



PACIFIC INTERCONTINENTAL COLLEGE (PIC)

The Bachelor of Science in General Education Program Major in Physical Education (Specialty: S.N.P.E.)

UNIT REQUIREMENTS			
GENERAL EDUCATION COURSES		Units	36
1) Core Courses <ul style="list-style-type: none"> • Understanding the Self • Readings in Philippine History • The Contemporary World • Mathematics in the Modern World • Purposive Communication • Art Appreciation • Science, Technology and Society • Ethics 	3 3 3 3 3 3 3 3	24	
2) Elective Courses <ul style="list-style-type: none"> • Environmental Science • Human Reproduction • Religion, Religious Experiences and Spirituality 	3 3 3	9	
3) Life and Works of Rizal Course <ul style="list-style-type: none"> • Life and Works of Rizal 	3	3	
PROFESSIONAL EDUCATION COURSES			54
Theory/Concept Courses <ul style="list-style-type: none"> • Child and Adolescent Development • Facilitating Learning • Social Dimensions of Education • The Teaching Profession 	3 3 3 3	12	

Methods/Strategies Courses <ul style="list-style-type: none"> • Principles of Teaching 1 • Principles of Teaching 2 • Assessment of Student Learning 1 • Assessment of Student Learning 2 • Education Technology 1 • Education Technology 2 • Developmental Reading 1 • Developmental Reading 2 • Curriculum Development 	3 3 3 3 3 3 3 3 3	27	
Field Study Courses <ul style="list-style-type: none"> • Field Study 1 • Field Study 2 • Field Study 3 • Field Study 4 • Field Study 5 • Field Study 6 • Practice Teaching 	1 1 1 1 1 1 6	12	
Special Topics Courses <ul style="list-style-type: none"> • Addressing Learning Gaps • Contemporary Issues in Education • Environmental Education 	1 1 1	3	
Specialization / Content Courses			60
<ul style="list-style-type: none"> • Introduction to S.N.P.E. • S.N.P.E. Clinical Cases 1 • Practical exercise using the S.N.P.E. spinal correction instruments I • S.N.P.E. Major movements in Practice • Muscle and Bone Palpation • Human Anatomy • Sports Massage • Yoga and Stretching • S.N.P.E. Clinical Cases II • Manual Therapy I • Practical exercise using the S.N.P.E. spinal 	3 3 3 3 3 3 3 3 3 3 3		

correction instruments II			
• Manual Therapy II	3		
• Movements Anatomy	3		
• Sports Taping	3		
• S.N.P.E. Walking Therapy	3		
• Pilates	3		
• Skills and Techniques of Individual Sports	3		
• Contemporary Health Problems	3		
• Psychology and Physiology of Exercise	3		
• Concepts of Kinesiology and Fitness	3		
• Motor Development	3		
• Skills and Techniques of Team Sports	3		
• Theory and Practice of Volleyball and Tennis	3		
• Theory and Practice of Track and Soccer	3		
• Athletic Training I	3		
• Athletic Training Practicum	3		
• Therapeutic Modalities of Athletic Training	3		
Grand Total			150