



Republic of the Philippines
UNIVERSITY OF SOUTHERN MINDANAO
 Kabacan, North Cotabato

BACHELOR OF PHYSICAL EDUCATION
 2021-2022 2ND SEMESTER

SubjectCode	Subject Title	Lec Units	Lab Units	Credit Units	Class Schedule/Room	Faculty
1 BPE - A						
BPE 121a	Physiology of Exercise and Physical Activity	2.0	1.0	3.0	M 01:00 PM - 03:00 PM (GYM) W 01:00 PM - 04:00 PM (GYM)	Orfrecio, Marlene E.
BPE 122b	Principles of Motor Control and Learning of Exercise, Sports and Dance	3.0	-	3.0	W 07:00 AM - 10:00 AM (GYM)	Calixtro, Marichu A.
BPEd 111B	Individual and Dual Sports (Athletics and Martial Arts)	2.0	1.0	3.0	M 07:00 AM - 09:00 AM (GYM) MW 10:00 AM - 11:30 AM (GYM)	Dagoc, Priscilla P.
GE 1	Understanding the Self	3.0	-	3.0	TTh 07:00 AM - 08:30 AM (HRM - 6)	Pimping, Ramer E.
GE 2	Readings in Philippine History	3.0	-	3.0	TTh 01:00 PM - 02:30 PM (HRM - BAR)	Buenaventura, Ernesto Jr. A.
NSTP 2 A	Civic Welfare Training Service II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	Gesulga, Jovelyn F.
NSTP 2 B	Reserved Officers Training Corps II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	
PE 2	Rhythmic Activities	2.0	-	2.0	TTh 10:00 AM - 12:00 PM (GYM)	Traya, Darlene R.
Prof Ed 121b	The Teaching Profession	3.0	-	3.0	TTh 08:30 AM - 10:00 AM (CED - 19)	Sabutan, Joy Gloria P.
Prof Ed 122c	Facilitating Learner-Centered Teaching	3.0	-	3.0	TTh 02:30 PM - 04:00 PM (CED - 18)	Blonto, Amme Rose L.
Total:		27.0	2.0	29.00		
2 BPE - A						
BPE Res 221A	Research Design and Methodologies for Physical Education (Outline)	3.0	-	3.0	MW 10:00 AM - 11:30 AM (GYM)	Orfrecio, Marlene E.
BPEd 211B	Team Sports (Softball and Non-Traditional: Futzal, Sepak-takraw and Frisbee)	2.0	1.0	3.0	M 07:00 AM - 09:00 AM (GYM) W 07:00 AM - 10:00 AM (GYM)	Mancera, Marlon N.
BPEd 222	Personal, Community and Environmental Health	3.0	-	3.0	TTh 07:00 AM - 08:30 AM (GYM)	Ambrocio, Gladys Pearl O.
BPEd 223	Philippine Traditional Dances	2.0	1.0	3.0	M 01:00 PM - 03:00 PM (GYM) W 01:00 PM - 04:00 PM (GYM)	Buisan, Jessa S.
GE 3	The Contemporary World	3.0	-	3.0	TTh 04:00 PM - 05:30 PM (CED - 12)	Clemen, Roselyn M.
GE 4	Mathematics in the Modern World	3.0	-	3.0	TTh 01:00 PM - 02:30 PM (CED - 18)	Pilongo, Jupiter G.
PE 4	Team Sports	2.0	-	2.0	M 03:00 PM - 05:00 PM (GYM)	Janito, Cheeze R.
Prof Ed 312 a	The Teacher and the Community, School Culture & Org'l Leadership w/ Focus on Phil TVET System	3.0	-	3.0	TTh 10:00 AM - 11:30 AM (CED - 18)	Sabutan, Joy Gloria P.
Prof Ed 322a	The Teacher and the School Curriculum	3.0	-	3.0	T 08:30 AM - 10:00 AM (CED - 24) Th 08:30 AM - 10:00 AM (CED - 20)	Cabiao, Alicia C.
ProfEd 221d	Assessment in Learning 1	3.0	-	3.0	TTh 02:30 PM - 04:00 PM (CED - 21)	Ortiz, Ashley Coleen S.
