

LORMA COLLEGES
Carlatan, City of San Fernando, La Union

COURSE DESCRIPTION
Bachelor of Science in Exercise and Sports Science

General Education Courses

ART APPRECIATION (3 UNITS)

This course deals with the nature, function and appreciation of the arts in the contemporary society.

THE CONTEMPORARY WORLD (3 UNITS)

This course deals with the globalization and its impact on individuals, communities and nations, challenges and responses.

PURPOSIVE COMMUNICATION (3 UNITS)

This course deals with writing, speaking and presenting for different audiences and for various purposes.

MATHEMATICS IN THE MODERN WORLD (3 UNITS)

This course deals with the nature of mathematics, appreciation of its practical, intellectual and aesthetic dimensions and application of mathematical tools in daily life.

SCIENCE, TECHNOLOGY AND SOCIETY (3 UNITS)

This course deals with the interaction between science and technology and social, cultural, political and economic contexts which shape and are shaped by them.

LIVING IN THE IT ERA (3 UNITS)

Science, culture and ethics of information technology, its influence on modern living and human relationships, and uses for personal, professional and social advancement.

ENTREPRENEURIAL MIND (3 UNITS)

Meaning and attributes of Entrepreneurship such as innovativeness, risk taking and self-reliance. The social role and impact of entrepreneurship is also discussed.

UNDERSTANDING THE SELF (3 UNITS)

This course deals with the nature and identity factors and forces that affect the development and maintenance of personal identity.

ETHICS (3 UNITS)

This course deals with the principles of ethical behavior in modern society at the level of the person, society and in interaction with the environment and other shared resources.

READINGS IN PHILIPPINE HISTORY (3 UNITS)

This course is all about Philippine History viewed from the lenses of selected primary sources in different periods, analysis and interpretation.

PHILIPPINE POPULAR CULTURE (3 UNITS)

New forms in art, music, and literature arising from opportunities and demands of mass audiences, markets and mass media, and their social, economic, and political contexts.

CHRISTIAN FOUNDATION AND VALUES EDUCATION 1 (3 UNITS)

This course is an overview of the Basic Christian beliefs and values grounded in the Word of God which is the Bible, and which is essential in the spiritual as well as the holistic development of every individual. This course further equips the student's positive attitudes and values toward God, their country, their family, their community and fellowmen.

CHRISTIAN FOUNDATION AND VALUES EDUCATION 2 (3 UNITS)

This course is designed to provide instructions toward righteous living in the sight of God. It includes topics on moral and ethical standards that a student can use in making wise decisions for life.

LIFE, WORKS & TEACHINGS OF DR. JOSE RIZAL (3 UNITS)

This course is designed to orient the students about the life, works and writing of the greatest hero and martyr of our nation from the day of his birth until the day of his death.

PHYSICAL FITNESS AND WELLNESS (2 UNITS)

This course is designed to provide students' knowledge and skills in maintaining a balanced and healthy lifestyle through various physical exercises, healthy diet, and fitness and wellness programs. This course enables the students value the benefits and of physical wellness and fitness and apply its principles in their life.

SELF DEFENSE (2 UNITS)

This course is designed to familiarize the students with the various techniques and strategies in protecting oneself in harmful situations. This course also provides awareness on the students the importance of psychological awareness, alertness, physical health and endurance during difficult situations. Further, it also trains students on physical and mental training in using self-defense techniques.

RHYTHMIC ACTIVITIES (2 UNITS)

This course introduces the art and sport of dancing and provides the necessary skills and understanding for an appreciation of the artistic, athletic, and social qualities of dance. Throughout the course, students will learn various concepts on dance including culture, etiquette, and application in social settings as well as several different styles of dance and the rhythms and types of music to which they are danced. Besides being a learning experience, this is to be an enjoyable course.

DANCES (2 UNITS)

This course deals with dance styles and forms from around the world. It will explore Western dance styles (ballet, jazz, tap, modern, musical theatre and contemporary) as well as cultural dances, folk dances, and performance traditions from around the globe.

