

# University of the Philippine Cebu College of Social Sciences

## Associate in Arts (Sports Studies)

2023 Curriculum, Approved by UP President on 23 July 2024

**Study Plan**

Effective First Semester, AY 2024-2025

First Year, First Semester				
GE	COMM 10	Critical Perspectives in Communication	3	none
GE	ARTS 1	Critical Perspectives in the Arts	3	none
Core	SS 102	Human Anatomy and Physiology I	3	none
Core	PEd 91	Fundamental Rhythms	3	none
Elective	Elective A.1	Volleyball	3	none
Elective	Elective B.1	Basketball	3	none
PE	PE 1	Foundations of Physical Fitness	(2)	none
			18	

First Year, Second Semester				
GE	ETHICS 1	Ethics and Moral Reasoning in Everyday Life	3	none
GE	KAS 1	Kasaysayan ng Pilipinas	3	none
Core	SS 110	Basic Weight Training	3	none
Major	PEd 92	Philippine Games	3	none
Major	PEd 100	Introduction to Physical Education and Sports Sciences	3	none
Elective	Elective A.2	Volleyball	3	Elective (A.1)
PE	PE 2		(2)	none
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Midyear				
Major	PEd 176	Recreation for Special Groups	3	none
Major	PEd 151	Folk Dance	3	PEd 91
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Second Year, First Semester				
GE	MATH 10	Mathematics, Culture and Society	3	none
Core	SS 103	Human Anatomy and Physiology II	3	SS 102
Core	PEd 93	Philosophy of Sports & Physical Education	3	none
Core	SS 104	Tests & Measurements in Human Movements	3	none
Major	PEd 174	Outdoor Recreation	3	none
Major	SS 120	Basic Fitness Dance	3	PEd 91
PE	PE 2		(2)	none
NSTP	NSTP 1	National Service Training Program (NSTP)	(3)	none
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Second Year, Second Semester				
Required	PI 100	Life and Works of Jose Rizal	3	none
Elective	Elective B.2	Basketball	3	Elective (B.1)
Core	SS 130	First Aid	3	none
Major	PEd 172	Community Recreation	3	none
Major	PEd 196	AASS Internship	3	none
Major	PEd 130.1	Basic Aquatics	3	none
PE	PE 2		(2)	none
NSTP	NSTP 2	National Service Training Program (NSTP)	(3)	none
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