

BACHELOR OF SCIENCE IN EXERCISE AND SPORTS SCIENCES (BSESS)
Major in Fitness and Sports Management

CURRICULUM CHECKLIST
Effective School Year 2025-2026

FIRST YEAR

First Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
GEC 01	Understanding the Self	-	3	
GEC 02	Readings in Philippine History	-	3	
GEC 03	The Contemporary World	-	3	
GEC 04	Mathematics in the Modern World	-	3	
GEE 01	Living in the IT Era	-	3	
ESS 111	Introduction to Exercise and Sports Sciences	-	3	
PATHFIT1	Movement Competency and Training	-	2	
NSTP 1	Civic Welfare and Training Service 1	-	3	
CFVE 1	Christian Foundation and Values Education 1	-	3	
Total Units			26	

Second Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
GEC 05	Purposive Communication	-	3	
GEC 06	Art Appreciation	-	3	
GEC 07	Science, Technology and Society	-	3	
ESS 121	Anatomy of Human Movement and Performance Lecture	-	2	
ESS 121L	Anatomy of Human Movement and Performance Laboratory	-	1	
ESS 122	Individual and Dual Sports I	-	3	
ESS 123	Team Sports I	-	3	
PATHFIT2	Exercise-based Fitness	PATHFIT1	2	
NSTP 2	Civic Welfare and Training Services 2	NSPT1	3	
CFVE 2	Christian Foundation and Values Education 2	CFVE1	3	
Total Units			26	

SECOND YEAR

First Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
ESS 211	Biomechanics Lecture	ESS 121	2	
ESS 211L	Biomechanics Laboratory	ESS 121	1	
ESS 212	Physiology of Exercise and Sports	ESS 121	3	
ESS 213	Individual and Dual Sports II	ESS 122	3	
ESS 214	Team Sports II	ESS 123	3	
ESS 215	Philosophical and Socio-anthropological Foundations of Physical Education and Sports	-	3	
Rizal	Life, Works, and Teachings of Dr. Jose Rizal	-	3	
GEE 02	The Entrepreneurial Mind	-	3	
PATHFIT3	Dances	PATHFIT 1,2	2	
Total Units			23	

Second Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
ESS 221	Sports and Exercise Psychology	ESS 121	3	
ESS 222	Cardiorespiratory Fitness/ Aerobic Training Methods Lecture	ESS 212	2	
ESS 222L	Cardiorespiratory Fitness/ Aerobic Training Methods Laboratory		1	
ESS 223	Musculoskeletal Fitness / Resistance Training Methods Lecture	ESS 212	2	
ESS 223L	Musculoskeletal Fitness / Resistance Training Methods Laboratory		1	
ESS 224	Principles of Motor Control and Learning of Exercise, Sports, and Dance	ESS 212	3	

ESS 225	Fundamentals of Management Practice	ESS 215	3	
GEE 03	Philippine Popular Culture	-	3	
GEC 08	Ethics	-	3	
PATHFIT4	Sports	PATHFIT 1,2	2	
Total Units			23	

THIRD YEAR

First Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
ESS 311	Strength and Conditioning Lecture	ESS 223	2	
ESS 311L	Strength and Conditioning Laboratory		1	
ESS 312	Coaching Theory and Practice	ESS 221	3	
ESS 313	Outdoor and Adventure Education	ESS 225	3	
ESS 314	Exercise Prescription and Programming Lecture	ESS 222, 223, 224	2	
ESS 314L	Exercise Prescription and Programming Laboratory		1	
ESS 315	Physical Activity for Special Population	ESS 222, 223, 224	3	
ESS 316	Principles of Accounting	ESS 225	3	
ESS 317	Principles of Marketing in Fitness and Sports	ESS 225	3	
Total Units			21	

Second Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
ESS 321	Prevention and Management of Exercise- and Sports- related injuries Lecture	ESS 311, 314	2	
ESS 321L	Prevention and Management of Exercise- and Sports- related injuries Laboratory		1	
ESS 322	Assessment of Fitness and Sport Performance Lecture	ESS 314	2	
ESS 322L	Assessment of Fitness and Sport Performance Laboratory		1	
ESS 323	Swimming and Aquatics	ESS 313	3	
ESS 324	Contemporary Issues in Exercise and Sports	ESS 225	3	
ESS 325	Principles of Finance in Fitness and Sports	ESS 316	3	
ESS 326	Human Resource Management	ESS 225	3	
Research 1	Introduction to Research Lecture	ESS 225	2	
Research 1L	Introduction to Research Laboratory		1	
Total Units			21	

FOURTH YEAR

First Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
ESS 411	Ergogenic and Healthy Eating in Exercise and Sports	ESS 212	3	
ESS 412	Drugs in Sports	ESS 212	3	
ESS 413	Macroeconomics	ESS 325	3	
ESS 414	Business Ethics and Law	ESS 326	3	
ESS 415	Operations Management	ESS 327	3	
ESS 416	Consumer Behavior and Marketing Research	Research 1	3	
Seminar 1	Sports Seminar	-	2	
Bengl	Business English	-	3	
Total Units			23	

Second Semester

Course Number	Descriptive Title	Pre-requisite	Units	Grade
Internship	Industry Immersion	-	6	
Research 2	Entrepreneurship and Innovations	-	6	
Total Units			12	

Prepared by:

MAVERICK KAYPEE A. COLET, EdD, MASE, PTRP, CSPT
 Dean, College of Physical Therapy