Total:		27.0	2.0	29.00		
2 BPE - B						
BPE Res 221A	Research Design and Methodologies for Physical Education (Outline)	3.0	-	3.0	MW 04:00 PM - 05:30 PM (GYM)	Orfrecio, Marlene E.
BPEd 211B	Team Sports (Softball and Non-Traditional: Futzal, Sepak-takraw and Frisbee)	2.0	1.0	3.0	M 01:00 PM - 03:00 PM (GYM) W 01:00 PM - 04:00 PM (GYM)	Mancera, Marlon N.
BPEd 222	Personal, Community and Environmental Health	3.0	-	3.0	M 09:00 AM - 12:00 PM (GYM)	Ambrocio, Gladys Pearl O.
BPEd 223	Philippine Traditional Dances	2.0	1.0	3.0	M 07:00 AM - 09:00 AM (GYM) W 07:00 AM - 10:00 AM (GYM)	Buisan, Jessa S.
GE 3	The Contemporary World	3.0	-	3.0	TTh 01:00 PM - 02:30 PM (CED - 19)	Claveria, Miraluna R.
GE 4	Mathematics in the Modern World	3.0	-	3.0	TTh 08:30 AM - 10:00 AM (CA-40)	Valenton, Roel S.
PE 4	Team Sports	2.0	-	2.0	W 10:00 AM - 12:00 PM (GYM)	Tenebroso, Desiree Ann C.
Prof Ed 312 a	The Teacher and the Community, School Culture & Org'l Leadership w/ Focus on Phil TVET System	3.0	-	3.0	TTh 10:00 AM - 11:30 AM (CED - 20)	Sabutan, Joy Gloria P.
Prof Ed 322a	The Teacher and the School Curriculum	3.0	-	3.0	TTh 02:30 PM - 04:00 PM (CED - 22)	Mangindra, Norquez M.
ProfEd 221d	Assessment in Learning 1	3.0	-	3.0	TTh 07:00 AM - 08:30 AM (CA-8)	Kulano, Kautin S.
Total:		27.0	2.0	29.00		



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SubjectCode	Subject Title	Lec Units	Lab Units	Credit Units	Class Schedule/Room	Faculty
2 BPE - C						
BPE Res 221A	Research Design and Methodologies for Physical Education (Outline)	3.0	-	3.0	MW 07:00 AM - 08:30 AM (GYM)	Orfrecio, Marlene E.
BPEd 211B	Team Sports (Softball and Non-Traditional: Futzal, Sepak-takraw and Frisbee)	2.0	1.0	3.0	T 07:00 AM - 09:00 AM (GYM) Th 07:00 AM - 10:00 AM (GYM)	Mancera, Marlon N.
BPEd 222	Personal, Community and Environmental Health	3.0	-	3.0	T 09:00 AM - 12:00 PM (GYM)	Ambrocio, Gladys Pearl O.
BPEd 223	Philippine Traditional Dances	2.0	1.0	3.0	T 01:00 PM - 03:00 PM (GYM) Th 01:00 PM - 04:00 PM (GYM)	Buisan, Jessa S.
GE 3	The Contemporary World	3.0	-	3.0	MW 04:00 PM - 05:30 PM (CED - 11)	Cabanayan, Agnes
GE 4	Mathematics in the Modern World	3.0	-	3.0	MW 01:00 PM - 02:30 PM (CED - 10)	Valenton, Roel S.
PE 4	Team Sports	2.0	-	2.0	Th 10:00 AM - 12:00 PM (GYM)	Dagoc, Priscilla P.
Prof Ed 312 a	The Teacher and the Community, School Culture & Org'l Leadership w/ Focus on Phil TVET System	3.0	-	3.0	MW 02:30 PM - 04:00 PM (CA-8)	Sabutan, Joy Gloria P.
Prof Ed 322a	The Teacher and the School Curriculum	3.0	-	3.0	MW 10:00 AM - 11:30 AM (CED - 22)	Mangindra, Norquez M.
ProfEd 221d	Assessment in Learning 1	3.0	-	3.0	MW 08:30 AM - 10:00 AM (CED - 21)	Ortiz, Ashley Coleen S.
Total:		27.0	2.0	29.00		
3 BPE - A						
BPEd 322	Drug Addiction, Consumer Health Education and Healthy Eating	3.0	-	3.0	TTh 01:00 PM - 02:30 PM (GYM)	Martinez, Norge D.
