

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

TED1101 – The Teaching Profession

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: 25.5

Second Semester

GED0106 – Art Appreciation

GED0107 – Readings in Philippine History

GED0108 – Retorika at Panitikan ng Pilipinas

GED0109 – Speech Communication

GED0110 – Understanding the Self

TED1102 – The Child and Adolescent Learners and Learning Principles

FSM1102 – Anatomy and Physiology of Human Movement

WRP0102 – Wellness and Recreation Program 2

NST0102 – National Service Training Program 2

Total units: 25.5

Second Year

First Semester

GED0111 – Purposive Communication

GED0112 – Scholarly Inquiry

GED0113 – The Filipino in the Contemporary World

TED1103 – The Teacher and the Community, School Culture and Organizational Leadership

TED1104 – Foundation of Special and Inclusive Education

FSM1105 – Physiology of Exercise and Physical Activity

PED1301 – Movement Education

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

TED1201 – Facilitating Learner-Centered Teaching

TED1202 – Assessment in Learning 1

TED1203 – Technology for Teaching and Learning 1

PED1401 – Administration and Management of Physical Education and Health Education Programs

PED1402 – Contemporary Issues in Health Education, Physical Education and Sports

WRP0104 – Wellness and Recreation Program 4

Total units: 22.5

Summer Term

PED1303 – International Dances and other Forms

PED1304 – Philippine Traditional Dances

PED1305 – Philippine Traditional Games and Sports

FSM1107 – Contemporary Issues in Exercise and Sports

Total units: 12

Third Year

First Semester

TED1105 – Educational Research

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

FSM1104 – Sports and Exercise Psychology

FSM1205 – Team Sports I

PED1201 – Applied Motor Control and Learning of Exercise, Sports and Dance

PED1202 – Technology for Teaching and Learning in PE and Health

PED1203 – Curriculum and Assessment in Physical Education and Health Education

WRP0105 – Wellness and Recreation Program 5

Total units: 22.5

Second Semester

FSM1201 – Individual and Dual Sports I

FSM1202 – Individual and Dual Sports II

FSM1207 – Team Sports II

FSM1208 – Swimming and Aquatics

PED1101 – Research in Physical Education and Health Education

PED1302 – Emergency Preparedness and Response Management

PED1204 – Process of Teaching and PE and Health

WRP0106 – Wellness and Recreation Program 6

Total units: 22.5

Summer Term

TED1204 – Assessment in Learning 2

TED1205 – The Teacher and the School Curriculum

TED1206 – Building and Enhancing New Literacies across the Curriculum

PED1309 – Ballroom, Contemporary and Modern Dances

Total units: 12

Fourth Year

First Semester

TED1301 – Field Study 1 and 2

PED1306 – Personal, Community and Environmental Health

PED1307 – Drug Education, Consumer Health Education and Healthy Eating

PED1308 – Coordinated School Health Program

WRP0107 – Wellness and Recreation Program 7

Total units: 16.5

Second Semester

TED1106 – Comprehensive Education Course

TED1107 – The Tamaraw Educator

TED1302 – Teaching Internship

WRP0108 – Wellness and Recreation Program 8

Total units: 11.5

Total program units: 193
