

MABALACAT CITY COLLEGE
Dolores, Mabalacat, Pampanga
BACHELOR OF PHYSICAL EDUCATION (BPED)
(CMO No. 80 Series of 2017)
Date of Effectivity A. Y. 2018 - 2019

CONTENTS NOTED

Name: _____

First Year					Second Semester				
GRADE	Code	Course Description	PreReq	Units	GRADE	Code	Course Description	PreReq	Units
	GEC101	Understanding the Self	None	3		GEC104	The Contemporary World	None	3
	GEC102	Readings in Philippine History	None	3		GEC105	Mathematics in the Modern World	None	3
	GEC103	Purposive Communication	None	3		GEC106	Art Appreciation	None	3
	ICT1	Introduction to Computer	None	3		ICT2	Computer Application	ICT1	3
	Elective1	Environmental Science	None	3		Elective2	Gender and Society	Elective1	3
	BPE 101	Philosophical and Socio-Anthropological Foundations of Physical Education and Sports	None	3		BPE 103	Physiology of Exercise and Physical Activity	None	3
	BPE 102	Anatomy and Physiology of Human Movement	None	3		BPE 104	Principles of Motor Control and Learning of Exercise, Sports, and Dance	None	3
	PE1	Movement Enhancement	None	2		PE2	Fitness Exercises	PE1	2
	NSTP1	LTS with Environmental Education	None	3		NSTP2	LTS with Risk and Disaster Management	NSTP1	3
	KOMFIL	Kontakwalisadong Komunikasyon sa Filipino	None	3		FILDIS	Filipino sa Iba't Ibang Disiplina	KOMFIL	3
	MCC 101	Mabalacat Studies: History, Culture, and Arts	None	2		MCC 102	Mabalacat City College: Philosophical Foundations	None	2
TOTAL UNITS: 31					TOTAL UNITS: 31				

GPA: _____

Evaluated by: _____

GPA: _____

Evaluated by: _____

First Semester					Second Semester				
GRADE	Code	Course Description	PreReq	Units	GRADE	Code	Course Description	PreReq	Units
	GEC107	Science, Technology and Society	None	3		Elective3	The Entrepreneurial Mind	None	3
	GEC108	Ethics	None	3		PCK102	Technology for Teaching and Learning 1	None	3
	FTC101	The Child and Adolescent Learners and Learning Principles	None	3		PCK103	Building and Enhancing New Literacies Across the Curriculum	None	3
	FTC102	Foundation of Special and Inclusive Education	None	3		PCK 104	Assessment in Learning 1	None	3
	PCK 101	Facilitating Learner-Centered Teaching	None	3		BPE 109	Emergency Preparedness and Safety Management	None	3
	BPE 105	Applied Motor Control and Learning of Exercise Sports, and Dance	None	3		BPE 110	Philippine Traditional Games	None	3
	BPE 106	Movement Education	BPE 102	3		BPE 111	Coordinated School Health Program	None	3
	BPE 107	Philippine Traditional Dance	None	3		Cognate 1	Music in the K-12 Curriculum	None	3
	BPE 108	Swimming and Aquatics	None	3		PE4	Physical Activity Towards Health and Fitness II	PE3	2
	PE3	Physical Activity Towards Health and Fitness I	PE2	2	TOTAL UNITS: 26				

GPA: _____

Evaluated by: _____

GPA: _____

Evaluated by: _____

GENERAL EDUCATION COMPREHENSIVE EXAMINATION									
First Semester					Second Semester				
GRADE	Code	Course Description	PreReq	Units	GRADE	Code	Course Description	PreReq	Units
	PCK105	The Teacher and the School Curriculum	None	3		FTC103	The Teaching Profession	None	3
	BPE 112	Personal, Community and Environmental Health	None	3		FTC104	The Teacher and the Community, School Culture and Organizational Leadership	None	3
	BPE 113	Individual and Dual Sports	PE3	3		BPE 116	Process of Teaching PE & Health Education	None	3
	BPE 121	Sports and Exercise Psychology	None	3		Rizal	Life and Works of Rizal	None	3
	Cognate 2	Arts in the K-12 Curriculum	None	3		BPE 117	Curriculum and Assessment for Physical Education and Health Education	PCK 103, PCK 104, PCK 106	3
	BPE 114	Drug Education, Consumer Health Education and Healthy Eating	None	3		BPE 118	Technology Application in Teaching PE and Health Education including Instructional And Materials Development	PCK 102	3
	BPE 115	Research in Physical Education and Health	None	3		BPE 119	Team Sports	None	3
	PCK 106	Assessment in Learning 2	PCK 104	3		BPE 120	International Dance and other Forms	BPE 107	3
TOTAL UNITS: 24					TOTAL UNITS: 24				

GPA: _____

Evaluated by: _____

GPA: _____

Evaluated by: _____

PROFESSIONAL EDUCATION COMPREHENSIVE EXAMINATION									
First Semester					Second Semester				
GRADE	Code	Course Description	PreReq	Units	GRADE	Code	Course Description	PreReq	Units
	FS1	Field Study 1. Observations of Teaching - Learning in Actual School Environment	All Prof. Ed. And Major Courses	3		ELC	Teaching Internship	FS1 and FS2	6
	FS2	Field Study 2. Participation and Teaching Assistantship	All Prof. Ed. And Major Courses	3	TOTAL UNITS: 6				

GPA: _____

Evaluated by: _____

GPA: _____

Evaluated by: _____

CONTENTS NOTED

Prepared by:
Susan E. Manuel
Susan E. Manuel, LPT, MPES
Field of Study Head, Physical Education Program

Noted by:
Conrad M. Buerkley
Conrad M. Buerkley, LPT, Ed.D
Dean, Institute of Arts, Sciences and Teacher Education

LORA L. YUSI
Chief Education Program Specialist

Recommending Approval:
Myrna C. Galma
Myrna C. Galma, CPA, Ph.D.
Vice President for Academic Affairs

Gloria R. Policarpio
Gloria R. Policarpio, MPH
College Registrar

Approved:
Michelle Kallian-Ong
Michelle Kallian-Ong, DPA
College President

6-10-2019