



ATENEIO DE MANILA UNIVERSITY

Loyola Schools

SYLLABUS FOR UNDERGRADUATE COURSES MAJOR CORE CURRICULUM AND ELECTIVES

A. COURSE INFORMATION

COURSE NUMBER	PHYED 113 / PHYED 114			NO. OF UNITS	2
COURSE TITLE	Physical Fitness (Women) / (Men)				
PRE- REQUISITES	None				
DEPARTMENT/ PROGRAM	Physical Education			SCHOOL	SOH
SCHOOL YEAR	2023 - 2024			SEMESTER	1ST
INSTRUCTOR/S	REGINA D. CLEMENTE				
VENUE	WEIGHTS ROOM	SECTION		SCHEDULE	

B. COURSE DESCRIPTION

The course will provide the students practical knowledge on the significant parameters of physical fitness and how various forms of exercises are able to improve the fitness level and functionality of an individual. It is designed to strengthen the foundation of health and fitness for students to apply in their daily living and aims to correct certain fitness practices prevalent in the fitness culture.

WHERE IS THE COURSE SITUATION WITHIN THE FORMATION STAGES IN THE FRAMEWORK OF THE LOYOLA SCHOOLS CURRICULA	
<input checked="" type="checkbox"/>	FOUNDATIONS: Exploring and Equipping the Self
	ROOTEDNESS: Investigating and Knowing the World
	DEEPENING: Defining the Self in the World
	LEADERSHIP: Engaging and Transforming the World

C. PROGRAM LEARNING OUTCOMES

Alignment of the Course to the Program Learning Outcomes

The Ideal Ateneo Graduate: A Person of Conscience Competence Compassion Commitment						
PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7
Exemplify a lifelong commitment to wellness, health and sports.	Create a system of coordinate and complex movement patterns to competently perform a chosen activity in pursuit of wellness, health, and sports.	Discern life choices pertaining to one's lifestyle, and diet	Evaluate information and issues related to health using appropriate critical approaches and scientific thinking.	Internalize the value of physical activity and nutrition.	Demonstrate basic movement skills needed for day-today activities.	Exhibit Ignatian ideals in personal and social behavior in physical activity settings.

D. COURSE LEARNING OUTCOMES

By the end of this course, students should be able to:

COURSE LEARNING OUTCOMES	
CLO1	Generate knowledge of physical human performance based on the study of the structure of the body, muscle groups and their functions.
CLO2	Develop the ability to relate to theory and practice through one's concrete experiences of the physiological, psychological and socio-cultural factors that can influence physical activities and sports.
CLO3	Demonstrate improved health-related components of physical fitness: aerobic capacity, muscular fitness (strength and endurance), flexibility and body composition through various forms of exercises and functional movements.
CLO4	Demonstrate improved coordination and proper movement structures in weight exercises.
CLO5	Achieve a level of physical fitness and establish a work-out routine for health and performance.
CLO6	Exhibit responsible behavior while engaging safely in physical activities and in sustaining the need for self-expression, social interaction and enjoyment.
CLO7	Display an awareness of the value of physical fitness and health as a means of personal development and in achieving personal goals.

E. COURSE OUTLINE AND LEARNING HOURS

Course Outline	CLOs	Estimated Contact or Learning Hours
Module 0: Class Orientations <ul style="list-style-type: none">Instructor's Note and Course OverviewStatement on Gender InclusivityLS PE Program Learning OutcomesCourse Learning OutcomesInternet Connectivity and Gadgets	CLO1 CLO2	2
Module 1: Body Preparation and Conditioning <ul style="list-style-type: none">Introduction to Physical Fitness<ul style="list-style-type: none">Principles of trainingBenefits of Physical FitnessPhysical Fitness Components	CLO1 CLO2 CLO5 CLO 6 CLO 7	3