BPEd 323	International Dance and other Forms	2.0	1.0	3.0	M 07:00 AM - 09:00 AM (GYM) W 07:00 AM - 10:00 AM (GYM)	Sumera, Eduard S.
BPEd 324	Process of Teaching Physical Education and Health Education	3.0	-	3.0	MW 04:00 PM - 05:30 PM (GYM)	Tagare, Ruben L.
BPEd 325	Emergency Preparedness and Safety Management	2.0	1.0	3.0	M 01:00 PM - 03:00 PM (GYM) W 01:00 PM - 04:00 PM (GYM)	Orfrecio, Marlene E.
BPEd 326	Coordinated School Health Program	3.0	-	3.0	TTh 10:00 AM - 11:30 AM (GYM)	Tenebroso, Desiree Ann C.
BPEd Elect 2	Music in the K-12	2.0	1.0	3.0	T 07:00 AM - 09:00 AM (GYM) Th 07:00 AM - 10:00 AM (GYM)	Batapa, Girlie D.
GE 7	Science, Technology and Society	3.0	-	3.0	MW 10:00 AM - 11:30 AM (CED - 24)	Zamora, Fealili E.
Prof Ed 323A	Technology for Teaching and Learning 2	3.0	-	3.0	TTh 02:30 PM - 04:00 PM (HRM - BAR)	Ortiz, Ashley Coleen S.
Total:		21.0	3.0	24.00		
3 BPE - B						
BPEd 322	Drug Addiction, Consumer Health Education and Healthy Eating	3.0	-	3.0	MW 01:00 PM - 02:30 PM (GYM)	Martinez, Norge D.
BPEd 323	International Dance and other Forms	2.0	1.0	3.0	T 07:00 AM - 09:00 AM (GYM) Th 07:00 AM - 10:00 AM (GYM)	Sumera, Eduard S.
BPEd 324	Process of Teaching Physical Education and Health Education	3.0	-	3.0	MW 10:00 AM - 11:30 AM (GYM)	Tagare, Ruben L.
BPEd 325	Emergency Preparedness and Safety Management	2.0	1.0	3.0	T 01:00 PM - 03:00 PM (GYM) Th 01:00 PM - 04:00 PM (GYM)	Orfrecio, Marlene E.
BPEd 326	Coordinated School Health Program	3.0	-	3.0	MW 04:00 PM - 05:30 PM (GYM)	Tenebroso, Desiree Ann C.
BPEd Elect 2	Music in the K-12	2.0	1.0	3.0	M 07:00 AM - 09:00 AM (GYM) W 07:00 AM - 10:00 AM (GYM)	Batapa, Girlie D.
GE 7	Science, Technology and Society	3.0	-	3.0	TTh 04:00 PM - 05:30 PM (CED - 18)	Sorupia, Zygote He
Prof Ed 323A	Technology for Teaching and Learning 2	3.0	-	3.0	MW 02:30 PM - 04:00 PM (CSM Bldg. - 103)	Ortiz, Ashley Coleen S.
Total:		21.0	3.0	24.00		
4 BPE - A						
Prof Ed 421D	Practice Teaching/Teaching Internship (Elem, Secondary and Tertiary- 720 hrs)	-	6.0	6.0	MTWTh 07:00 AM - 05:30 PM (ISPEAR Bldg)	Janito, Cheeze R.
Total:		0.0	6.0	6.00		



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BACHELOR OF SCIENCE IN EXERCISE AND SPORTS SCIENCE
 2021-2022 2ND SEMESTER

SubjectCode	Subject Title	Lec Units	Lab Units	Credit Units	Class Schedule/Room	Faculty
1 BSESS - A (FSC)						
BSESS 121 FSC	Physiology of Exercise and Physical Activity	2.0	1.0	3.0	Th 08:30 AM - 10:30 AM (GYM) T 08:30 AM - 11:30 AM (GYM)	Arias, Elpedio A.
BSESS 122 FSC	Principles of Motor Control and Learning of Exercise, Sports and Dance	2.0	1.0	3.0	T 01:00 PM - 03:00 PM (GYM) Th 01:00 PM - 04:00 PM (GYM)	Calixtro, Marichu A.
GE 4	Mathematics in the Modern World	3.0	-	3.0	MW 08:30 AM - 10:00 AM (CED - 8)	Benjamin, Philip Lester P.
