



Republic of the Philippines  
**BATANGAS STATE UNIVERSITY**

**The National Engineering University**

**ARASOF-Nasugbu Campus**

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## College of Teacher Education

### CURRICULUM

#### Bachelor of Physical Education (BPEd)

#### Academic Year 2023-2024

Reference CMOS: CMO No. 20 s. 2013, CMO No. 80, s. 2017 and CMO No. 4 s. 2018, CMO No.39 S. 2021, CMO No. 40 S. 2021

### Curriculum Description

The BPEd is a four-year program aimed at equipping graduates with the competencies to meet the psychomotor, cognitive and affective needs of learners. It is aimed at physical literacy, which serves as the foundation for confident, enjoyable and sustained participation in a wide range of physical activities. Thus, it consists of developmentally appropriate activities. PE also aims to optimize health through learning experiences aimed at the formation of physical activity and healthy eating habits, as well as dispositions. These learning experiences likewise extend beyond the classroom; hence, student learning must be reinforced through programs on school and community recreation, as well as organized, competitive sports.

### Program Objectives

The BPEd program aims to produce secondary teachers who have the ability to:

1. demonstrate comprehensive and up-to-date knowledge in a specific field of specialization in the physical education curriculum by engaging in scholarly and research activities and by maximizing opportunities for lifelong learning;
2. provide meaningful learning experiences to secondary students by using emerging educational technologies for quality and effective teaching and by creating an environment that encourages positive social interaction, active engagement and self-motivation;
3. demonstrate competence in teaching and testing through the design, adoption and utilization of teaching methods, instructional materials, and assessment tools that are appropriate to the cognitive, affective and psychomotor development of learners;
4. observe the professional code of ethics for teachers and internalize the importance of continuous professional development, as well as the need to work cooperatively and harmoniously with all members of the academic community; and
5. establish sustainable partnerships and linkages with the professional community and provide assistance to the underserved, depressed, illiterate and less skilled members of society through extension activities and community service.

### Institutional Graduate Attributes



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1. **Knowledge Competence** - Demonstrate a mastery of the fundamental knowledge and skills required for functioning effectively as a professional in the discipline, and an ability to integrate and apply them effectively to practice in the workplace.
2. **Creativity and Innovation** - Experiment with new approaches, challenge existing knowledge boundaries and design novel solutions to solve problems.
3. **Critical and Systems** - Identify, define, and deal with complex problems pertinent to the future professional practice or daily life through logical, analytical and critical thinking.
4. **Communication** - Communicate effectively (both orally and in writing) with a wide range of audiences, across a range of professional and personal contexts, in English and Pilipino
5. **Lifelong Learning** – Identify own learning needs for professional or personal development; demonstrate an eagerness to take up opportunities for learning new things as well as the ability to learn effectively on their own.
6. **Leadership, Teamwork, and Interpersonal Skills** - Function effectively both as a leader and as a member of a team; motivate and lead a team to work towards goal; work collaboratively with other team members; as well as connect and interact socially and effectively with diverse culture.
7. **Global Outlook** - Demonstrate an awareness and understanding of global issues and willingness to work, interact effectively and show sensitivity to cultural diversity.
8. **Social and National Responsibility** - Demonstrate an awareness of their social and national responsibility; engage in activities that contribute to the betterment of the society; and behave ethically and responsibly in social, professional and work environments.

### Program Outcomes

The graduates of the program have the ability to:

- a. apply scientific and evidence-based practices critical to the educational and learning processes;

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- b. demonstrate skillful performance in a variety of physical activities;
- c. adapt performance to variety of physical activity settings: (e.g. formal classes, recreational, and competitive);
- d. critically examine the curriculum (e.g. content, pedagogy and assessments) and program, and enhance (e.g. innovative) them necessarily;
- e. plan and implement safe and effective physical activity programs to address the needs of individual and groups in school and/or non-school settings;
- f. monitor and evaluate physical activity programs in school and/or non-school settings;
- g. use appropriate assessments in, as and for student or client learning;
- h. use information, media and technology in pedagogy and for lifelong learning;
- i. demonstrate firm work/professional ethics;
- j. cultivate solidarity by working and dealing with/relating to others harmoniously;
- k. promote the advancement of the profession by making sense of and getting involved in current discourse that impact on the profession;
- l. pursue lifelong learning for personal and professional development;
- m. communicate effectively with PE practitioners, other professionals and stakeholders; and
- n. use oral, written, and technology formats deftly.

