

Course Description

CERTIFICATE IN PHYSICAL EDUCATION

PE 100. FOUNDATION OF PHYSICAL FITNESS

The concepts of physical fitness and the value and importance of corrective exercises in order to improve the total fitness of the body.

2 hours a week lecture

Credit: 2 units

PE 105. RHYTHMIC ACTIVITIES

Study of the basic movements and rhythmic skills used in learning and performing simple and natural dance steps and dance terms needed in the social interpretation and performance of Philippine folk dances, including social, and popular dances.

Prerequisite: PE 100

2 hours a week lecture

Credit: 2 units

PE 110. INDIVIDUAL AND DUAL SPORTS

Study of history, rules and regulation sports and their importance in learning the fundamental skills.

Prerequisite: PE 100

2 hours a week lecture

Credit: 2 units

PE 115. TEAM SPORTS

Fundamental skills of the game to include teaching the proper techniques of skill development for students to develop self-confidence and interest to participate in the game.

Prerequisite: PE 100

2 hours a week lecture

Credit: 2 units

PE 200. FOUNDATION OF Physical Education and SPORTS

Historical, philosophical and sociological development needed to understand the principles and theories of physical education, health, and music education as these relate the past to contemporary issues, concerns and development.

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 205. ANATOMY & PHYSIOLOGY

Relationship of the body parts and the scientific analysis of movements to enable students to understand the body functions and to design exercise, fitness and conditioning programs for lifetime use.

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 210. SPORTS II – DUAL SPORTS

Fundamental skills of the game; teaching of the proper techniques of skill development for the students to develop self-confidence and interest to participate in competitive games.

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 215. ADMINISTRATION AND SUPERVISION OF PHYSICAL EDUCATION AND SPORTS

Managing and supervising athletic sports competition, budgetary preparation, and programming

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 220. SAFETY EDUCATION AND FIRST AID

Training in first aid measures to prevent accidents and to care for the injured or victims of disasters anytime.

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 225. ADVANCE GYMNASTICS

Different skills in gymnastics like stunts, tumbling, pyramid building, rhythmic gymnastics, and the basic skills on the vaulting box; correct execution of movements knowing what the body can do.

Prerequisite: PE 100

3 hours a week lecture

Credit: 3 units

PE 230. PHILIPPINE FOLK DANCE

The basic of Philippine folk dancing to students, future teachers, dance trainers, rehearsal masters, dance enthusiasts and dancers and equips them with the necessary knowledge, information and skills in folk dancing. The different activities will help them interpret dance literatures and produce or create a dance production in which they can apply the instructional strategies, techniques, and procedures in teaching folk dances.

3 hours a week lecture

Credit: 3 units

PE 235. SPORTS I – ATHLETICS/SWIMMING

Major course offered to teacher education students majoring/minoring in physical education.

3 hours a week lecture

Credit: 3 units

**PE 240. TEAM SPORTS I BASKETBALL/
VOLLEYBALL**

The fundamental skills of the game and of teaching the proper techniques of skill development for students to develop self-confidence and interest to participate in team games and competition.

3 hours a week lecture

Credit: 3 units

PE 245. TEAM SPORTS II SOFTBALL/ BASEBALL

Teaching and improving student's fundamental skills in playing team games and the rules while practicing different defensive and offensive strategies useful in coaching and officiating the games.

Prerequisite: none

3 hours a week lecture

Credit: 3 units

PE 260. DANCE II – FOREIGN FOLK DANCES

The basics and complexities in teaching and learning foreign folk dances; interpreting dance literatures and production of dance report in instructional strategies, techniques, and procedures in teaching foreign folk dances.

3 hours a week lecture

Credit: 3 units

**PE 265. TEACHING METHODS AND STRATEGIES
OF PHYSICAL EDUCATION AND
SPORTS**

Development and preparation of instructional materials and motivational aids for physical education.

3 hours a week lecture

Credit: 3 units

PE 270. SPORTS PSYCHOLOGY

Overall psychological well being of athletes and individuals engaged in exercise and sports; factors associated with participation and performance in all kinds of physical activities; behavior and experiences of people involved in sports; development of more effective techniques in enhancing performance or enriching existing ones.

3 hours a week lecture

Credit: 3 units

PE 275. RECREATION LEADERSHIP

Organizing and managing different recreational activities.

3 hours a week lecture

Credit: 3 units