

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

Name _____
AY and Semester Admitted _____

Student No. _____

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



First Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Core	PEd 91	Fundamental Rhythm	3	
Core	SS 102	Human Anatomy and Physiology I	3	
GE Core 1	Comm 10	Critical Perspective in Communication	3	
GE Core 2	KAS 1	Kasaysayan Ng Pilipinas	3	
GE Core 3	Math 10	Mathematics, Culture and Society	3	
GE Elective 1	Phil Arts 1	Philippine Arts and Culture	3	
Required	PE 1	Foundations of Physical Fitness	(2)	

Total 18

First Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Core	PEd 93	Philosophy of Sports and Physical Education	3	
Core	PEd 100	Introduction to Physical Education and Sports Sciences	3	
Core	SS 103	Human Anatomy and Physiology II	3	SS 102
Core	SS 110	Basic Weight Training	3	
Major	SS 120	Basic Fitness Dance	3	PEd 91
GE Core 4	SAS 1	Self and Society	3	
GE Elective 2	Philo 30	Philosophy of Technology	3	
Required	PE 2		(2)	

Total 21

Second Year, First 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
Prescribed	Stat 101	Elementary Statistics	3	
Elective (Recreation)	PEd 176	Recreation for Special Groups	3	
GE Core 5	Science 11	Living Systems, Concepts and Dynamics	3	
GE Core 6	ETHICS 1	Ethics and Moral Reasoning in Everyday Life	3	
GE Elective 3	WIKI 1	Wika, Kultura, at Lipunan	3	
Required	NSTP 1		(3)	
Required	PE		(2)	

Total 21

Second Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Core	SS 104	Tests and Measurements in Human Movements	3	
Major	SS 105	Human Bioenergetics in Exercise and Sports	3	
Core	SS 130	First Aid	3	
Elective (sports)	PEd 130.1	Basic Aquatics	3	
Elective 1	Elective A.1	Basic Volleyball	3	
GE Core 7	ARTS 1	Critical Perspective in the Arts	3	
GE Elective 4	Soc Sci 2	Social, Economic and Political Thought	3	
Required	NSTP 2		(3)	
Required	PE 2		(2)	

Total 21

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, SS103
Core	SS 151	Biomechanics I	3	SS 102, Math 10
Major	SS 160	Sports in Society and Culture	3	
Elective (Dance)	PEd 151	Folk Dance	3	
Elective (Core)	Elective B.1	Basic Basketball	3	

Total 18

Third Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Major	SS 141	Exercise Physiology II	3	SS 140, SS 105
Core	SS 150	Acquisition of Motor Skills	3	SS 102
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
Elective 3	ELECTIVE A.2	Advanced Volleyball	3	Elective A.1

Total 18

Fourth Year, First Semester				
	Course Code	Course Title	Units	Prerequisites
Prescribed	FN110	Food, Nutrition, and Society	3	
Major	PEd 190	Management of Sports and Recreation-Related Services	3	
Core	SS 171	Prevention and Management of Human-Related Injuries	3	SS 152
Major	SS 181	Ergogenics in Human Movement-Related Activities	3	
GE	SS 199	Research Methods	3	
GE	STS 1	Science, Technology, and Society	3	
Total			18	

Fourth Year, Second Semester				
	Course Code	Course Title	Units	Prerequisites
Legislated Course	PI 100	Life and Works of Rizal	3	
Core	SS 191	Principles of Coaching	3	
Major	SS 197	BSS Internship	3	
Major	SS 200	Thesis	3	SS 199
Total			12	