

## COURSE DESCRIPTION—CMO 15

### LANGUAGES

#### **PURPCOM—Purposive Communication**

The course aims to develop the students' mastery of the basic communication skills in listening, speaking, reading and writing. Functional grammar is given emphasis to make learning more meaningful for the students by engaging them in actual/real situations to help them succeed in the university and in the workplace. Interactive activities have also been designed to develop critical thinking among students.  
*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite - None*

#### **FIL—Panimulang Pagsasalin sa Filipino**

Nakapokus ang Panimulang Pagsasalin sa Filipino sa mga bata- yang kaalaman at konsepto sa pagsasalin sa Filipino bilang tunguhang wika. Tatalakayin dito ang mga simulain, proseso at prinsipyo sa pag-sasalin upang mahubog ang mas malalim na pag-unawa at mabisang paggamit ng wikang Filipino kaugnay ng tinatahak na akademikong disiplina.  
*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

### MATH/NATURAL SCIENCES

#### **NUR8103—Biochemistry**

This one semester course combines the study of Organic Chemistry and Biochemistry. It deals with the study of properties of organic compounds, namely: hydrocarbons, alcohols and phenols, aldehydes and ketones, carboxylic acids and esters amines etc. Their medical and biological importance are also discussed. Biochemistry concentrates on the study of cell, the structure, properties and functions of the biomolecules – carbohydrates, lipids, proteins, enzymes and hormones – and the metabolic pathways in the human body.  
*Lec. – 3 hrs. per week; Lab. – 3 hrs. per week; Credit – 5 units; Pre-requisite – None*

#### **MATH\_MW—Mathematics in the Modern World**

The course begins with an introduction to the nature of mathematics as an exploration of patterns and as an application of inductive and deductive reasoning to go beyond the typical understanding of mathematics as merely a set of formulas but as a source of aesthetics in patterns of nature. This course then proceeds to survey ways in which mathematics provides a tool for understanding and dealing with various aspects of present-day living, such as managing personal finances, making social choices, appreciating geometric designs, understanding codes used in data transmission and security, and dividing limited re-sources fairly.  
*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

#### **NUR8108—Microbiology and Parasitology**

This course is designed to assist students in the study of important microorganisms and parasites. It explains the physiology and pathogenic properties of bacteria, fungi and viruses as an introduction to disease causation, their biology, the infections they cause, host response to these infections, and their mode of transmission, prevention, treatment and nursing responsibilities. The laboratory experiences provide specimen collection, handling and processing of specimens for isolation and identification of microorganisms and parasites involved in the infectious processes.  
*Lec. – 3 hrs. per week; Lab. 3 hrs. per week; Credit – 4 units; Pre-requisite – NUR8103*

#### **STS– Science, Technology and Society**

This course is designed for both science and non-science major students enrolled in the post-K12, tertiary general education program. The course aims to give the learners a comprehensive study of the influences of the past and contemporary, scientific and technological developments that resulted to the present environmental problems and societal issues in the Philippine and global contexts; as well as the societal influences (i.e. cultural, economic, political, religious, and ethical) in reciprocating on the developments in science and technology in addressing the same. Also, the following current issues arising from the application of Science & Technology issues are tackled (i.e. food security, water resources management, biodiversity conservation, bioprospecting for pharmaceutical products, human health & reproduction, neuroscience, weapons of mass destruction including bioterrorism, mining and the modern

society, waste management including waste-to-energy conversion, climate change, exobiology, and nanotechnology).

*Lec. — 3 hrs. per week; Credit — 3 units; Pre-requisite — None*

### **NUR81015—Nursing Informatics**

This course will involve exploration and analysis of trends, issues, problems and the future essentials to communicate data, information, knowledge, and wisdom in nursing care management addressed and supplemented by appropriate health information schemes. The course focuses on theories, principles and practices of health information technology and systems used in nursing practice, education and research to promote and maintain health of people, families and communities. At the end of the course, the learners are expected to utilize informatics to manage knowledge and information, make decisions and communicate health promotion, illness prevention activities.

*Lec. — 3 hrs. per week; Credit — 3 units; Pre-requisite — None*

## **HUMANITIES/SOCIAL SCIENCES**

### **UND\_SELF—Understanding the Self**

This course is intended to facilitate the exploration of the issues and concerns regarding self and identity to arrive at a better understanding of one's self. It strives to meet this goal by stressing the integration of the personal with the academic—contextualizing matters discussed in the classroom and in the everyday experiences of students—making for better learning, generating a new appreciation for the learning process, and developing a more critical and reflective attitude while enabling them to manage and improve their selves to attain a better quality of life.

