



BACHELOR

Physical Education

The Bachelor of Physical Education (B PED) aims to equip graduates with competencies that meet the cognitive, affective and psychomotor needs of PE learners. These consist of (1) a strong and substantial foundation in the subject matter (disciplinary knowledge) for educational planning, implementation and assessment; (2) a solid assessment of movement competency and proficiency; (3) pedagogical expertise for maximum student engagement; (4) self-critical reflection on quality standards and professional accountability; and (5) significant community building with relevant stakeholders. All these are achieved through a meaningful curricular content, inclusive learning environments and employment of effective learning strategies.

The Program in Physical Education builds competencies for these jobs:

- Physical education Teacher in Basic Education
- Dance and Sports Club Moderator
- School and community-based Sports Program and Events Moderator/Coordinator

CORE COURSES

- The Child and Adolescent Learner and Learning Principles
- The Teaching Profession
- The Teacher and Community, School Culture & Organizational Leadership
- Foundation of Special and Inclusive Education
- Facilitating Learner-centered Teaching
- Assessment in Learning 1 and 2
- Technology for Teaching and Learning 1
- The Teacher and the School Curriculum
- Building and Enhancing New Literacies Across the Curriculum

PROFESSIONAL COURSES

- Philosophical and Socio-anthropological Foundations of Physical Education and Sport
- Anatomy and Physiology of Human Movement
- Physiology of Exercise Physical Activity
- Principles Motor Control and Learning of Exercise, Sports and Dance
- Research in Physical Education 1 and 2
- Sports and Exercise Psychology
- Curriculum and Assessment for Physical Education and Health Education
- Process of Teaching PE & Health Education
- Technology for Teaching and Learning 2 (Technology Application in Teaching PE and Health Education including Instructional Materials Development)
- Applied Motor Control and Learning of Exercise, Sports and Dance
- Administration and Management of Physical Education And Health Education Programs
- Movement Education
- Philippine Traditional Dances
- International Dance and other Forms
- Individual and Dual Sports
- Team Sports
- Philippine Traditional Games
- Swimming and Aquatics
- Coordinated School Health Program
- Personal, Community and Environmental Health
- Emergency Preparedness and Safety Management
- Drug Education, Consumer Health Education and Healthy Eating

ELECTIVE COURSES

- Music in the K-12 Curriculum
- Outdoor and Adventure Education

PRACTICUM COURSES

- Field Study 1 - Observations of Teaching-Learning in Actual School Environment
- Field Study 2 - Participation and Teaching Assistantship
- Teaching Internship

