



RA 9299

Republic of the Philippines

June 25, 2004

Negros Oriental State University

NOPS (1907)

NOTS (1927)

EVSAT (1956)

CVPC (1983)

Kagawasan Ave., Dumaguete City, Negros Oriental, Philippines 6200

BACHELOR OF PHYSICAL EDUCATION

Based on CMO 80, s. 2017

Effective June 2018

FIRST YEAR

First Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
GE 1	Understanding the Self	3			
GE 2	Readings in Philippine History	3			
GE 3	The Contemporary World	3			
GE 4	Mathematics in the Modern World	3			
FIL 1	Akademiko sa Wikang Filipino	3			
ED 101	The Child & Adolescent Learners & Learning Principles	3			
PE 1	Physical Fitness and Health	2			
NSTP 1	National Service Training Program 1	3			
	TOTAL	23			

Second Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
GE 5	Purposive Communication	3			
GE 6	Art Appreciation	3			
GE 7	Science, Technology and Society	3			
GE 8	Ethics	3			
GE 9	Life and Works of Rizal	3			
FIL 2	Pagbasa at Pagsulat sa Iba't Ibang Disiplina	3			
ED 102	Building and Enhancing New Literacies Across the Curriculum	3			
PE 2	Recreational Games and Sports	2			
NSTP 2	National Service Training Program 2	3			
	TOTAL	26			

Enhancement (For OFF-TRACK Senior High School graduates)

Basic Human Movement	3
Basic Safety and First Aid	3

Basic Psychosocial Aspect of Sports and Exercise	3
Basic Sports Officiating and Activity Management	3

SECOND YEAR

First Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 201	Technology for Teaching & Learning	3			
ED 203	Facilitating Learner-Centered Teaching	3			
BPEd 1	Philosophical & Sociological Foundations of Physical Education & Sports	3			
BPEd 2	Anatomy & Physiology of Human Movement	3			
BPEd 3	Physiology of Exercise & Physical Activity	3			
BPEd 4	Principles of Motor Control & Learning of Exercise, Sports & Dance	3			
BPEd 5	Applied Motor Control and Learning of Exercise, Sports and Dance	3			
BPEd 6	Movement Education	3			
FIL 3	Mabisa at Masining na Paggpapahayag	3			
PE 3	Rhythmic and Social Recreation	2			
	TOTAL	29			

Second Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 202	The Teaching Profession	3			
ED 204	Foundations of Special & Inclusive Education	3			
BPEd 7	Technology for Teaching & Learning 2 (PE & Health)	3			
BPEd 8	Individual & Dual Sports (Racket Sports, Athletics & Martial Arts)	3			
BPEd 9	Swimming & Aquatics	3			
BPEd 10	Emergency Preparedness & Safety Management	3			
BPEd 11	Applied Motor Controls and Learning of Exercise, Sports and Dance	3			
BPEd 12	Coordinated School Health Program	3			
BPEd 13	Phil. Traditional Dances	3			
PE 4	Cultural Presentation & Sports Management	2			
	TOTAL	29			

THIRD YEAR

First Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 301	The Teacher & the School Curriculum	3			
ED 302	Assessment of Learning 1	3			
ED 303	Methods of Research in Education	3			
BPEd 14	Elective 1: Arts in the K-12 Curriculum	3			
BPEd 15	Curriculum Assessment for Physical & Health Education	3			
BPEd 16	Team Sports (Soccer, Basketball, Volleyball, Baseball, Softball, Handball, Floorball, etc)	3			
BPEd 17	Sports & Exercise Psychology	3			
BPEd 18	Drug Education, Consumer Health Education & Healthy Eating	3			
BPEd 19	Elective 2: Music in the K-12 Curriculum	3			
	TOTAL	27			

Second Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 304	The Teacher & the Community, School Culture & Organizational Leadership	3			
ED 305	Assessment of Learning 2	3			ED 302
BPEd 20	International Dance & Other Forms	3			
BPEd 21	Research in PE	3			
BPEd 22	Process of Teaching PE & Health Education	3			
BPEd 23	Personal, Community & Environmental Health	3			
BSED ASSESS 1	Competency-Based Assessment 1	3			
LIT 1	Philippine Literature	3			
	TOTAL	24			

FOURTH YEAR

First Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 401	Field Study 1	3			
ED 402	Field Study 2	3			
ED 403	Speech and Oral Communication for Teachers	3			
ED 404	Personal & Professional Growth for Teachers	3			
BSED ASSESS 2	Competency-Based Assessment 2	3			
LIT 2	World Literature	3			
	TOTAL	18			

Second Semester					
Subject	Descriptive Title	Lec	Lab	Total	Pre-req.
ED 405	Teaching Internship	6			
BSED ASSESS 3	Competency-Based Assessment 3	3			
	TOTAL	9			

Summary	No. of Units
General Education Courses	42
Professional Education Courses	45
Elective Courses	6
Specialization Courses	63
Mandated Courses	14
Enrichment Courses	15
Total	185
With Enhancement	12
Total	197