GE 6	Art Appreciation	3.0	-	3.0	MW 07:00 AM - 08:30 AM (CED - 8)	Gesulga, Jovelyn F.
GE 7	Science, Technology and Society	3.0	-	3.0	MW 10:00 AM - 11:30 AM (CBDEM - 6)	Sorupia, Zygote He
NSTP 2 A	Civic Welfare Training Service II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	Quisado, Joeseoph S.
NSTP 2 B	Reserved Officers Training Corps II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	
PE 2	Rhythmic Activities	2.0	-	2.0	M 02:30 PM - 04:00 PM (GYM)	Lopez, Helen Grace D.
Soc Sci 1	Society and Culture	3.0	-	3.0	MW 01:00 PM - 02:30 PM (CED - 20)	Alsola, Recris C.
Total:		24.0	2.0	26.00		
1 BSESS - B (FSM)						
BSESS 121 FSM	Physiology of Exercise and Physical Activity	2.0	1.0	3.0	M 08:30 AM - 10:00 AM (GYM) W 08:30 AM - 11:30 AM (GYM)	Arias, Elpedio A.
BSESS 122 FSM	Principles of Motor Control and Learning of Exercise Sports and Dance	2.0	1.0	3.0	M 01:00 PM - 03:00 PM (GYM) W 01:00 PM - 04:00 PM (GYM)	Calixtro, Marichu A.
BSESS 123 FSM	Business Ethics and Law	3.0	-	3.0	T 02:30 PM - 04:00 PM (CBDEM - 11) Th 04:00 PM - 05:30 PM (CBDEM - 11)	Dapon, Victor C.
GE 4	Mathematics in the Modern World	3.0	-	3.0	TTh 07:00 AM - 08:30 AM (IMEAS - 3)	Benjamin, Philip Lester P.
GE 6	Art Appreciation	3.0	-	3.0	TTh 08:30 AM - 10:00 AM (CA-39)	Millare, Ivy S.
GE 7	Science, Technology and Society	3.0	-	3.0	MW 07:00 AM - 08:30 AM (CA-39)	Gonzaga, Loveille June A.
NSTP 2 A	Civic Welfare Training Service II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	Calvo, Cris Harvin Rey C.
NSTP 2 B	Reserved Officers Training Corps II	3.0	-	3.0	F 07:00 AM - 12:00 PM (GYM)	
PE 2	Rhythmic Activities	2.0	-	2.0	M 03:00 PM - 05:00 PM (GYM)	Java, Vinus P.
Soc Sci 1	Society and Culture	3.0	-	3.0	TTh 01:00 PM - 02:30 PM (CASS Building)	Galupar, Jenie Lie
Total:		27.0	2.0	29.00		
2 BSESS - A (FSC)						
BSESS 221 FSC	Individual and Dual Sports I (Racket Sports)	1.0	2.0	3.0	M 01:00 PM - 04:00 PM (GYM) W 01:00 PM - 05:00 PM (GYM)	Elumbaring, Jerum B.
BSESS 222 FSC	Individual and Dual Sports II (Athletics or Martial Arts)	1.0	2.0	3.0	T 07:00 AM - 10:00 AM (GYM) Th 07:00 AM - 11:00 AM (GYM)	Dagoc, Priscilla P.
BSESS 223 FSC	Musculoskeletal Fitness/Resistance Training Methods	2.0	1.0	3.0	T 01:00 PM - 03:00 PM (GYM) Th 01:00 PM - 04:00 PM (GYM)	Java, Moreno B. Jr.
Lit 111A	Literatures of the Philippines	3.0	-	3.0	M 07:00 AM - 08:30 AM (CA-8) W 07:00 AM - 08:30 AM (CFAS-4)	Barbosa, Estella B.
PE 4	Team Sports	2.0	-	2.0	T 03:00 PM - 05:00 PM (GYM)	Janito, Cheeze R.
Soc Sci 2	Peace and Development	3.0	-	3.0	MW 08:30 AM - 10:00 AM (CA-31)	Arancel, Alina S.
Stat 213a	Applied Statistics	3.0	-	3.0	MW 10:00 AM - 11:30 AM (CA-8)	Pama, Jennifer R.
Total:		15.0	5.0	20.00		