<ul style="list-style-type: none"> - (ONLINE) MULTIPLE CHOICE QUIZ ON: <ul style="list-style-type: none"> - Principles of training - Physical Fitness component - Goal Setting Assignment • (ONSITE) Body preparation and conditioning • Warm-up <ul style="list-style-type: none"> o Introduction o Components o RAMP Protocol o Exercises • Cool-down <ul style="list-style-type: none"> o Introduction o Benefits o Exercises 		
<p>Module 2: Physical Fitness Test and Progress</p> <ul style="list-style-type: none"> • Physical Fitness Test <ul style="list-style-type: none"> o Muscular strength o Muscular endurance o Cardiovascular endurance o Body composition o Flexibility • Basic Weight Training <ul style="list-style-type: none"> o Introduction o Source of Resistance o Weight training Terms o Priorities in repetition o Compound Exercises ▪ Compound vs Isolation Exercises - (ONLINE) MULTIPLE CHOICE QUIZ ON: <ul style="list-style-type: none"> - How muscles grow - tracking your progress - weight training terms - (ONSITE) - WORKOUT OF THE DAY <ul style="list-style-type: none"> - Do workouts as a group 	<p>CLO 1 CLO 2 CLO 3 CLO 6 CLO 7</p>	<p>7</p>

Module 3: - Foundational Movements <ul style="list-style-type: none"> ❖ Tailoring movements according to personal constraints and weaknesses <ul style="list-style-type: none"> ➤ Regression and progression of exercises ➤ regression and progression of workouts - (ONSITE) WORKOUT OF THE DAY: <ul style="list-style-type: none"> ➤ Circuit training ➤ Tabata Approach (assigned stations of different exercises) ➤ High Intensity Interval Training (HIIT) - (ONSITE) - GROUP ACTIVITY <ul style="list-style-type: none"> - PRE-PRACTICALS PRACTICE - (ONLINE) MULTIPLE CHOICE QUIZ <ul style="list-style-type: none"> - EXERCISE IDENTIFICATION 	CLO 1 CLO 2 CLO 3	5
Module 4: Final Exams - 25% <ul style="list-style-type: none"> ● (ONSITE) Practicals - Foundational Movements <ul style="list-style-type: none"> ○ Practical Exam - 10% ● (ONLINE) Final Exam - 15% 	CLO 3 CLO 4 CLO 5 CLO 6 CLO 7	7
PARTICIPATION GRADE - 20% <ul style="list-style-type: none"> • Please refer to Rubrics for complete details 	CLO 1 CLO 2 CLO3 CLO4 CLO5 CLO6 CLO7	8

Dates (2023)	Activities and Holidays - TBD
Aug 9, 2023	Start of Classes

F. ASSESSMENTS AND RUBRICS

Assessment and Tasks	Assessment Weight	CLOs
<p>MODULE 1</p> <ul style="list-style-type: none"> ● GOAL SETTING (assignment) <ul style="list-style-type: none"> o The students will create a reflection paper about their short term fitness goal for the Semester. o This “short term fitness goal” will help motivate the students throughout the different workouts and activities of the semester. ● QUIZ: INTRODUCTION TO FITNESS <ul style="list-style-type: none"> o The quiz will be about the ff topics: <ul style="list-style-type: none"> - Principles of training - Benefits of Physical Fitness - Physical Fitness Components ● Warm-up and Cool-down <ul style="list-style-type: none"> o The students will be given a list of warm-up and cooldown exercises to perform. o The student can choose at least two exercise per phase to perform o The teacher will ask them to send a video or photos of themselves executing each exercise. o Based on the video, the teacher will provide feedback to correct their form and exercise selection 	<p>5%</p> <p>10%</p> <p>CP</p>	<p>CLO1 CLO2 CLO5 CLO 6 CLO 7</p>
<p>MODULE 2</p> <ul style="list-style-type: none"> ● Physical Fitness Test (PFT) Pre-assessment <ul style="list-style-type: none"> o Students will be given 6 tests that can be performed in any venue to measure fitness o The teacher will ask them to take a video or photos of themselves executing each test. o The video or photos will serve points of reference of the student's progress . o Students will perform each test and rate themselves using validated norms. o The results will give the students an idea of their fitness level and which exercise level the student can safely start. 	<p>CP</p>	<p>CLO 1 CLO 2 CLO 3</p>