### Curriculum Components

	Courses	Units	Total
	<b>A. General Education Courses (CMO No. 20 s. 2013 and CMO No. 4 s. 2018)</b>		<b>42 units</b>
Fili 101	Kontekstwalisadong Komunikasyon sa Filipino	3	
Fili 102	Filipino sa Iba't Ibang Disiplina	3	
Fili 103	Retorika – Masining na Pagpapahayag	3	
GEd 101	Understanding the Self	3	
GEd 102	Mathematics in the Modern World	3	
GEd 103	Life and Works of Rizal	3	
GEd 104	The Contemporary World	3	



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GEd 105	Readings in Philippine History	3	
GEd 106	Purposive Communication	3	
GEd 107	Ethics	3	
GEd 108	Art Appreciation	3	
GEd 109	Science, Technology and the Society	3	
Litr 101	Sosyedad at Literatura/Panitikang Panlipunan	3	
Litr 102	ASEAN Literature	3	
	<b>B. Professional Education Courses</b>		<b>42 units</b>
	<i>Foundation/Theories and Concepts</i>		
Ed 101	The Child and Adolescent Learners and Learning Principles	3	
Ed 102	The Teaching Profession	3	
Ed 103	The Teacher and the Community, School Culture and Organizational Leadership	3	
Ed 106	Foundation of Special and Inclusive Education	3	
	<i>Pedagogical Content Knowledge</i>		
Ed 104	Assessment in Learning 1	3	
Ed 105	Facilitating Learner-Centered Teaching	3	
Ed 107	Technology for Teaching and Learning 1	3	
Ed 108	The Teacher and the School Curriculum	3	
Ed 109	Assessment in Learning 2	3	
Ed 110	Building and Enhancing New Literacies Across the Curriculum	3	
	<i>Experiential Learning</i>		
Ed 111	Field Study 1	3	
Ed 112	Field Study 2	3	
Ed 115	Teaching Internship	6	
	<b>C. Specialization Courses</b>		<b>63 units</b>
PEd 111	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	
PEd 112	Anatomy and Physiology of Human Movement	3	
PEd 113	Principles of Motor Control and Learning of Exercise, Sports and Dance	3	
PEd 121	Applied Motor Control and Learning of Exercises, Sports and Dance	3	
PEd 122	Physiology of Exercise and Physical Activity	3	



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PEd 123	Emergency Preparedness and Safety Management	3	
PEd 212	Movement Education	3	
PEd 213	Philippine Traditional Dances	3	
PEd 221	Swimming and Aquatics	3	
PEd 222	International Dance and other Forms	3	
PEd 223	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	
PEd 311	Technology Application in Teaching PE and Health Education	3	
PEd 312	Philippine Traditional Games	3	
PEd 313	Coordinated School Health Program	3	
PEd 314	Personal, Community and Environmental Health	3	
PEd 315	Curriculum and Assessment for Physical Education and Health Education for K to 12	3	
PEd 316	Process of Teaching PE and Health Education	3	
PEd 317	Research in Physical Education 1	3	
PEd 321	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-Traditional: Ultimate Handball, Floorball, Futsal, Sepak Takraw)	3	
PEd 322	Sports and Exercise Psychology	3	
PEd 323	Drug Education, Consumer Health and Healthy Eating	3	
	<b>D. Elective/Cognates</b>		<b>9 units</b>
PEd 211	Arts in the K to 12 Curriculum	3	
PEd 324	Music in K to 12 Curriculum	3	
PEd 325	Administration and Management of Physical Education and Health Education Programs	3	
	<b>E. Mandated Courses</b>		<b>14 units</b>
NSTP 111	National Service Training Program 1	3	
NSTP 121	National Service Training Program 2	3	
PATHFit 1	Movement Competency Training	2	
PATHFit 2	Exercise-Based Fitness Activities	2	
PATHFit 3	Menu of Courses In Sports, Dance, Martial Arts, Group Exercise, Outdoor and Adventure Activities	2	



