



University of Southeastern Philippines
College of Education

BACHELOR OF PHYSICAL EDUCATION
CMO No. 80, series of 2017
Approved per BOR Resolution No. 58, series of 2018
Revised per BOR Resolution No. 51A, series of 2020
Effective S.Y. 2018-2019

1st Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
GE 113	Understanding the Self	3	0	3	None
GE 114	Ethics	3	0	3	None
Educ 111	The Child Adolescent Learners and Learning Principles	3	0	3	None
Educ 112	Foundations of Special and Inclusive Education	3	0	3	None
PEd 111	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	0	3	None
PEd 112	Anatomy and Physiology of Human Movement	3	0	3	None
PE 111	Movement Enhancement	2	0	2	None
NSTP 111	National Service Training Program 1	3	0	3	None
Total				23	

SUMMER					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
EPed 131	Elective Major 1	2	1	3	None
PEd 132	Philippine Traditional Dances	2	1	3	None
Total				6	

2nd Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
GE 111	Purposive Communication	3	0	3	None
GE 112	Mathematics in the Modern World	3	0	3	None
Educ 123	Technology for Teaching and Learning 1	3	0	3	Educ 111 Educ 112
Educ 124	The Teacher and the Community, School Culture and Organizational Leadership	3	0	3	Educ 111 Educ 112
PEd 121	Physiology of Exercise and Physical Activity	3	0	3	PEd 112
PEd 122	Principles Motor Control and Learning of Exercise, Sports and Dance	3	0	3	PEd 112
PE 112	Fitness Exercises	2	0	2	PE 111
NSTP 112	National Service Training Program 2	3	0	3	NSTP 111
Total				23	

1st Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
GE 217	Science, Technology and Society	3	0	3	None
GE 218	Arts Appreciation	3	0	3	None
Educ 215	The Teaching Profession	3	0	3	Educ 124
Educ 216A	Assessment in Learning 1	3	0	3	None
PEd 211	Movement Education	3	0	3	None
PEd 212	Sports and Exercise Psychology	3	0	3	None
PEd 213	Applied Motor Control and Learning of Exercise, Sports and Dance	3	0	3	PEd 121
PE 213	Physical Activities Towards Health and Fitness I	2	0	2	PE 122
Total				23	

SUMMER					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
PEd 231	Individual and Dual Sports (Racket Sport, Athletics, Martial Arts)	1	2	3	None
PEd 232	Swimming and Aquatics	1	2	3	None
PEd 233	Administration and Management of PE and Health Education Program	2	1	3	None
Total				9	

2nd Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
GE 215	The Life and Works of Rizal	3	0	3	None
GE 216	Readings in Philippine History	3	0	3	None
Educ 227	Facilitating Learner-Centered Teaching	3	0	3	Educ 111
Educ 216B	Assessment in Learning 2	3	0	3	Educ 216A
PEd 221	International Dance and other Forms	2	1	3	None
PEd 222	Emergency Preparedness and Response Management	2	1	3	None
EPed 221	Elective Major 2	2	1	3	None
PE 224	Physical Activities towards Health and Fitness II	2	0	2	PE 213
Total				23	

1st Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
EGE 311	General Education Elective 1	3	0	3	None
EGE 312	General Education Elective 2	3	0	3	None
PEd 311	Coordinated School Health Program	3	0	3	None
Educ 318	The Teacher and the School Curriculum	3	0	3	Educ 124
PEd 312	Philippine Traditional Games	3	0	3	None
Educ 319	Building and Enhancing New Literacies Across the Curriculum	3	0	3	None
PEd 313	Personal, Community and Environmental Health	3	0	3	None
PEd 314	Research in Physical Education and Health	3	0	3	None
Total				24	

2nd Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
EGE 313	General Education Elective 3	3	0	3	None
GE 319	Contemporary World	3	0	3	None
PEd 321	Curriculum Assessment for Physical Education and Health Education	3	0	3	None
PEd 322	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-traditional: Ultimate, Handball, Floorball, Futsal, Sepak Takraw)	3	0	3	None
PEd 323	Process of Teaching PE & Health Education	3	0	3	None
PEd 324	Drug Education, Consumer Health Education and Healthy Eating	3	0	3	None
PEd 325	Technology for Teaching and Learning 2 (Technology Application in Teaching PE and Health Education including Instructional Materials Development)	3	0	3	Educ 111 Educ 112 Educ 121
EdRes 400	Thesis	0	2	2	PEd 314
Total				23	

1st Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
FS 411	Field Study 1 - Observation of Teaching-Learning in Actual School Environment	0	5	5	All Professional and Major / Specializations-Subjects
FS 412	Field Study 2- Participation and Teaching	0	5	5	All Professional and Major / Specializations-Subjects
EdRes 400	Thesis*		2	2	
Total				12	

2nd Semester					
Course No.	Course Title	Credit			Pre/Co- Requisite
		Lec	Lab	Total Units Credit	
Educ 421	Teaching Internship	0	6	6	FS 411 FS 412
EdRes 400	Thesis	0	2	2	
Total				8	



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** A subject to be enrolled continuously until the last prescribed semester where student's grade will appear*

Major Electives
Major Electives
Music in the K-12 Curriculum Arts in the K-12 Curriculum Outdoor and Adventure Education Non-Traditional Games and Sports Prevention and Management of Exercise and Sports-related Injuries

GENERAL EDUCATION ELECTIVES
EGE 311 - 313 Environmental Science Gender and Society People and the Earth's Ecosystems Philippine Indigenous Communities Reading Visual Art Living in the IT era Foreign Languages

Summary	
General Education	36 units
Professional Education Courses	46 units
Major Courses	63 units
Major Electives	6 units
Institutional Courses	6 units
PE	8 units
NSTP	6 units
Total number of units	171 units