CIVIC WELFARE AND TRAINING SERVICE 1 (3 UNITS)

This course is pursuant to Republic Act No. 9163, otherwise known as the National Service Training Act of 2001, which mandates tertiary educational institutions to incorporate in the collegiate curriculum a program aimed at “enhancing civic consciousness and defense preparedness in the youth by developing the ethics of service and patriotism.

CIVIC WELFARE AND TRAINING SERVICE 2 (3 UNITS)

This course is a sequel to NSTP 1 and is destined to immerse students in activities that it will arm them the capability to contribute in the upliftment of the general welfare and the quality of life of the community and the enhancement of its facilities especially those that are devoted to improving the health, environment, entrepreneurship, safety, recreation and morale of the citizen.

SPECIALIZATION COURSES

INTRODUCTION TO EXERCISE AND SPORTS SCIENCES (3 UNITS)

This course covers an introduction to a variety of sub-disciplines within the very broad field of exercise and sport science. It is the gateway course into the Exercise and Sports program as it is designed to introduce to the students the basic information that will be explored in greater depth in the more advanced courses within their major.

PHILOSOPHICAL AND SOCIO-ANTHROPOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS (3 UNITS)

This course aims to provide students with the opportunity to understand and analyze issues related to sociocultural foundations of sport and physical activity. These issues range from historical, anthropological, social and philosophical aspects of sport and physical activity. It is expected that students will develop skills in a range of

understandings and competencies for interpreting and analyzing sport and physical activity issues within the wider and complex social environment.

ANATOMY OF HUMAN MOVEMENT AND PERFORMANCE (3 UNITS)

This course involves the study of the anatomical and the mechanical principles which provide the basis for understanding and analyzing the various forms of human movement.

PHYSIOLOGY OF EXERCISE AND SPORTS (3 UNITS)

This course introduces students to the physiological basis of exercise and/or athletic performance. Specifically, students will study the human body's physiological adaptation to external stressors such as work, exercise, and environmental conditions. This information will be directly related to the basis of health and fitness conditioning for athletes, non-athletes, and special populations, and to a greater understanding of athletic performance limitations.

PRINCIPLES OF MOTOR CONTROL AND LEARNING OF EXERCISE, SPORTS AND DANCE (3 UNITS)

This course introduces the basic theories and applications of motor control and learning. Various motor control theories will be examined with respect to the role of sensory and motor function and how this interaction may impact on our health and ability to perform activities of daily living, exercise and play sport. Students will examine a range of factors that influence the assessment of motor function and how best to assist clients to improve their motor learning and skill acquisition.

INTRODUCTION TO RESEARCH (3 UNITS)

This course is deals with the overview of the nature of research in sport, recreation, and fitness studies. Topics include different types of research in sport, research design, skills in data collection and assessment, and application of research to the management of sport, recreation, and fitness.

SPORTS AND EXERCISE PSYCHOLOGY (3 UNITS)

This course covers an overview of the basic concepts and principles essential to understanding the psychological and behavioral aspects of sport and exercise. Emphasis is given to the conceptual frameworks and the applied aspects of sport performance enhancement and mental skills, exercise behavior and motivation, sociological factors, and health and well-being. Applications are made to future practitioners of coaching, teaching, sports medicine, counseling, sport management, and fitness instruction.

CONTEMPORARY ISSUES IN EXERCISE AND SPORTS (3 UNITS)

This course provides an opportunity for students to integrate information from their educational experiences to critically examine and analyze contemporary issues in sport and exercise from an interdisciplinary perspective. Current issues, trends, and

challenges will be presented with the intent of provoking thought and stimulating debate so that students may identify their role in the resolution of issues.

PHYSICAL ACTIVITY FOR SPECIAL POPULATION (3 UNITS)

This course deals with the practical concepts and information on exercise for persons with a wide range of special diseases and disabilities. Discussion of each unique physiology, effects of the condition on the exercise response, effects of exercise training on the condition, and recommendations for exercise testing and programming is presented in a selected topics format.

INDIVIDUAL AND DUAL SPORTS 1 (3 UNITS)

This course aims to provide venue for students to learn and understand basic skills, rules, strategy and etiquette of individual/dual sports, and incorporates those into structured games.