<ul style="list-style-type: none"> o The students will do a post assessment test at the end of the course ● QUIZ: <ul style="list-style-type: none"> o Principles of training o Physical Fitness component ● Workout of the Day <ul style="list-style-type: none"> o The students will do special workouts created by the coaches. o These workouts will change depending on the day and progression of the class o Workouts will also be done in groups to promote a “gym community” within the class. 	20%	
<p>MODULE 3</p> <ul style="list-style-type: none"> ● Quiz: <ul style="list-style-type: none"> o Exercise identification about the Foundational Movements of Exercises ● Pre-practical Group Activity <ul style="list-style-type: none"> o The students will be grouped and do simulations of the Practical Exam. ● Workout of the Day 	20%	CLO 3 CLO 4 CLO 5 CLO 6 CLO 7
<p>MODULE 4</p> <ul style="list-style-type: none"> ● Practical Exam ● Final Exam 	10%	CLO 3 CLO 4 CLO 5 CLO 6 CLO 7
<ul style="list-style-type: none"> ● Class Participation <ul style="list-style-type: none"> o Task Performance o Punctuality o PE Uniform 	20%	CLO 1 CLO 2 CLO3 CLO4 CLO5 CLO6 CLO7
Total	100%	

RUBRICS:

Module 4: Practical Exam – Foundational Movements

Rubric Criteria:	Movement Performance Evaluation		
	Excellent	Fair	Poor
Range of Motion and Coordination	(2.5) Performs exercises in the appropriate range of motion and form,	(1.25) Performs the exercise with wrong form.	(0) Does perform the indicated exercise.
Exercise Selection	(2.5) The student performs the appropriate regression or progression of the exercise.	(1.25) The student did not perform the appropriate regression or progression of the exercise.	(0) Does perform the indicated exercise.

CLASS PARTICIPATION RUBRICS:

Criteria	Very Good	Good		Average		Fair		Poor		
Level of Engagement/Impact of participation during the entire semester: quality of tasks performance and overall execution of the required course activities, compliance with the course requirements and delivery of tasks on time, in official LS PE uniform.	Student exceeds expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.	Student meets expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of task on time, in official LS PE uniform		Student partially meets expectations and compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.		Student is developing compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of tasks on time, in official LS PE uniform.		Student is below compliance for task performance, motor skill, movement pattern and participation to required activities, delivery of task on time, in official LS PE uniform.		
Task Performance	10	9	8	7	6	5	4	3	2	1

Punctuality	10	9	8	7	6	5	4	3	2	1
PE Uniform	10	9	8	7	6	5	4	3	2	1

G. TEACHING AND LEARNING METHODS

TEACHING & LEARNING METHODS and ACTIVITIES	Method	CLOs
Module 0 - Orientation & Course Requirements	Synchronous and Asynchronous	
Module 1- Introduction to Physical Fitness	Synchronous and Asynchronous	CLO 1, 2
Module 2 - Physical Fitness Test and Progress	Synchronous and Asynchronous	CLO 1,2,3,7
Module 3: Weight Training Essentials and Foundational Movements	Synchronous and Asynchronous	CLO 1,2,3,4,5,6,7
Module 4 - Final Exams	Synchronous	CLO 2,5,6,8

H. REQUIRED READINGS

Exercise And Physical Fitness. Medline Plus. Retrieved from <https://medlineplus.gov/exerciseandphysicalfitness.html>

The Importance of Physical Fitness. Retrieved from <https://www.mana.md/the-importance-ofphysical-fitness/>

I. SUGGESTED READINGS

Rozenwig F. (2020). What is Tabata training? Active. Retrieved from <https://www.active.com/fitness/articles/what-is-tabata-training>

J. GRADING SYSTEM

Module 0	0%
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Module 1	15% - Quiz - 10% - Assignment - 5%
Module 2	20% - Quiz - 20%
Module 3	20% - Quiz - 20%
Module 4	25% - Practicals - 10 - Final Exam - 15%
Class Participation	20%
TOTAL	100%

Grading Scale (Letter Grade with its corresponding numeric equivalent will be applied as soon as the raw scores, in all items per criteria, has been accumulated:

LETTER GRADE	NUMERIC EQUIVALENT
A	95 - 100
B+	90 - 94
B	85 - 89
C+	80 - 84
C	75 - 79
D	70 - 74
F	Below 70
W	Withdrawal W/ Permission

K. CLASS POLICIES

1. The official **Learning Management System (LMS)** for this course will be **Canvas**.

2. Only students who are officially enrolled will be included in the Canvas course.
3. Only students who are officially enrolled will be allowed to take assessments.
4. Students who require support for Canvas may seek help by sending email to LS-One (ls.one@ateneo.edu) using their obf email.
5. Grades reflected in Canvas are not necessarily the official grades for the course.
6. The official and final grade for the course is encoded in the ASIS.
7. **Attendance, Tardiness and Absences.** Attendance will be checked every meeting. For a one hour class, tardiness will be given to student late by 11 minutes, and marked as absent 15 minutes thereafter. **Four (4) cuts** are the maximum number of absences allowed in PE program per semester (Revised LS Regulations 30 April 2021 p. 13) including Dean's lister. A mark of W (Withdrawal without Permission) will be given to students who exceed the maximum number of absences. Students will receive the grade of W (Withdrawal without Permission) if the highest possible total % weight, as indicated in the syllabus, of requirements they have fulfilled is **less than 33.33 % by the end of the academic term.**
8. **Class participation.** Class participation refers to the level of engagement/impact of participation during the entire semester: Quality of tasks performance and overall execution of the required course activities, compliance with the course requirements and delivery of tasks on time, and attending the class in official LS PE uniform. Point deductions will be given to incomplete task performance, tardiness, late submission and/or presentation of the required assignments or activities, and not wearing the official LS PE uniform during PE time.
9. In lieu of class participation, the teacher reserves the right and option to assign students either of the following:
 - Missed required task performance
 - Alternative activity/project
10. These are applicable only on the basis of submitting proper documents confirmed by designated Ateneo offices (e.g., OHS, OGC).
11. **Class Beadle.** A class beadle will be assigned to assist the teacher in disseminating information or making announcements in the Canvas inbox. The class beadle is also expected to assist the teacher in guiding students pertinent to the given tasks.
12. **Communication.** Students are encouraged to communicate with their teacher for feedback and concerns before resorting to alternative means. For privacy and security reasons, only the official Ateneo accounts (obf.ateneo.edu) of students will be recognized. This applies to Canvas inbox, emails and asynchronous sessions. Likewise, teachers will only use their official Ateneo account (ateneo.edu). Students are expected to be responsible in fulfilling the

requirements and meeting deadlines. In case a student encounters a reasonable issue or concern, the student must inform the teacher **BEFORE** the deadline/assessment schedule.

13. Academic Integrity. It is the responsibility of every student to know the standards of conduct and expectations of academic integrity that apply to each undertaking. Academic dishonesty will not be tolerated and will result in the maximum penalty as defined in the Student Handbook. Below are examples of academic dishonesty:

- Cheating during exams,
- Copying another student's work including assignments and reports,
- Receiving assistance from anyone else with quizzes or assignments,
- Fabrication of data, and
- Plagiarism.

14. Academic Conduct. Students are expected to treat their peers and teachers with respect at all times even in an online environment. Committing any form of discourtesy or misbehavior may lead to disciplinary action. Academic policies can be found in LS-One (20210129 ADAA_ADGP Memo Academic Policies)

15. LS Gender Policy. Ateneo de Manila University does not discriminate on the basis of sex, gender, marital or parental status, sexual orientation, or gender identity or expression. See the following link for more information on the LS Gender Policy: www.ateneo.edu/ls/ls-gender-policy.

L. CONSULTATION HOURS

NAME OF FACULTY	EMAIL	DAYS	TIME
REGINA D. CLEMENTE	rclemente@ateneo.edu	Tues./Fri.	8 am - 10 am

M. Additional Notes (optional)

- The instructor reserves the right to make changes to this syllabus upon consultation to and agreement with the students
- The teacher may include all assignments in the tentative Calendar for the 1st Semester