*Lec. - 3 hours per week; Credit - 3 units; Pre-requisite — None*

### **NUR8104—Logic and Critical Thinking**

This course is designed to help students improve their critical thinking ability. In this regard correct understanding of terms, and how to define terms properly are given emphasis. Similarly, students are taught to detect material and formal fallacies in arguments. In this connection, the principles of deductive and inductive reasoning are discussed in detail.

*Lec. - 3 hours per week; Credit - 3 units; Pre-requisite — None*

### **THY 1—Christian Vision of the Human Person**

This course focuses on Christ's call to holiness and the human person's response in faith. It covers the major themes of the human person. The students are expected to reflect more deeply and act more fully on the moral teachings of Christ so that they can lead lives worthy of the Gospel.

*Lec. - 3 hours per week; Credit - 3 units; Pre-requisite - None*

### **THY 2—Christian Vision of Marriage and the Family**

This course focuses on marriage as vocation to holiness and the family as the institution willed by God to form faithful members of the Church. The students are expected to uphold the sanctity of Marriage, to promote the family as domestic Church, and to become responsible Christians in discerning and making decisions concerning their vocation.

*Lec. - 3 hours per week; Credit — 3 units; Pre-requisite - THY 1*

### **THY 3—Christian Vision of the Church in Society**

This course focuses on the role of the Church in the social order, emanating from her mission of evangelization and integral human liberation, and promotion of the common good. The students are expected to manifest a way of life that is inspired by the principle of Catholic Social Teaching in their decision making and involvement in ecclesial and civic affairs.

*Lec. - 3 hours per week; Credit — 3 units; Pre-requisite - THY 1, THY 2*

### **THY 4—Living the Christian Vision in the Contemporary World**

This course focuses on the Christian response to the challenges in the contemporary world, rooted in one's relationship with God. The students are expected to develop a capstone program as their personal and committed response to the call of the Gospel today, rooted in a sound spirituality and

discerning the signs of the times.

*Lec. - 3 hours per week; Credit—3 units; Pre-requisite – THY 1, THY 2, THY 3*

### **ETHICS—Ethics**

This course is a survey of ethical theories across philosophical traditions that problematize moral principles, ethical action and human flourishing through reflection and discourse on contemporary moral issues. This course aims to improve/nurture students' moral understanding towards becoming responsible citizens in the local and global community.

*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

### **LIWORIZ—Life, Works and Writings of Rizal**

A course on the life, works, ideals of Jose Rizal which aims to provide students in an in-depth appreciation of Rizal's contribution to the building of Filipino Nationhood. The course involves the critical and analytical discussion of Rizal in the context of Philippine History.

*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

### **ART\_APP—Art Appreciation**

At the end of the course, students should be able to approach a work of art from a perspective informed by the history and tradition of art and the social milieu in which it was produced as well as the perspective of aesthetics. Such an approach would require a written appraisal of the meaning and value of the works of art taken up in class and possibly some within the immediate vicinity of the student's experience. The written essays must clearly demonstrate not only understanding and appreciation of a specified work of art, but also a sense of the work's importance in life and history.

*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

### **READ\_PH - Readings in Philippine History**

This course critically analyzes Philippine history from multiple perspectives through the lens of selected primary sources. Priority will be given to primary sources that describe the important turning points in Philippine history from prehistoric times up to the contemporary period and articulate various perspectives. The approach, though historical, will deal with interdisciplinary subjects so as to broaden and deepen the student's understanding of Philippine political, economic, social and cultural history and equip the learner with the competencies necessary to analyze and evaluate different types of information: print, visual and audio-visual, and quantitative. The end goal is to develop the historical and critical consciousness of the students so that they will become versatile, broad-minded, morally upright and responsible citizens.

*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – None*

## **PROFESSIONAL SUBJECTS**

### **NUR8101—Theoretical Foundation in Nursing**

This course will focus on inquiry into the philosophical and theoretical perspectives of the nursing discipline. Students will critically examine theories from nursing, as well as borrowed theories from other disciplines that inform and guide nursing practice, research, and education. Students will analyze the necessary core competencies relevant to beginning nursing practice and critique and discuss the value of theory to the future of nursing. Students will explore the meta concepts of a person, health, environment and nursing as viewed by the different nursing theorists.

