

**University of the Philippines  
College of Social Sciences**

Name \_\_\_\_\_

Student No. \_\_\_\_\_

AY and Semester Admitted \_\_\_\_\_

**Bachelor of Physical Education (BPE)**

2025 Curriculum, Approved during the 1401<sup>st</sup> BOR Meeting on 26 June 2025

**Study Plan**

Effective First Semester, AY 2025-2026



First Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Core	PEd 91	Fundamental Rhythm	3	
Elective (Sports)	Elective A.1	Basic Volleyball	3	
Elective (Sports)	Elective B.1	Basic Basketball	3	
Free Elective 1:	Psych 101	Introduction to Psychology	3	
GE Core 1:	KAS 1	Kasaysayan ng Pilipinas	3	
GE Core 2:	Math 10	Mathematics, Culture and Society	3	
Required	PE 2	Foundations of Physical Fitness	(2)	
<b>Total</b>			<b>18</b>	

First Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Core	PEd 100	Introduction to Physical Education and Sports Sciences	3	
Major	PEd 92	Philippine Games	3	
Elective (Sports)	Elective A.2	Advanced Volleyball	3	Elective A.1
Free Elective 2:	Philo 171	ETHICS	3	
Free Elective 3:	Anthro 181	Concepts, Theories, and Present-day Implications	3	
Free Elective 4: GE Core 3	Science 11	Living Systems, Concepts, and Dynamics	3	
Required	PE 2		(2)	
<b>Total</b>			<b>18</b>	

Second Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Core	SS 102	Human Anatomy and Physiology I	3	
Major	PEd 151	Folk Dance	3	
Major	PEd 174	Outdoor Recreation	3	
Elective (Sports)	Elective B.2	Advanced Basketball	3	Elective B.1
GE Core 5:	ARTS 1	Critical Perspective in the Arts	3	
GE Core 6:	STS 1	Science, Technology, and Society	3	
GE Core 7:	Comm 10	Critical Perspectives in Communication	3	
Required	NSTP 1		(3)	
Required	PE 2		(2)	
<b>Total</b>			<b>21</b>	

Second Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Core	PEd 93	Philosophy of Sports and Physical Education	3	
Core	SS 103	Human Anatomy and Physiology II	3	SS 102
Core	SS 110	Basic Weight Training	3	
GE Elective 1:	Fil 40	Wika, Kultura, at Lipunan	3	
GE Elective 2:	Philo 30	Philosophy of Technology	3	
GE Elective 3:	Soc Sci 2	Social, Economic, and Political Thought	3	
Required	NSTP 2		(3)	
Required	PE 2		(2)	
<b>Total</b>			<b>18</b>	

Third Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Major	EDFD 116	Educational Psychology	3	
Core	SS 130	First Aid	3	
Core	SS 140	Exercise Physiology I	3	SS 102, SS 103
Core	SS 151	Biomechanics I	3	
Major (Elec. Act)	PEd 172	Community Recreation	3	
Major (Elec. Act)	PEd 153.1	Basic Ballroom Dance	3	PEd 91
GE Elective 4:	CW 10	Creative Writing for Beginners	3	
<b>Total</b>			<b>21</b>	

Third Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Major	PEd 95	Adapted Physical Education	3	
Core	SS 150	Acquisition of Motor Skills	3	SS 103, SS 140
Core	SS 152	Biomechanics II	3	SS 151
Major (Elec. Act.)	SS 120	Basic Fitness Dance	3	PEd 91
Major (Elec. Act.)	PEd 132.1	Basic Gymnastics	3	PEd 91
Free Elective 5:	ELECTIVE A.2	Advanced Volleyball	3	Elective A.1
			<b>Total</b>	<b>18</b>

Fourth Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Major	PEd 190	Management of Sports and Recreation Related Services	3	
Major	PEd 194	Methods and Strategies in Physical Education	3	
Core	SS 104	Tests and Measurements in Human Movements	3	
Core	SS 171	Prevention and Management of Human Movement Injuries	3	SS 152
Core	SS 191	Principles of Coaching	3	
Free Elective 6: GE 8	ETHICS 1		3	
			<b>Total</b>	<b>18</b>

Fourth Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Legislated Course	PI 100	Life and Works of Rizal	3	
Major	PEd 94	Administration and Supervision of Physical Education	3	
Major	PEd 197	Practice Teaching in Physical Education	6	PEd 194
Core	SS 170	Methods of Physical Conditioning	3	SS 140
			<b>Total</b>	<b>15</b>