



BACHELOR OF PHYSICAL EDUCATION

Based on CMO# 80, series of 2017

Effective School Year 2020-2021

REGULAR PROGRAM

FIRST YEAR

FIRST SEMESTER					UNIT DISTRIBUTION				SECOND SEMESTER					UNIT DISTRIBUTION				
Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq	
GECC 001	Understanding the Self	3	0	3	None	GECC 003	Readings in Philippine History	3	0	3	None	GECC 004	Mathematics in the Modern World	3	0	3	None	
GECC 002	Purposive Communication	3	0	3	None	GECC 005	Ethics	3	0	3	None	GEPE 002	Fitness Exercises	2	0	2	GEPE 001	
PWC 001	Peace Education and Spirituality	3	0	3	None	NSTP 002	National Service Training Program 2	3	0	3	NSTP 001	TEPC 002	The Teaching Profession	3	0	3	TEPC 001	
GEPE 001	Movement Enhancement	2	0	2	None	TEPC 003	Physiology of Exercise and Physical Activity	2	1	3	PESC 002	PESC 004	Principles Motor Control and Learning of Exercise, Sports and Dance	2	1	3	None	
NSTP 001	National Service Training Program 1	3	0	3	None	PWTE 002	Basic Mathematics	3	0	3	None							
TEPC 001	The Child and the Adolescent Learner and Learning Principles	3	0	3	None													
PESC 001	Philosophical and Socio- Anthropological Foundations of Physical Educations and Sports	3	0	3	None													
PESC 002	Anatomy and Physiology of Human Movement	2	1	3	None													
PWTE 001	Basic Grammar	3	0	3	None													
		25	1	26								24	2	26				

SUMMER					UNIT DISTRIBUTION			
Code	Description	Lec	Lab	Total	Prereq			
PWC 002	Personality Development and Individual Responsibility	3	0	3	None			
GECC 006	Art Appreciation	3	0	3	None			
PWTE 003	General Science	3	0	3	None			
		9	0	9				

SECOND YEAR

FIRST SEMESTER					UNIT DISTRIBUTION				SECOND SEMESTER					UNIT DISTRIBUTION			
Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq
GECC 007	The Contemporary World	3	0	3	None	GEPE 004	Sports Nutrition	2	0	2	GEPE 001, GEPE 002	GECC 008	Science, Technology and Society	3	0	3	None
PWC 003	Philomenian Identity	3	0	3	None	TEPC 004	Foundation of Special and Inclusive Educa	3	0	3	None	TEPC 005	Facilitating Learner-Centered Teaching	3	0	3	TEPC001
GEPE 003	Dance for Theatre	2	0	2	GEPE 001, GEPE 002	TEPC 005	Facilitating Learner-Centered Teaching	3	0	3	TEPC001	PECC 001	Applied Motor Control and Learning of Exercise, Sports and Dance	2	1	3	PESC 004
TEPC003	The Teacher and the Community, School Culture and Organizational Leadership	3	0	3	TEPC 002	PECC 002	Curriculum and Assessment for Physical Education and Health Education	3	0	3	None	PECC 005	Swimming and Aquatics	1	2	3	None
PESC 005	Sports and Exercise Psychology	3	0	3	None	PECC 006	Coordinated School Health Program	3	0	3	None	PECC 007	Individual and Dual Sports	3	0	3	PESC 006
PECP 001	Philippine Traditional Dances	2	1	3	None												
PECP 002	Movement Education	2	1	3	None												
PECP 003	International Dance and Other Forms	2	1	3	None												
PECP 004	Philippine Traditional Games	3	0	3	None												
		23	3	26								23	3	26			

SUMMER					UNIT DISTRIBUTION			
Code	Description	Lec	Lab	Total	Prereq			
GEEL 001	GE Elective 1	3	0	3	None			
GEEL 002	GE Elective 2	3	0	3	None			
GECC 009	Life and Works of Rizal	3	0	3	None			
		9	0	9				

THIRD YEAR

FIRST SEMESTER					UNIT DISTRIBUTION				SECOND SEMESTER					UNIT DISTRIBUTION			
Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq
GEEL 003	GE Elective 3	3	0	3	None	PWC 004	Institutional Management Enterprise	3	0	3	GEEL 003	TEPC 008	Assessment in Learning 2	3	0	3	TEPC 007
TEPC 006	Technology for Teaching and Learning 1	3	0	3	None	TEPC 009	The Teacher and the School Curriculum	3	0	3	TEPC 002	TEPC 010	Building and Enhancing New Literacies across the Curriculum	3	0	3	None
TEPC 007	Assessment in Learning 1	3	0	3	None	TEPC 010	Building and Enhancing New Literacies across the Curriculum	3	0	3	None	PECC 004	Process of Teaching Physical Education & Health Education	3	0	3	None
PWTE 004	Methods of Research & Statistics	3	0	3	None	PESC 006	Research 1 in Physical Education	3	0	3	PWTE 004	PECC 008	Personal Community & Environmental Health	3	0	3	None
PECC 003	Technology for Teaching and Learning Physical Education and Health Education	2	1	3	None	PECC 010	Team Sports(Soccer, Football,Basketball, Volleyball, Baseball, Softball, Futsal, Sepak Takraw	3	0	3	PESC 006	PECC 009	Emergency Preparedness and Safety Management	3	0	3	None
PECC 008	Personal Community & Environmental Health	3	0	3	None	PECC 011	Drug Education, Consumer Health Education and Healthy Living	3	0	3	None	PEEL 001	Music in the K - 12 Curriculum	2	1	3	None
PECC 009	Emergency Preparedness and Safety Management	3	0	3	None						PEEL 002	Arts in the K - 12 Curriculum	2	1	3	None	
PEEL 001	Music in the K - 12 Curriculum	2	1	3	None												
PEEL 002	Arts in the K - 12 Curriculum	2	1	3	None												
		24	3	27								24	0	24			

FOURTH YEAR

FIRST SEMESTER					UNIT DISTRIBUTION				SECOND SEMESTER					UNIT DISTRIBUTION			
Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq	Code	Description	Lec	Lab	Total	Prereq
TEPC 011	Field Study 1 (Teaching Observation)	3	0	3	Senior Standing	TEPC 013	Teaching Internship (300 hrs.)	6	0	6	Senior Standing						
TEPC 012	Field Study 2 (Participation and Assistantship)	3	0	3	Senior Standing												
PWTE 005	Competency Appraisal 1 (General Education)	3	0	3	Senior Standing												
PWTE 006	Competency Appraisal 2 (Professional Education)	3	0	3	Senior Standing												
		12	0	12								6	0	6			

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