

# BACH OF PHYSICAL EDUC MAJOR IN SPORTS & WELLNESS MGT

## FIRST YEAR

### First Semester

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	BENE1	St. Benedict and the Holy Rule	1	0	(1)
✗	COMP1	Fundamentals of Computer Software and Applications	3	3	3
✗	ENG01	Basic English Language Competency	3	0	3
✗	ERTSC	Earth Science and the Environment	3	0	3
✗	FILI1	Komunikasyon sa Akademikong Filipino	3	0	3
✗	HIST1	Philippine History with Politics and Governance	3	0	3
✗	HKD01	Physical Fitness Test/Gymnastics, Aerobics	2	0	(2)
✗	MTH01	College Algebra	3	0	3
✗	NSTP1	National Service Training Program I	3	0	(3)
✗	PEPBA	Bedan Awareness and Personality Development Program	1	0	(1)
✗	PSYCH	General Psychology	3	0	3
<b>Total Units</b>					<b><u>21/(7)</u></b>

### Second Semester

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	BIOSC	Biological Science	3	0	3
✗	ENG02	Business Communication	3	0	3
✗	FILI2	Pagbasa at Pagsulat Tungo sa Pananaliksik	3	0	3
✗	GENST	Gender Studies	0	0	3
✗	HIST2	Society and Culture with Family Planning	3	0	3
✗	HKD02	Rhythmic Activities, Lead Up Games	0	0	(2)
✗	HRSOP	Human Relations and Social Orientation Program	0	1	(1)
✗	NSTP2	National Service Training Program II	0	3	(3)
✗	SW101	Foundations of Physical Education, Sports and Wellness	3	0	3
✗	THED1	Introduction to Theology and Biblical Studies	3	0	(3)
<b>Total Units</b>					<b><u>18/(9)</u></b>

## SECOND YEAR

### First Semester

Subject Code	Description	Lec	Lab	Units
✗ BIOSTAT	Biostatistics	3	0	3
✗ FILI3	Masining na Pagpapahayag	3	0	3
✗ HKD03	Individual/ Dual Sports	2	0	(2)
✗ SW102	Human Anatomy and Physiology	3	0	3
✗ SW103	Introduction to Biomechanics	3	0	3
✗ SW105	Fitness & Wellness Activities (Methods of Physical Conditioning and Health R	3	0	3
✗ SW106	Leisure & Recreational Activities (Indoor & Outdoor)	3	0	3
✗ SW107	Principles of Sports and Wellness Management	3	0	3
✗ SW110	Facilities and Resource Management	3	0	3
✗ THED2	New Testament	3	0	(3)
<b>Total Units</b>				<b><u>24/(5)</u></b>

### Second Semester

Subject Code	Description	Lec	Lab	Units
✗ ENG04	Research Methods and Applications	3	0	3
✗ HKD04	Team Sports	2	0	(2)
✗ HUM01	Art, Man and Society	3	0	3
✗ PHLO1	Introduction to Philosophy with Logic and Critical Thinking	3	0	3
✗ SW104	Sports Activities (Individual-Combative and Team Sports)	6	0	6
✗ SW111	Sports & Wellnes Progam Finance & Accounting	3	0	3/(0)
✗ SW113	Introduction to Sports and Wellness Psychology	3	0	3
✗ SW122	Sports History	3	0	3
✗ THED3	Church, Sacraments and Family Life	3	0	(3)
<b>Total Units</b>				<b><u>24/(5)</u></b>

**THIRD YEAR****First Semester**

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	ELEC1	Elective Course 1	0	0	2
✗	SW109	Marketing & Promotion in Sports & Wellness (Sales Mgt)	3	3	3
✗	SW112	Organization & Mgt of Physical Education Sports and Wellness (Practicum)	6	0	6
✗	SW115	Sports and Wellness Law (Governance & Policies)	3	0	3
✗	SW117	Sports and Wellnes Ethics	3	0	3
✗	SW118	Human Resource Management	3	0	3
✗	THED4	Contemporary Moral Theology	3	0	(3)
<b>Total Units</b>					<b><u>20/(3)</u></b>

**Second Semester**

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	ELEC2	Elective Course 2	0	0	2
✗	SW108	Sports and Wellness Communication and Culture	3	0	3
✗	SW114	Measurement and Evaluation in Physical Education, Sports and Wellness	3	0	3
✗	SW116	Management of Sports Competition and Events	3	0	3
✗	SW119	Applied Sports and Wellness Nutrition	3	0	3
✗	SW120	Sports and Wellness Tourism	3	0	3
✗	SW121	Emergency Preparedness & Response Management	3	0	3
✗	THED5A	Social Justice	3	0	(3)
<b>Total Units</b>					<b><u>20/(3)</u></b>

## FOURTH YEAR

### First Semester

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	BENE2	Selected Topics on the Rule of St. Benedict	1	0	(1)
✗	ECON1	Introduction to Economics with Land Reform and Taxation	3	0	3
✗	ELEC3	Sports and Wellness Activities for People with Disabilities	3	0	3
✗	LIT01	Philippine Literature	3	0	3
✗	SW123	Research 1	3	0	3
✗	SW130	Practicum 1 (Sports) (180-200hrs)	3	0	3
<b>Total Units</b>					<b><u>15/(1)</u></b>

### Second Semester

	<b>Subject Code</b>	<b>Description</b>	<b>Lec</b>	<b>Lab</b>	<b>Units</b>
✗	BENE3	Benedictine Spirituality and the Corporate World	1	0	(1)
✗	ELEC4	Sports Journalism	3	0	3
✗	LIT02	World Literature	3	0	3
✗	RIZAL	Rizal's Life and Works	3	0	3
✗	SW124	Research 2	3	0	3
✗	SW131	Practicum 2 (Wellness) (180-200 hrs)	3	0	3
<b>Total Units</b>					<b><u>15/(1)</u></b>

