEAR

| | Course Code | Descriptive Title | Lec | | Lab | | Total Units | Pre / Co requisite |
|---|---|---|---|---|---|---|---|---|
| | | | Units | Hrs | Units | Hrs | | |
| 1st semester | AWPR 100 | Academic Writing and Professional Reports | 3 | | | | 3 | |
| | STS 101 | Science Technology and Society | 3 | | | | 3 | |
| | HUM 101 | Art Appreciation | 3 | | | | 3 | |
| | PC 213 | Technology for Teaching and Learning 1 | 3 | | | | 3 | COMP 100 |
| | 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 | Physical Activity Towards Health and Fitness I | 2 | | | | 2 | PE 102 |
| | | Total | | | | | 29 | |

| | Course Code | Descriptive Title | Lec | | Lab | | Total Units | Pre / Co requisite |
|---|---|---|---|---|---|---|---|---|
| | | | Units | Hrs | Units | Hrs | | |
| 2nd semester | PHILO 101 | Ethics | 3 | | | | 3 | |
| | SOCIO 101 | The Contemporary World | 3 | | | | 3 | |
| | BPED 8 | Personal, Community and Environmental Health | 3 | | | | 3 | |
| | BPED 9 | Philippine Traditional Games | 3 | | | | 3 | |
| | BPED 10 | International Dance and other Forms | 3 | | | | 3 | PE 103 |
| | BPED 11 | Applied Motor Control and Learning of Exercise, Sports and Dance | 3 | | | | 3 | BPED 5 |
| | BPED 12 | Aquatics (Swimming and other Water Activities) | 3 | | | | 3 | BPED 4 |
| | BPED 13 | Technology Application in Teaching PE | 2 | | 1 | | 3 | |
| | BPED 14 | Emergency Preparedness and Safety Management | 3 | | | | 3 | PC 213 |
| | PE 104 | Physical Activity Towards Health and Fitness II | 2 | | | | 3 | |
| | | Total | | | | | 29 | PE 103 |