

# **First Year**

## **First Semester**

GED0101 – College Academic Skills in English

GED0102 – The Life and Works of Rizal

GED0103 – Mathematics in the Modern World

GED0104 – Science, Technology and Society

GED0105 – Wika, Kultura at Lipunan

FSM1101 – Philosophical and Socio-anthropological Foundations of Physical Education and Sports

WRP0101 – Wellness and Recreation Program 1

NST0101 – National Service Training Program 1

**Total units: 22.5**

## **Second Semester**

GED0106 – Art Appreciation

GED0107 – Readings in Philippine History

GED0108 – Retorika at Panitikan ng Pilipinas

GED0109 – Speech Communication

GED0110 – Understanding the Self

FSM1102 – Anatomy and Physiology of Human Movement

WRP0102 – Wellness and Recreation Program 2

NST0102 – National Service Training Program 2

**Total units: 22.5**

## **Second Year**

### **First Semester**

GED0111 – Purposive Communication

GED0112 – Scholarly Inquiry

GED0113 – The Filipino in the Contemporary World

ESS1201 – Fundamentals of Management Practice

ESS1202 – Operations Management

ESS1101 – Assessment of Fitness and Sports Performance

FSM1105 – Physiology of Exercise and Physical Activity

WRP0103 – Wellness and Recreation Program 3

**Total units: 22.5**

### **Second Semester**

GED0114 – Applied Ethics in Contemporary Times

GED0115 – Pag-aaral ng Wika at Kulturang Rehiyonal

ESS1203 – Principles of Accounting

ESS1204 – Principles of Marketing

ESS1205 – Principles of Finance

ESS1102 – Exercise Prescription and Programming

FSM1104 – Sports and Exercise Psychology

WRP0104 – Wellness and Recreation Program 4

**Total units: 22.5**

# **Third Year**

## **First Semester**

ESS1206 – Human Resource Management and Development

ESS1208 – Basic Macroeconomics

FSM1106 – Research

FSM1103 – Principles of Motor Control and Learning of Exercise, Sports and Dance

FSM1203 – Musculoskeletal Fitness / Resistance Training Methods

FSM1204 – Cardiorespiratory Fitness / Aerobic Training Methods

FSM1205 – Team Sports I

WRP0105 – Wellness and Recreation Program 5

**Total units: 22.5**

## **Second Semester**

FSM1208 – Swimming and Aquatics

FSM1207 – Team Sports II

FSM1301 – Strength and Conditioning

FSM1201 – Individual and Dual Sports I

FSM1202 – Individual and Dual Sports II

FSM1206 – Entrepreneurship and Innovation I

ESS1104 – Ergogenics and Healthy Eating in Exercise and Sports

WRP0106 – Wellness and Recreation Program 6

**Total units: 22.5**

## **Fourth Year**

### **First Semester**

ESS1105 – Coaching Theory and Practice in Exercise and Sports

ESS1106 – Prevention and Management of Exercise and Sports-Related Injuries

FSM1107 – Contemporary Issues in Exercise and Sports

FSM1302 – Management of Information System and Technology

ESS1103 – Sports Event Management

ESS1207 – Business Ethics and Law

FSM1209 – Entrepreneurship and Innovation II

WRP0107 – Wellness and Recreation Program 7

**Total units: 22.5**

### **Second Semester**

FSM1211 – Industry Immersion

ESS1107 – Tamaraw Sports Leadership

FSM1210 – Outdoor and Adventure Education

WRP0108 – Wellness and Recreation Program 8

**Total units: 11.5**

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**Total program units: 169**

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