INDIVIDUAL AND DUAL SPORT II (3 UNITS)

This course is a continuation of Individual and dual sports I that aims to provide venue for students to learn and understand basic skills, rules, strategy and etiquette of individual/dual sports, and incorporates those into structured games.

TEAM SPORTS 1 (3 UNITS)

This course aims to provide opportunity to develop the techniques utilized in fundamental skills for team sports. This course focuses on the various stages of games skill development and on designing a variety of learning experiences for each appropriate sport.

TEAM SPORTS II (3 UNITS)

A continuation of Team Sports I that aims to develop students' abilities to create, organize, demonstrate, and teach a new activity to the class. Students will participate in and develop intermediate to advanced skills in various team activities. They will also demonstrate knowledge of rules and officiating the various activities.

SWIMMING AND AQUATICS (3 UNITS)

This course provides students opportunity for a swimming experience especially those who have had little or no swimming experiences. Instruction will focus on basic swimming skills for beginners to advanced beginners. Skills to be covered include; front crawl with rotary breathing, elementary backstroke, backstroke, sidestroke, breaststroke, comfort in the deep end of the pool, and treading water.

OUTDOOR AND ADVENTURE EDUCATION (3 UNITS)

This course deals with the study of implementation of technical and facilitation skills required in outdoor adventure and evaluating the history, philosophy, and trends in outdoor adventure programming.

CARDIORESPIRATORY FITNESS/ AEROBIC TRAINING (3 UNITS)

The course introduces cardiovascular exercise to improve fitness, health and overall wellness. It provides knowledge and skills needed to perform safe and effective group and individual cardiovascular workouts. It explores principles of physical fitness and fitness program development and promotes physical fitness for the prevention of disease and life-long fitness and well-being.

MUSCULOSKELETAL FITNESS / RESISTANCE TRAINING (3 UNITS)

This course is designed to provide information on how to apply knowledge and skills pertaining to resistance training exercise. It includes discussion on the background of how the human musculoskeletal system is being utilized during physical activity or workout.

SPORTS SEMINAR (2 UNITS)

This course serves as a venue for an oral dissemination and discussion of scientific and current concepts of exercise, sports, and fitness topics. The course will provide an opportunity for the students to hone their oral presentation skills: observation, question, critique, research, and presentation.

INTERNSHIP (INDUSTRY IMMERSION- 6 UNITS)

Internship includes a 450 hours of practical time experiences with an organization where the course theories can be applied to best practices. Students will report for on the job training in selected sports and fitness centers that have affiliation with the school. This course will provide opportunity for the students to work in a fitness or sports facility to experience actual work condition in different settings under the supervision of sports and fitness professionals outside the school.

RESEARCH 2 (ENTREPRENEURSHIP AND INNOVATION – 6 UNITS)

This course is designed to prepare students to become creative, thoughtful, and determined professionals who are able to apply their analytical skills in developing well-planned and socially responsible ventures and innovations and persuasively convince clients or audiences. In addition, students are expected to exploit change as an opportunity for a different business or a different service.

FUNDAMENTALS OF MANAGEMENT PRACTICE (3 UNITS)

This course is designed to introduce the field of Sport Management to the students. The course deals with the discussion of the theory, basic concepts, and principles of management in relation to sport and fitness organizations. It includes discussion on the nature of man, purpose, and motivation.

PRINCIPLES OF ACCOUNTING (3 UNITS)

An introduction course for future professional managers grounded on an entrepreneurial and ethical mindset. The framework consists of typical transactions and accounting problems of single proprietorships and engaged in service and Merchandising businesses.

PRINCIPLES OF MARKETING IN FITNESS AND SPORTS (3 UNITS)

This course covers the principles of marketing, promotion, and public relations to the sport and fitness industry. Students will be introduced to the application of basic principles of marketing to the sport industry with emphasis on intercollegiate athletics and professional sport.

PRINCIPLES OF FINANCE IN FITNESS AND SPORTS (3 UNITS)

This course deals with the concepts and principles in analyzing the financial implications and operating procedures of the athletic industry, including where revenue is obtained, how it is spent, and how to effectively utilize remaining resources to help foster future growth and sound decision-making.