*Lec. - 3 hrs. per week; Credit - 3 units; Pre-requisite – None*

### **NUR8105—Health Assessment**

This course will focus on 4 basic techniques in physical examination such as Inspection, Palpation, Percussion and Auscultation in order to thoroughly assess a patient. At the end of the course, the learners are expected to assess, differentiate normal from abnormal findings which will allow them to diagnose, plan, intervene, evaluate and revise patient care to positively affect healthcare outcomes for individuals, families, communities, populations or systems in a multicultural society, using advanced knowledge in physical assessment, pharmacology and pathophysiology.

*Lec. - 2 hrs. per week; Skills Lab. - 3 hrs. per week; Credit - 5 units;*

*Pre-requisite – NUR8101, NUR8102, NUR8103, UND\_SELF*

### **NUR8106 – Health Education**

This course focuses on health instruction and patient teaching which provides insights and understanding of the different concepts of health and health education, teaching and learning theories, strategies and methodologies in the teaching and learning process, and application of nursing process in health teaching activities. At the end of the course, the learners are expected to deliver and perform teaching strategies needed by patients in different settings in the clinical and educational institutions where health education can benefit the individual as a client, family and the local community.

*Lec. – 3 hrs. per week; Credit – 3 units; Pre-requisite – NUR8101, NUR8102, UND\_SELF*

### **NUR8107—Fundamentals of Nursing Practice**

The course focuses on the concepts, principles, theories, and basic nursing skills related to the holistic care of individual, family and community in any setting. It is contextualized in a global and in the Philippine health care delivery system. At the end of course, the learners are expected to perform beginning basic nursing skills carried out in the holistic care of clientele in everyday practice.

*Lec. - 3 hrs. per week; Lab. - 6 hrs. per week; Credit - 5 units;*

*Pre-requisite – NUR8101, NUR8102, NUR8103, UND\_SELF*

### **NUR8109—Community Health Nursing 1 (Individual and Family as Clients)**

This course focuses on the care of the individual and family in the health centers, rural health units, family, school and community. The learners are expected to take care of the different levels of clientele across the lifespan. The community health nurse serves as a leader of the health team in empowering the individuals and families in identifying and solving health related problems.

*Lec. - 2 hrs. per week; Lab. - 6 hrs. per week; Credit - 4 units;*

*Pre-requisite – NUR8105, NUR8106, NUR8107, NUR8108*

### **NUR81010—Applied Nutrition and Diet Therapy in Nursing**

This course focuses on the care of the individual and family in the health centers, rural health units, family, school and community. The learners are expected to take care of the different levels of clientele across the life span. The community health nurses serve as a leader of the health team in empowering the individuals and families in identifying and solving health related problems.

*Lec. - 2 hrs. per week; Lab. - 3 hrs. per week; Credit - 3 units;*

*Pre-requisite – NUR8105, NUR8106, NUR8107, NUR8108*

### **NUR81011— Care of Mother, Child, Adolescent (Well Clients)**

This course involves principles and techniques applied in the care of the woman experiencing normal adaptation to pregnancy, labor, and puerperium, utilizing the nursing process in various settings. This course deals with the concepts of normal growth and development across the lifespan, utilizing the nursing process with moderate supervision to administer safe, appropriate care with emphasis on nursing care and management of children in both the hospital and community setting.

*Lec. - 2 hrs. per week; Lab — 7.5 hrs. per week; Credit – 9 units;*

*Pre-requisite – NUR8105, NUR8106, NUR8107, NUR8108*

### **NUR81012— Healthcare Ethics (Bioethics)**

This course studies human conduct mainly in the area of healthcare in the light of moral values and principles. Concern about ethical issues in health care has increased dramatically in recent years due to medical and technological advances. This interest in ethical issues is due to the various ethical concerns encountered by nurses in their daily clinical practice. To be able to fulfill their ethical and professional obligations to the people they serve, nurses must be able to provide safe, competent and ethical care.

*Lec. - 3 hrs. per week; Credit - 3 units; Pre-requisite – ETHICS, NUR8105, NUR8106, NUR8107, NUR8108*

### **NUR81013—Applied Pharmacology in Nursing**

This course deals with the theoretical base for the skills needed by the nurse in the administration of medications and exercise of good judgment in the use of these medications. It includes concepts underlying the medicinal use of drugs: pharmacokinetics, pharmacodynamics, interaction of drug and food, untoward responses, precautions, contraindications and nursing responsibilities.

