

<b>LEVEL III</b>	<b>FIRST TERM</b>	
Fundamentals of Sport Management Practice		3
Applied Principles of Accounting For The Sport Industry		3
Cardiorespiratory Fitness/Aerobic Training Methods		3
Applied Principles of Sport Marketing		3
Prevention And Management of Exercise And Sports-Related Injuries (Lec/Lab)		2/1
Macroeconomics In Sport		3
Outdoor And Adventure Recreation		3
Applied Business Ethics And Law In Sport		3
Professional Elective 2		3

**TOTAL UNITS 27**

<b>LEVEL III</b>	<b>SECOND TERM</b>	
Principles of Sport Finance		3
Operations Management for Sport Industry		3
Musculoskeletal Fitness/Resistance Training Methods		3
Applied Human Resource Management for Sport Industry		3
Assessment of Fitness and Sports Performance (lec/Lab)		2/1
Exercise Prescription and Programming Research 1		2/1 3
Contemporary Issues in Exercise and Sports		3

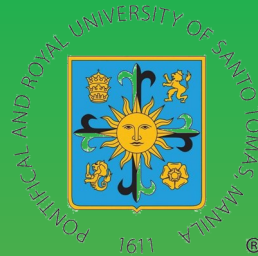
**TOTAL UNITS 24**

<b>LEVEL IV</b>	<b>FIRST TERM</b>	
Research 2		3
Sports Seminar 1		2
Internship (Industry Immersion)		16

**TOTAL UNITS 21**

<b>LEVEL IV</b>	<b>SECOND TERM</b>	
Sports Seminar		2
Internship (Entrepreneurship and Innovation)		16

**TOTAL UNITS 18**



Quadricentennial Pavilion, España Boulevard, Sampaloc  
Manila, Philippines 1008  
Telefac: (+632) 8731-5744 ; Tel: (+632) 8786-1611  
34061611 loc.8642; 8227

<http://sportsinstitute.ust.edu.ph>

#### THE ADMINISTRATION AND ACADEMIC OFFICIALS

**REV. FR. JANNEL N. ABOGADO, O.P., DTPS**  
*DIRECTOR/REGENT*

**ASST. PROF. GILDA M. PAZ R. KAMUS, LPT, MED**  
*DEPARTMENT SECRETARY*

**ASSOC. PROF. JEROME A. PORTO, LPT, DPD**  
*CHAIRPERSON, BPE PROGRAM*

**ASST. PROF. PAULINE A. GABAYAN, LPT, MAT**  
*SERVICE PE MODERATOR*

**ASST. PROF. RODRIGO I. SAMBUANG, JR, LPT, Med**  
*ATHLETICS MODERATOR*

**ASST. PROF. AIDA A. VARAGS, MPES**  
*ACADEMIC COORDINATOR*

**ASST. PROF. DIANA N. DY, LPT, MPES**  
*E-LEARNING SPECIALIST*

**ASST. PROF. MARCELITA L. APOLONIA, LPT, MPES**  
*SIMBAHAYAN COMMUNITY DEVELOPMENT*

**MS. JASMIN S. SIMPAO, LPT, MS**  
*STUDENT WELFARE AND DEVELOPMENT*

**MS. MIA ELAINE COLLAO-ANDALIZA, LPT, MPES**  
*LIBRARY COORDINATOR*



## UNIVERSITY OF SANTO TOMAS INSTITUTE OF PHYSICAL EDUCATION AND ATHLETICS



### BACHELOR OF PHYSICAL EDUCATION MAJOR IN SPORTS & WELLNESS MANAGEMENT (Bachelor of Exercise and Sports Science Major in Fitness and Sports Management)

#### IPEA GRADUATE ATTRIBUTES

1. Morally, Ethically and Spiritually  
Empowered *Practitioner*.
2. Creative, *Critical Thinker* and *Researcher*.
3. Proficient and Technologically inclined  
*Communicator*.
4. Collaborative and Compassionate *Leader*.
5. Globally engaged *Citizen* and Enthusiastic  
Health and wellness *Advocate*.
6. Responsible and *Innovative Entrepreneur*.
7. Committed *Life Long Learner*.



ISO CERTIFIED  
UST:A019-02-FO35

## INSTITUTE OF PHYSICAL EDUCATION & ATHLETICS

### VISION

Mindful of the centuries-old tradition of excellence of the university, the Institute of Physical Education and Athletics envisions itself to become a leading institution for Physical Education and Sports Development in the Philippines and the Southeast Asian region.

