



UNIVERSITY OF THE PHILIPPINES MINDANAO

DIPLOMA IN EXERCISE AND SPORTS SCIENCE



First Semester: First Year

Course	Course Title	Units Pre-req.
PEd 93	Philosophy of Sports amd Physical Education	3
SS 102	Human Anatomy and Physiology 1	3
Elective	(SS 191 Principles of Coaching)	3
		9

Second Semester: First Year

Course	Course Title	Units Pre-req.
SS 103	Human Anatomy and Physiology 2	3
SS 130	First Aid	3
Elective	(PEd 94 Administration and Supervision of Physical Education)	3
Elective	(SS 104 Tests and Measurements in Human Movements)	3
		12

First Semester: Second Year

Course	Course Title	Units Pre-req.
SS 140	Exercise Physiology I	3
SS 150	Acquisition of Motor Skills	3
Elective	(PEd 190 Management of Sports and Recreation Related Services)	3
		9

Second Semester: Second Year

Course	Course Title	Units Pre-req.
Elective	(PEd 92 Philippine Games)	3
Elective	(SS 161 Psychology in Sports)	3
Elective	(PEd 196 CSS Internship)	3
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DESS = 39 Units

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