*Lec - 3 hrs. per week; Credit – 3 units;*

*Pre-requisite – MATH\_MW, NUR8109, NUR81010, NUR81011, NUR81012*

**NUR81014—Care of Mother, Child at Risk or with Problems (Acute and Chronic)**

This course involves principles and techniques applied in the care of the sick child, utilizing the nursing process in various settings. This course involves principles and techniques applied in the care of the woman experiencing abnormal adaptation to pregnancy, labor and puerperium, utilizing the nursing process in various settings.

*Lec. - 3 hrs. per week; Lab — 9 hrs., Credit – 12 units;*

*Pre-requisite- NUR8109, NUR81010, NUR81011, NUR81012*

**NUR81018—Care of Clients with Problems in Oxygenation, Fluid and Electrolytes, Infectious, Inflammatory and Immunologic response, Cellular Aberrations (Acute and Chronic)**

This course deals with the principles and techniques of nursing care management of sick clients with medical and surgical conditions in order for the student to implement safe, appropriate and holistic care using the nursing process with emphasis on the adult and older person population group in any setting.

*Lec. - 8 hrs. per week; Lab: 18 hrs. per week; Credit – 14 units;*

*Pre-requisite – NUR81013, NUR81014, NUR81015*

**NUR81019 — Community Health Nursing 2 (Population Groups and Community as Clients)**

The course describes concepts applied in nursing care of the population groups and community across the lifespan, utilizing nursing process in varied setting in the context of the Philippine Health Care Delivery System. As community health nurses, the learners are expected to take care of the different levels of clientele across life span. The community health nurse serves as a leader of the health team in empowering the community members in identifying and solving community health related problems.

*Lec. - 2 hrs. per week; Lab — 3 hrs. per week Credit - 3 units;*

*Pre-requisite: NUR1013, NUR81014, NUR81015*

**NUR81020 — Care of the Older Adult**

The course deals with the principles and techniques of comprehensive and collaborative nursing care management of older person and their families in any setting with normal and abnormal changes of the aging process contextualized in the global and in the Philippine Health Care delivery system utilizing the nursing process.

*Lec. - 2 hrs. per week; Lab — 3 hrs. per week Credit - 3 units;*

*Pre-requisite: NUR1013, NUR81014, NUR81015*

**NUR81022 — Care of Clients with Problems in Nutrition and Gastrointestinal, Metabolism and Endocrine, Perception and Coordination (Acute and Chronic)**

This course deals with the principles and techniques of nursing care management of sick clients with medical and surgical conditions in order for the learners to implement safe, appropriate and holistic care using the nursing process with emphasis on the adult and older person population group in any setting.

*Lec. - 5 hrs. per week; Lab — 6 hours per week; Credit - 9 units; Pre-requisite:*

*NUR81018, NUR81019, NUR81020*

**NUR81023 — Care of Clients with Maladaptive Patterns of Behavior (Acute and Chronic)**

The course focuses on mental health and illness among individual, family, communities and vulnerable population across the lifespan with acute and chronic psychosocial difficulties and psychopathologic conditions. It includes concepts, principles and theories of human behavior and psychopathology.

*Lec. - 5 hrs. per week; Lab — 6 hrs. per week Credit – 8 units;*

*Pre-requisite: NUR81018, NUR81019, NUR81020*

**NUR81017—Nursing Research 1**

The application of the major phases of the research process, in the development of a technically and ethically sound research proposal. Various concepts and principles will be introduced on how research can contribute to the advancement of nursing science in relation to the role of a beginning nurse researcher which includes: (1) engagement in nursing or health related research, (2) evaluate research study/ report and (3) applies the research process in improving patient care.

*Lec – 2 hrs. per week; Lab – 3 hrs. per week; Credit - 3 units;*

*Pre-requisite – MATH\_MW, NUR81018, NUR81019, NUR81020*

### **NUR81021—Nursing Research 2**

This course is a continuation of Nursing Research I, which includes collection of data, analysis and interpretation, summary and conclusion and recommendation. The course will provide the student/ group an opportunity to conduct research process through the application of the major phases of the research process in the development of a technically and ethically-sound research paper. Various concepts and principles will be introduced on how research can contribute to the advancement of nursing science in relation to the role of a beginning nurse.

