



Republic of the Philippines  
**JOSE RIZAL MEMORIAL STATE UNIVERSITY**

*The Premier University in the Province of Zamboanga del Norte*

Gov. Guanding Adaza St., Sta. Cruz, Dapitan City  
 Province of Zamboanga del Norte



Level III



Registration No. 62Q17082  
**INSTITUTIONAL LEVEL**

**BACHELOR OF Physical Education**  
*(based on CMO No. 80 s. 2017)*

**FIRST YEAR**

First Semester				Second Semester			
Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite	Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite
SPEC 101-PE	Movement Education	3		SPEC 102-PE	Physiology of Exercise and Physical Activity	3	
PED 11	The Child and Adolescent Learner and Learning Principles	3		SPEC 103-PE	Principles Motor Control and Learning of Exercise, Sports and Dance	3	
GE-US	Understanding the Self	3		SPEC 104-PE	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	3	
GE-PC	Purposive Communication	3		PED 12	Facilitating Learning-Centered Teaching	3	
FIL 1	Kontekstwalisadong Komunikasyon sa Filipino	3		GE-CW	Contemporary World	3	
GE-PH	Readings in Philippine History	3		FIL 2	Filipino sa Iba't Ibang Disiplina	3	
PE 11	Movement Enhancement (ME)	2		GE-MM	Mathematics in the Modern World	3	
NSTP 1	Nat'l. Service Training Prog. 1	3		PE 12	Fitness Exercise (FE)	2	PE 11
<b>TOTAL</b>		<b>23</b>		NSTP 2	Nat'l. Service Training Prog. 2	3	NSTP 1
				<b>TOTAL</b>		<b>26</b>	

**SECOND YEAR**

First Semester				Second Semester			
Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite	Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite
SPEC 105-PE	Anatomy and Physiology of Human Movement	3		SPEC 110-PE	Individual and Dual Sports (Racket Sports, Athletics, Martial Arts)	3	
SPEC 106-PE	Emergency Preparedness and Safety Management	3		SPEC 111-PE	Swimming and Aquatics	3	
SPEC 107-PE	Coordinated School Health Program	3		SPEC 112-PE	Drug Education, Consumer Health Education and Healthy Eating	3	
SPEC 108-PE	Personal, Community and Environmental Health	3		SPEC 113-PE	International Dance and other Forms	3	
SPEC 109-PE	Philippine Dance and Other Forms	3		SPEC 114A-PE	Research I	3	
PED 13	Building and Enhancing New Literacies Across the Curriculum	3		PED 14	Technology for Teaching and Learning	3	
FIL 3	Dalumat sa Filipino	3		PED 15	The Teacher and the Community, School Culture and Organizational Leadership	3	
GE-AA	Art Appreciation	3		GE-E	Ethics	3	
PE 21	Physical Activities Towards Health & Fitness (PATH-Fit) 1 (Dance, Sports, Outdoor & Adventure Activities)	2	PE 12	RIZAL	Rizal's Life and Works	3	
<b>TOTAL</b>		<b>26</b>		PE 22	Physical Activities Towards Health & Fitness (PATH-Fit) 2 (Dance, Sports, Outdoor & Adventure Activities)	2	PE 21
				<b>TOTAL</b>		<b>29</b>	

**THIRD YEAR**

First Semester				Second Semester			
Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite	Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite
SPEC Elec 1	Sports and Exercise Psychology	3		SPEC 116-PE	Team Sports (Soccer/Football, Basketball, Volleyball, Baseball, Softball, Non-traditional: Ultimate, Handball, Floorball, Futsal, SepakTakraw)	3	
SPEC Elec 2	Administration and Management of Physical Education & Health Education Program	3		SPEC 117-PE	Technology Application 2 (Teaching PE and Health Education including Instructional Materials Development)	3	
SPEC 114B-PE	Research 2	3		SPEC 118-PE	Process of Teaching PE & Health Education	3	
SPEC 115-PE	Curriculum and Assessment for Physical Education and Health Education	3		SPEC 119-PE	Philippine Traditional Dances	3	
PED 16	Foundation of Special and Inclusive Education	3		SPEC 120-PE	Applied Motor Control and Learning of Exercise Sports and Dance	3	
PED 17	Assessment in Learning 1	3		PED 18	Assessment in Learning 2	3	
GEE-PGC	Philippine Government & Constitution	3		PED 19	The Teaching Profession	3	
GE-ST	Science, Technology & Society	3		PED 20	The Teacher and the School Curriculum	3	
PAN 1	Sinesosyedad/Pelikulang Panlipunan	3		PAN 2	Sosyedad at Literatura/Panitikang Panlipunan	3	
<b>TOTAL</b>		<b>27</b>		<b>TOTAL</b>		<b>27</b>	

**FOURTH YEAR**

First Semester				Second Semester			
Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite	Course No.	Descriptive Title	Units	Pre-requisite/ Co-requisite
PED 21	Field Study 1	3		PED 23	Teaching Internship	6	
PED 22	Field Study 2	3		PED-Elec	PRE-BOARD	2	
<b>TOTAL</b>		<b>6</b>		<b>TOTAL</b>		<b>8</b>	