

Institute of Sports, Physical Education and Recreation

FIRST YEAR

FIRST SEMESTER

CATALOUGE NUMBER		DESCRIPTIVE TITLE	LEC	LAB	TOTAL	PREREQUISITE
PE	200	Foundation of Physical Education & Sports	3	0	3	NONE
PE	235	Sports 1 - Athletics/Swimming	3	0	3	NONE
PE	215	Administration and Supervision of PE & Sports	3	0	3	NONE
PE	225	Advance Gymnastics	3	0	3	NONE

SECOND SEMESTER

CATALOUGE NUMBER		DESCRIPTIVE TITLE	LEC	LAB	TOTAL	PREREQUISITE
PE	205	Anatomy and Physiology	3	0	3	CHEM 100
PE	210	Sports II - Dual Sports	3	0	3	ENGL 100
PE	240	Team Sports I - Basketball / Volleyball	3	0	3	FILI 100
PE	230	Dance I - Philippine Folk Dances	3	0	3	NONE

SECOND YEAR

FIRST SEMESTER

CATALOUGE NUMBER		DESCRIPTIVE TITLE	LEC	LAB	TOTAL	PREREQUISITE
PE	245	Team Sports II - Softball / Baseball	3	0	3	NONE
PE	270	Sports Psychology	3	0	3	NONE
PE	265	Teaching Methods & Strategies of PE & Sports	3	0	3	NONE

SECOND SEMESTER

CATALOUGE NUMBER		DESCRIPTIVE TITLE	LEC	LAB	TOTAL	PREREQUISITE
PE	260	Dance II - Foreign Folk Dances	3	0	3	NONE
PE	275	Recreation Leadership	3	0	3	NONE
PE	220	Safety Education and First Aid	3	0	3	NONE

Total Number of units : 42