*Lab – 6 hrs. per week; Credit - 2 units; Pre-requisite – NUR81017*

### **NUR81024—Nursing Care of Clients with Life Threatening Conditions, Acutely Ill, Multi-Organ Problems, High Acuity and Emergency Situations**

This course deals with chronic and acute life-threatening conditions, multi-organ problems and emergency situations and developing a comprehensive, holistic, safe, effective, efficient and evidenced-based plan of care.

*Lec. - 4 hrs. per week; Lab — 15 hrs. per week; Credit – 9 units; Pre-requisite:*

*NUR81022, NUR 81023*

### **NUR81025—Nursing Leadership and Management**

Application of the concepts, theories and principles, functions and processes of leadership and management guided by legal and ethical imperatives of health and nursing given individuals, families, population groups, and communities with physiologic health problems and special needs, the learners demonstrate competence in integrating the concepts, theories, principles and processes in leadership and management, guided by the latest evidence, ethico-legal, moral and professional imperatives of nursing practice and imbued with the attributes of a Thomasian nurse leader-manager.

*Lec. - 4 hrs. per week; Lab — 9 hours per week; Credit – 7 units; Pre-requisite: NUR81022, NUR 81023*

### **NUR81028—Disaster Nursing**

This course deals with the principles and techniques of comprehensive and collaborative nursing care management of disaster victims with emphasis in recognizing and meeting the nursing, health and emotional needs of clientele, contextualized in the global and in the Philippine health care delivery system utilizing the nursing process.

*Lec. - 2 hours per week; Lab - 3 hours per week; Credit — 3 units; Pre-requisite: NUR81024*

### **NUR81029—Intensive Nursing Practicum (Hospital and Community Settings)**

*This course focuses on the application of theories and principles of practice across varied settings while assuming the multiple roles of a professional nurse.*

*Lab. - 21 hrs. per week; Credit – 8 units; Pre-requisite: NUR81021, NUR81024, NUR81025*

## **GENERAL ELECTIVES**

### **ELE EAD—English Across Disciplines**

This course prepares students to address the communication demands in various healthcare settings using simulation exercises and other speaking modalities using the appropriate English language to various audiences (e.g., layperson, healthcare team members, doctors, caregivers, and more). It is designed to give students an opportunity to research, organize, practice and present ideas for different types of nursing speech situations. It introduces them to English registers that are useful in conveying their intended messages to different stakeholders at healthcare settings. The course also develops the skills for a systematic, logical, and professional approach in preparing, structuring, and delivering speech or talk in the nursing/medical professions. It also gives students additional opportunities to further practice and use their public speaking skills.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

**ELE EM/ELE ENTREMIND—Entrepreneurial Mind**

This course shall use learner-centered, active, and experiential teaching methods to develop the entrepreneurial mind-set in the students. The focus will be on students' immediate application of the seven self-mastery skills namely (1) learning to be, (2) learning to communicate, (3) learning to think (4) learning to intuit, (5) learning to do, (6) learning to feel, and (7) learning to lead towards the attainment of Whole Brain Thinking. It will also introduce the students to the fundamentals of entrepreneurship. Students will be tasked to engage in various micro-entrepreneurial exercises to encourage inductive learning of these fundamentals. In the process the students will be expected to engage in a self-assessment of their personal entrepreneurial behaviors, competencies, personality profiles, leadership styles and thinking preferences, which will serve as a foundation for their development as responsible, disciplined, and creative entrepreneurial leaders.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

**ELE IMHPSSDP—Introduction to Mental Health and Psychosocial Support for Disaster Preparedness**

This is a skill-building course that is focused on psycho-social first aid, an aspect of mental health and psycho-social support, for survivors of disasters and understanding how disasters impact the mental health and wellbeing of communities. Emphasis is given on the use of psychological first aid as an initial disaster response by addressing the immediate needs of survivors and help stabilize them and not to provide on-site therapy.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

**ELE SMD—Social Media Dynamics**

This course teaches the foundations of traditional media leading towards the new media, and social media platforms. The course will draw on perspectives to explore the reasons behind the widespread popularity of these platforms. In doing so it will consider the role of individual choice, social influence, technological influence, and how these three perspectives can be combined. The course will further explore the implications of social media for personal relationships, youth culture, organizations, social research, and personal privacy. It will also pave the way towards developing responsible and ethical social media content to achieve worthy goals and strategies.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

