

UNIVERSITY OF THE PHILIPPINES MINDANAO

Bachelor of Sports Science

Name: _____			Student Number: _____		
First Year First Semester			First Year Second Semester		
		Units	Pre-requisites		
GE 1		3		GE 4	
GE 2		3		GE Elective 2	
GE 3		3		PEd 93	Philosophy of Sports and Physical Education
SS 102	Human Anatomy and Physiology	3		PEd 100	Introduction to Physical Education and Sports Science
Ped 91	Fundamental Rhythms	3		SS 103	Human Anatomy and Physiology 2
GE Elective 1		3		SS 110	Basic Weight Training
PE 1		(2)		SS 120	Basic Fitness Dance
				PE 2	
		18		18	
Second Year First Sem			Second Year Second Semester		
		Units	Pre-requisites		
GE 5		3		CHK Elective 1	
GE 6		3		SS 104	Tests and Measurements in Human Movement
GE Elective 3		3		SS 105	Bioenergetics in Exercise and Sports
STAT 101	Elementary Statistics	3		SS 130	First Aid
SS 111	Advanced Weight Training	3		GE Elective 4	
SS 121	Advanced Fitness Dance	3		Elective Activity (Sports)	
Elective Activity (Recreation)		3		GE 7	
PE 2		(2)		PE 2	
NSTP 1		(3)		NSTP 2	
		21		21	
Third Year First Sem			Third Year Second Semester		
		Units	Pre-requisites		
CHK Elective 2		3		CHK Elective 3	
SS 140	Exercise Physiology I	3	SS 102, SS 103	SS 141	Exercise Physiology II
SS 151	Biomechanics I	3		SS 150	Acquisition of Motor Skills
SS 160	Sports in Society and Culture	3		SS 152	Biomechanics II
PSY 101	General Psychology	3		SS 161	Psychology in Sports
Elective Activity (Dance)		3		SS 170	Methods of Physical Conditioning
		18		18	
Fourth Year First Sem			Fourth Year Second Semester		
		Units	Pre-requisites		
GE 8		3		PI 100	The Life and Works of Jose Rizal
SS 171	Prevention and Management of Human Movement Related Injuries	3		SS 191	Principles of Coaching
SS 181	Ergogenics in Human Movement Related Activities	3	SS 141	SS 197	BSS Internship
SS 199	Research Methods	3		SS 200	Thesis
PEd 190	Management of Sports and Recreation Related Services	3			
FN 110	Food, Nutrition and Society	3			
		18			
Total Units: 147					
*Required GE: STS 1, MINSTUD 1, MATH 10, KAS 1, ARTS 1, ETHICS 1					
CHK Electives (9 units) CHK courses not listed in the BSS curriculum and not taken/credits as CHK Elective Activity (such as any course from PEd 120 to 170 series, PEd 92 to PEd 95).					

Signature over printed name