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	Menu Offering Traditional and Recreational Games		
PATHFit 4	Menu of Courses In Sports, Dance, Martial Arts, Group Exercise, Outdoor and Adventure Activities Menu Offering Team Sports (Basketball ad Volleyball)	2	
	<b>F. Institutional Prerogative Courses</b>		<b>10 units</b>
Ed 113	Management of Students' Behaviour and Wellness	3	
Ed 114	Special Topics in Education	3	
Ed 116	Comprehensive Examination	3	
PEd 326	Research in Physical Education 2	1	

<b>SUMMARY</b>	
<b>Courses</b>	<b>Number of units</b>
General Education Courses	42 units
Professional Education Courses	42 units
Specialization	63 units
Elective/Cognates	9 units
Mandated Courses (PATHFit 1-4 and NSTP)	14 units
Institutional Prerogative Courses	10 units
<b>TOTAL</b>	<b>180 units</b>

**PROGRAM OF STUDY**

<b>FIRST YEAR</b>					
<b>FIRST SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>Lab</b>	<b>Prerequisite</b>
NSTP 111	National Service Training Program 1	3	3	-	-
PATHFit 1	Movement Competency Training	2	2	-	-
GEd 104	The Contemporary World	3	3	-	-
GEd 105	Readings in Philippine History	3	3	-	-
GEd 106	Purposive Communication	3	3	-	-
Litr 101	Sosyedad at Literatura/Panitikang Panlipunan	3	3	-	-
Ed 102	The Teaching Profession	3	3	-	-
PEd 111	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	3	3	-	-
PEd 112	Anatomy and Physiology of Human Movement	3	3	-	-



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PEd 113	Principles of Motor Control and Learning of Exercise, Sports and Dance	3	3	-	-
<b>TOTAL</b>		<b>29</b>	<b>29</b>	<b>-</b>	

<b>FIRST YEAR</b>					
<b>SECOND SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>Lab</b>	<b>Prerequisite</b>
NSTP 121	National Service Training Program 2	3	3	-	NSTP 111
PATHFit 2	Exercise-Based Fitness Activities	2	2	-	PATHFit 1
GEEd 101	Understanding the Self	3	3	-	-
GEEd 102	Mathematics in the Modern World	3	3	-	-
GEEd 103	Life and Works of Rizal	3	3	-	-
Fili 101	Kontekstwalisadong Komunikasyon sa Filipino	3	3	-	-
Ed 101	The Child and Adolescent Learners and Learning Principles	3	3	-	-
PEd 121	Applied Motor Control and Learning of Exercises, Sports and Dance	3	3	-	PEd 113
PEd 122	Physiology of Exercise and Physical Activity	3	3	-	-
PEd 123	Emergency Preparedness and Safety Management	3	3	-	-
<b>TOTAL</b>		<b>29</b>	<b>29</b>	<b>-</b>	

<b>SECOND YEAR</b>					
<b>FIRST SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>La b</b>	<b>Prerequisite</b>
PATHFit 3	Menu of Courses In Sports, Dance, Martial Arts, Group Exercise, Outdoor and Adventure Activities Menu Offering Traditional and Recreational Games	2	2	-	PATHFit 1 and PATHFit 2
GEEd 109	Science, Technology and the Society	3	3	-	-
Fili 102	Filipino sa Iba't-Ibang Disiplina	3	3	-	-
Ed 106	Foundation of Special and Inclusive Education	3	3	-	-
Ed 107	Technology for Teaching and Learning 1	3	3	-	-



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Ed 108	The Teacher and the School Curriculum	3	3	-	-
PEd 211	Arts in the K to 12 Curriculum	3	3	-	
PEd 212	Movement Education	3	3	-	PEd 112
PEd 213	Philippine Traditional Dances	3	3	-	-
<b>TOTAL</b>		<b>26</b>	<b>26</b>	<b>-</b>	