### MISSION

One with the University's mission in her pursuit of truth, guided by reason and illumined by faith, the Institute of Physical Education and Athletics commits to provide highly specialized Physical Activities Through Health and Fitness courses, offer a holistic Sports and Wellness Management curriculum with suitable career preparation programs, and create a balanced athlete development program that reflects and promotes a Christian vision of sports.

## DEPARTMENT OF BACHELOR OF PHYSICAL EDUCATION PROGRAM

### VISION

Mindful of the centuries-old tradition of excellence of the university, the Department of BPE of IPEA envisions itself to become a leading institution for sports education and fitness industry management in the Philippines and the Southeast Asian region.

### MISSION

One with the University's mission in her pursuit of truth, guided by reason and illumined by faith, the Department of BPE of IPEA commits to provide a holistic Sports and Wellness Management curriculum with suitable career preparation programs to form competent fitness and sport industry leaders and managers, responsive to the needs of the community and the demands of fitness and sport industry.

## DEPARTMENT OBJECTIVES

1. To provide holistic fitness and sports management curriculum with suitable career preparation programs
2. To form competent fitness and sport industry leaders and managers who are responsive to the needs of the community.
3. To form competent fitness and sport industry leaders and managers who are responsive to the demands of fitness and sport industry.

## PROGRAM DESCRIPTION

Bachelor of Physical Education major in Sports and Wellness Management (BPE-SW/M) is a four-year program designed to provide graduates with a broad and coherent understanding of applied exercise and sports sciences in terms of fitness and sports coaching, as well as the management of fitness and sports programs in various industry settings. This program allows maximum opportunity for students to pursue various combinations of courses in coaching, programming, and administration, within their particular areas of interest.

## CAREER OPPORTUNITIES

Fitness and Recreation Manager/Consultant  
Sports, Fitness and Wellness Facilities Manager  
Sports, Fitness and Recreational Events Manager  
Sports Brand Manager  
Sports/Fitness Marketing Officer  
Sports Tourism Officer  
Gym Membership Sales Consultant  
Club Operations Specialist  
Fitness, Sports and Recreation Entrepreneur  
Sport Development Program Coordinator/Consultant

## COURSES PLACEMENT PER TERM

LEVEL 1	FIRST TERM	
Filipino 1		3
Christian Vision of the Human Person		3
Philosophical and Socio- Anthropological Foundations of PE and Sports		3
Anatomy of Human Movement and Performance 1 Lec/Lab		2/1
Ergogenics and healthy Eating in Exercise 1 (Lec/Lac)		2/1
Understanding the Self		3
Mathematics in the Modern World		3
PATH-PE 1		2
<u>ROTC/NSTP</u>		<u>3</u>
<b>TOTAL UNITS</b>		<b>26</b>

## LEVEL 1 SECOND TERM

Filipino 2	3
Christian Vision of Marriage and Family	3
Physiology of Exercise and Physical Activity (Lec/Lab)	2/1
Anatomy of Human Movement and Performance 2 (Lec/Lab)	2/1
Principles of Motor Control and Learning of Exercise, Sports and Dance (Lec/Lab)	2/1
Purposive Communication	3
PATH-PE2	2
Ethics	3
<u>ROTC/NSTP</u>	<u>3</u>
<b>TOTAL UNITS</b>	<b>26</b>

## LEVEL II FIRST TERM

Christian Vision of the Church in Society	3
Ergogenics and healthy Eating in Exercise 2 (Lec/Lac)	2/1
Individual and Dual Sports	3
Professional Elective 1	3
The Contemporary World Science, Technology and Society	3
Life and Works of Rizal	3
The Great Works	3
<u>PATH-PE3</u>	<u>2</u>
<b>TOTAL UNITS</b>	<b>26</b>

## LEVEL II SECOND TERM

Readings in Philippine History	3
Living the Christian Vision in the Contemporary World	3
Sports and Exercise Psychology (Lec/Lab)	2/1
Swimming and Aquatics	3
Team Sports	3
Art Appreciation	3
Elective 1	3
Elective 2	3
<u>PATH-PE 4</u>	<u>2</u>
<b>TOTAL UNITS</b>	<b>26</b>