OPERATIONS MANAGEMENT (3 UNITS)

This course deals with the concepts and principles as it relates to planning, development, and maintenance of sport and leisure facilities, including latest trends in international sports facilities and operations, and respective managerial aspects. It aims to prepare prospective sport manager in the design and management of sport related facilities.

MACROECONOMICS (3 UNITS)

This course deals with the introduction of economics of sports and fitness industry. The course covers discussions on the facts about sports economics, how the business of sports operates, and the structure of sports leagues and organizations. Towards the end of the semester, discussions will focus on the economics of athlete compensation – bargaining between players and sports leagues, athletes' contracts, and the role of sports agents.

HUMAN RESOURCE MANAGEMENT (3 UNITS)

This course deals with the essential concepts in human resources in the sport and recreation industries. It includes discussion on the critical aspects of management of human resources within sport and recreational organizations to help aspiring and current professionals maximize their potential in the field.

BUSINESS ETHICS AND LAW (3 UNITS)

This course will merge the principles, rules, and standards of legal ethics that are covered in Sports Ethics and Law, with the real-world ethical dilemmas, tensions, and pressures that confront advising and counseling their business clients.

EXERCISE PRESCRIPTION AND PROGRAMMING (3 UNITS)

This course covers the general techniques used in exercise testing and prescription or adaptations needed in exercise testing and prescription for specific groups of people, including normal or diseased. It includes discussion and application of the pathophysiological concepts to the development and/or application of appropriate exercise testing protocols and prescriptions to the subject populations.

ASSESSMENT OF FITNESS AND SPORT PERFORMANCE (3 UNITS)

This course is a study of the basic principles and methodologies to enhance athletic performance. Emphasis on the concepts of periodization of training as it relates to the goals of the fitness and sport performance. Topics include evaluation and assessment protocols, exercise techniques, and safety.

PREVENTION AND MANAGEMENT OF EXERCISE- AND SPORTS- RELATED INJURIES (3 UNITS)

This course deals with the treatment and prevention of specific sport injuries resulting from activities in the home, recreational, intramural, and extramural settings. Identification of injuries, proper treatment after they occur, and preventative measures. Students learn how to create a safe environment for athletes.

ERGOGENICS AND HEALTHY EATING IN EXERCISE AND SPORTS (3 UNITS)

This course deals with the concepts and principles in relation to classification and function of essential nutrients in the exercise; essential elements of an athlete's diet, ergogenic aids agents; specific supply in different sports: endurance, strength, team, combat; food in special situations. Discussions will focus on sport nutrition guidelines and will cover the mechanisms of fuel use during exercise, nutritional strategies to support weight change, hydration, and ergogenic aids to meet the needs of the high-performance athlete.

COACHING THEORY AND PRACTICE (3 UNITS)

This course covers the study of the theories, models and practices of coaching. It focuses on the discussion of the context of coaching within the broader professions of psychology, and in contrast to counselling, psychotherapy, mentoring, and consulting. Discussions will cover topics on how to set effective goals with clients, interviewing techniques, characteristic of coaching practice and how to structure a coaching session.

DRUGS IN SPORTS (3 UNITS)

This course deals with the study and thorough understanding of injury, illness and/or disease of various body systems. It includes discussion of medical diagnostics, interventions (including pharmacology) and participation considerations for the athletic population.

BIOMECHANICS (3 UNITS)

This course introduces the students to the basic mechanical principles of physical activity and exercise. The structure, composition, and behavior of basic skeletal and muscular tissue, pathomechanics of injury, adaptation to load and degenerative changes associated with aging.

STRENGTH AND CONDITIONING (3 UNITS)

This course will explain the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. Students will study information on the organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations and program design for common high school, collegiate and professional sports. This course will provide the content necessary for students to sit for the national Strength and Conditioning.

CONSUMER BEHAVIOR AND MARKETING RESEARCH (3 UNITS)

This course studies consumer behavior from a marketing perspective. The students will become familiar with consumer behavior models of decision-making, taking a closer look at how consumers process information, develop preferences and make choices. It includes discussion on how different marketing tactics are used by business/organizations to influence consumers.