**ELE LITE—Living in the IT Era**

This course is designed to reinforce the students' basic knowledge in information technology and will upgrade and update them with the latest and emerging technologies including the new ICT devices, how the computer and Internet works, and decide on what hardware platform and software platform to use. It also includes digital security, ethics, and data privacy. This course will focus on technology and its uses in the modern way of life and its implications on one-self, relationships with other members of the family, workplace, organization, community as well as its impacts to the society and to the global community.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

**ELE IDSA—Introduction to Data Science and Analytics**

This course deals with the fundamentals of data science and analytics, its basis, models and applications in real life scenarios, its advantages, and disadvantages, as well as its positive and negative aspect. The course provides the essentials of data science and analytics, covering a broad selection of methodologies for working with data. Using RapidMiner™, this course begins with data exploration and data visualization, followed by regression and classification models, clustering techniques, neural networks, and sentiment analysis. At the end of the course, students are expected to apply the different techniques in their field of study using real-life data, where they can summarize, display visualization of data, apply regression, classification, and clustering models to perform predictive and sentiment analysis.

*Lec. - 6 hrs. per week; Credit – 3 units; Pre-requisite: None*

## OTHER COURSES

### **NSTP—National Service Training Program**

The NSTP was established by virtue of RA 9163 also known as the National Service Training Program Act of 2001. As provided in the law, the National Service Training Program (NSTP) is a program aimed at enhancing civic consciousness and defense preparedness in the youth by developing the ethics of service and patriotism while undergoing training in any of its three program components: (1) Civic Welfare Training Service, (2) Literacy Training Service, and (3) Reserve Officers' Training Corps. Its various components are specially designed to enhance the youth's active contribution to the general welfare.

*Lab. - 54 hrs. per term; Credit – 3 units per term; Pre-requisite: None*

### **PATH-FIT 1—Movement Competency Training**

This course is designed to reintroduce the fundamental movement patterns that consist of non-locomotor and locomotor skills, which are integrated with core training to meet the demands of functional fitness and physical activity performance in conjunction with principles of healthy eating and a physically active life. Students will also be able to adapt and transfer the movement competency in different contexts. This course aims to equip students with the knowledge of systematic and natural approaches to improve health, fitness and quality of life through active physical activities and recreation. It also emphasizes developing attitudes, self-discipline, and to maintain appropriate lifelong habits.

*Lec. - 4 hrs. per term; Credit – 2 units; Pr- requisite: None*

### **PATH-FIT 2—Physical Activities for Specific Sports**

This course builds on the foundation of motor skills achieved through core training. It will provide experience in a variety of exercise programs for the purpose of maintaining and enhancing cardiorespiratory and musculoskeletal fitness (i.e. Individual and Dual Sports) It includes speed and agility training with a focus on body coordination and balance in conjunction with fitness and wellness concept, exercise and healthy eating principles, learners will be able to enhance their fitness through goal setting and application of the exercise principles; adapt their movement competencies to independent physical activity.

*Lec. - 4 hrs. per term; Credit – 2 units; Pre-requisite: None*

### **PATH-FIT 3—Dance**

This course is designed to study the benefits and value of dance as it promotes lifelong intellectual, mental and social well-being, contribute towards the development and improvement of one's physical health and wellness for a confident self-image, and help inculcate the value of discipline and teamwork in everyday life. Students will be encouraged to learn, experience, and appreciate the different types of dance, their relevance and the rhythmically appropriate music applicable to each type. The course will be Literacy Training Service, and (3) Reserve Officers' Training Corps. Its various components are specially designed to enhance the youth's active contribution to the general welfare.

*Lab. - 54 hrs. per term; Credit – 3 units per term; Pre-requisite: None*

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*Lec. - 4 hrs. per term; Credit – 2 units; Pre-requisite: None*

### **PATH-FIT 4—Team Sports**

This course is designed for service PE students to provide a thorough experience of team sports for the purpose of optimizing health and wellness. It will emphasize on the development and advancement of the skills in playing and officiating, inculcate enjoyment, values, etiquette and teamwork. This course will cover Team Sports (Basketball, Volleyball, Korfball, Football/Futsal, Softball and Handball) focusing on the skills, rules, regulation and officiating.

*Lec. - 4 hrs. per term; Credit – 2 units; Pre-requisite: None*

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