

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

Name _____

Student No. _____

AY and Semester Admitted _____

Bachelor of Sports Science (BSS)

2025 Curriculum, Approved during the 1401st BOR Meeting on 26 June 2025

Study Plan

Effective First Semester, AY 2025-2026



Third Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Prescribed	PSYCH 101	Introduction to Psychology	3	
Core	SS 140	Exercise Physiology I	3	SS 102, SS 103
Core	SS 151	Biomechanics 1	3	SS 102, SS 103
Major	SS 160	Sports in Society and Culture	3	
Major	SS 105	Human Bioenergetics in Exercise and Sports	3	
GE	ELECTIVE 1	PHILO 30: Philosophy of Technology	3	
GE	CORE 6	SAS Self and Society	3	
Total			21	

Third Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Major	SS 141	Exercise Physiology II	3	SS 140
Core	SS 150	Acquisition of Motor Skills	3	SS 103
Core	SS 152	Biomechanics II	3	SS 151
Major	SS 161	Psychology in Sports	3	Psych 101
Core	SS 170	Methods of Physical Conditioning	3	SS 140
GE	CORE 7	SCIENCE 11:	3	
GE	ELECTIVE 2	PHIL ARTS 1:	3	
Total			21	

Third Year, MidYear				
	Course Code	Course Title	Units	Prerequisites
Major	PEd 190	Management of Sports and Recreation Related Activities	3	
Core	SS 171	Prevention and Management in Human Movement-Related Injuries	3	SS 152
Total			6	

Fourth Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Prescribed	FN110	Food, Nutrition, and Society	3	
Major	SS 181	Ergogenics in Human Movement-Related Activities	3	
Major	SS 199	Research Methods	3	
Prescribed	STAT 101	Elementary Statistics	3	
GE	CORE 8	STS 1:	3	
GE	ELECTIVE 3	WIKI 1:	3	
Total			18	

Fourth Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Major	SS 111	Advanced Weight Training	3	SS 110
Major	SS 121	Advanced Fitness Dance	3	SS 120
Core	SS 191	Principles of Coaching	3	
Major	SS 197	BSS Internship	3	
Major	SS 200	Research	3	SS 199
GE	ELECTIVE 4	SOC SCI:	3	
Total			18	