<b>SECOND YEAR</b>					
<b>SECOND SEMESTER</b>					
Code	Course Title	Units	Lec	La b	Prerequisite
PATHFit 4	Menu of Courses In Sports, Dance, Martial Arts, Group Exercise, Outdoor and Adventure Activities Menu Offering Team Sports (Basketball and Volleyball)	2	2	-	PATHFit 1 and PATHFit 2
GEd 107	Ethics	3	3	-	-
GEd 108	Art Appreciation	3	3	-	-
Ed 103	The Teacher and the Community, School Culture and Organizational Leadership	3	3	-	Ed 102
Ed 104	Assessment in Learning 1	3	3	-	-
Ed 105	Facilitating Learner-Centered Teaching	3	3	-	Ed 101
PEd 221	Swimming and Aquatics	3	3	-	-
PEd 222	International Dance and other Forms	3	3	-	-
PEd 223	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	3	-	-
<b>TOTAL</b>		<b>26</b>	<b>26</b>	<b>-</b>	

<b>THIRD YEAR</b>					
<b>FIRST SEMESTER</b>					
Code	Course Title	Units	Lec	Lab	Prerequisite
Litr 102	ASEAN Literature	3	3	-	-
PEd 311	Technology Application in Teaching PE and Health Education	3	3	-	Ed 107
PEd 312	Philippine Traditional Games	3	3	-	-
PEd 313	Coordinated School Health	3	3	-	-





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	Program				
PEd 314	Personal, Community and Environmental Health	3	3	-	-
PEd 315	Curriculum and Assessment for Physical Education and Health Education for K to 12	3	3	-	-
PEd 316	Process of Teaching PE and Health Education	3	3	-	-
PEd 317	Research in Physical Education 1	3	3	-	-
<b>TOTAL</b>		<b>24</b>	<b>24</b>	<b>-</b>	

<b>THIRD YEAR</b>					
<b>SECOND SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>Lab</b>	<b>Prerequisite</b>
Fili 103	Retorika – Masining na Pagpapahayag	3	3	-	Fili 101, Fili 102
Ed 109	Assessment in Learning 2	3	3	-	Ed 104
Ed 110	Building and Enhancing New Literacies Across the Curriculum	3	3	-	-
PEd 321	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-Traditional: Ultimate Handball, Floorball, Futsal, Sepak Takraw)	3	3	-	-
PEd 322	Sports and Exercise Psychology	3	3	-	-
PEd 323	Drug Education, Consumer Health and Healthy Eating	3	3	-	-
PEd 324	Music in K to 12 Curriculum	3	3	-	-
PEd 325	Administration and Management of Physical Education and Health Education Programs	3	3	-	-
PEd 326	Research in Physical Education 2	1	1	-	PEd 317
<b>TOTAL</b>		<b>22</b>	<b>22</b>	<b>-</b>	

<b>FOURTH YEAR</b>					
<b>FIRST SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>Lab</b>	<b>Prerequisite</b>
Ed 111	Field Study 1	3	3	-	Ed 101 to 110; All PEd Courses



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Ed 112	Field Study 2	3	3	-	Ed 101 to 110 All PEd Courses
Ed 113	Management of Students' Behaviour and Wellness	3	3	-	-
Ed 114	Special Topics in Education	3	3	-	
<b>TOTAL</b>		<b>12</b>	<b>12</b>	<b>-</b>	

<b>FOURTH YEAR</b>					
<b>SECOND SEMESTER</b>					
<b>Code</b>	<b>Course Title</b>	<b>Units</b>	<b>Lec</b>	<b>Lab</b>	<b>Prerequisite</b>
Ed 115	Teaching Internship	6	6	-	Ed 111, 112
Ed 116	Comprehensive Examination	3	3	-	All Academic Courses
<b>TOTAL</b>		<b>9</b>	<b>9</b>	<b>-</b>	