Republic of the Philippines
SULTAN KUDARAT STATE UNIVERSITY
College of Industrial Technology
ISULAN CAMPUS
ACCESS, E.J.C., Montilla, 9800 Tacurong City

SYLLABUS IN PE – PATHFIT 1
1ST semester, A.Y. 2024-2025

UNIVERSITY VISION

A leading University in advancing scholarly innovation, multi-cultural convergence, and responsive public service in a borderless Region.

UNIVERSITY MISSION

The University shall primarily provide advanced instruction and professional training in science and technology, agriculture, fisheries, education and other relevant fields of study. It shall undertake research and extension services, and provides progressive leadership in its area of specialization.

STRATEGIC GOALS

- Deliver quality service to stakeholders to address current and future needs in instruction, research, extension, and production
- Observe strict implementation of the laws as well as the policies and regulations of the University.
- Acquire with urgency state-of-the-art resources for its service areas;
- Bolster the relationship of the University with its local and international customers and partners.
- Leverage the qualifications and competences in personnel action and staffing.
- Evaluate the efficiency and responsiveness of the University systems and processes.

UNIVERSITY OBJECTIVES

a. Enhance competency development, commitment, professionalism, unity and true spirit of service for public accountability, transparency and delivery of quality services;
b. Provide relevant programs and professional trainings that will respond to the development needs of the region;
c. Strengthen local and international collaborations and partnerships for borderless programs;
d. Develop a research culture among faculty and students;
e. Develop and promote environmentally-sound and market-driven knowledge and technologies at par with international standards;
f. Promote research-based information and technologies for sustainable development;
g. Enhance resource generation and mobilization to sustain financial viability of the university.

gram Objectives and its relationship to University Goals:

PROGRAM OBJECTIVES (PO)	UNIVERSITY OBJECTIVES						
harmony with the vision and mission of the University and guided by the goals of the College, the Bachelor of cience in Industrial Technology (BSIT) Program has the following objectives:	a	b	c	d	e	f	g
Assume Professional, Technical, managerial and leadership roles in industrial organizations with the desired competence in the fields of practice such as Automotive Technology, Civil technology, Drafting Technology Electrical Technology, Electronics Technology, Food Service Management and its allied disciplines.	/						
. Innovate explicit and modern technologies in the advancement of the economy, society, technology and environmental sustainability.					/		
3. Generate research-based information and technologies at par from international standards; and						/	
4. Promote and transfer knowledge and technologies for effective and efficient school-industry partnership					/		

1. Course Code :
2. Course Title : PATHFIT 1 (Movement Competency Training)
3. Pre-requisite : None
4. Credit : 2 Units

5. Course Description:

This course reintroduces 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. Emphasis will be on exercise regression and progression for the enhancement of fitness and the adaptation of movement competencies to independent physical activity pursuits. In conjunction with fitness and wellness concepts, exercise, and healthy eating principles, the periodic evaluation will be conducted of one's level of fitness and physical activity, as well as eating patterns to monitor one's progress and achievement of personal fitness and dietary goals. Adapted PE is included in this course to ensure the physical fitness of students with additional needs (SWAN).

6. Course Learning Outcomes and Relationships to Program Educational Objectives

Course Learning Outcomes	Program Objectives					
	a	b	c	d		
At the end of the semester, the students can:						
a. Access, synthesize and evaluate information.	/					
b. Apply concepts such as fair play, empathy, respect for others' abilities and diversity by understanding how these can influence their interaction with others.	/					

c. Participate in moderate to vigorous physical activities in accordance with national global recommendation for PE	/					
d. Devise, apply and appraise a range of strategies to improve their own physical performances and those of others.				/		
e. Propose practical and creative interventions that will create community connection and contribute to the health and well-being of the school and/or larger community				/		

7. Course Content

Course Objectives, Topics, Time Allotment	Desired Student Learning Outcomes	Outcome-Based Assessment (OBA) Activities	Evidence of Outcomes	Course Learning Outcomes	Program Objectives	Values Integration
Topic: SKSU VMGO, Classroom Policies, Course Overview, Course Requirements, Grading System (3 hours)						
1. Discuss the VMGO of the University, classroom policies, scope of the course, course requirements and grading system.	1.1 Student can be aware of and appreciative of the University's VMGO, classroom policies, course overview, requirements and grading system.	Class Discussion & Participation Oral Questioning / Recitation	Class Attendance Reflection Paper	a, b, d, e,	a, b, f	Value of appreciation Students become loyal and dedicated to their Alma Mater and to their own objectives.
Topic 2: Physical Activity and Exercise (5 hours)						
8 Dimensions of Wellness Physical Activity and Exercise Ways in strengthening immune system Staying Active in the New Normal	▪ Display understanding on the importance of active lifestyle • Explain the 8 dimension of wellness and its importance in achieving better quality of life. • Recognize the non-communicable diseases	Class Discussion & Participation Online Research Oral Questioning / Recitation Role Playing	Written Test (Activity Sheet) Reflective Essay Performance Tas	A,b,c,d,e	a, b, c, e	Value of participation and honesty The students learn to appreciate the subject and pledge to be

	(NCDs) as global health problems related to sedentary lifestyle • the different ways to stay active in the New Normal					diligent for the subject.
Topic 3: Introduction to Anatomy (3 hours)						
Organ Systems • Anatomical Landmarks, Directions, Body Regions • Bones & Muscles • Joints & Types of Anatomical Movements	Discuss the importance of the different organ systems • Identify the different anatomical landmarks, directions and body regions that are essentials to physical activities and exercise engagement • Understand the major divisions and functions of skeletal system • Know the different major group of muscles and its functions • Apply different anatomical movements	Lecture Demonstration Audio and Visual Presentation	Individual assignments submitted via online and in class	A,b	a, b, c, d	Value of participation and honesty The students learn to appreciate the subject and pledge to be diligent for the subject.

Topic 4: Exercise Prescription (6 hours)						
Physical Activity Pyramid • Three Phases of Exercise Program • Principles of Training Exercise • The FITT Formula • Exercise Prescription Guidelines • How to Determine Cardio Respiratory Training Zone	Demonstrate understanding of basic principles on exercise prescription. • Apply the FITT formula to the creation of an exercise program. • Determine their Cardio Respiratory Training Zone • Create and perform exercise workout that are relatively safe to perform	Printed Lectures Audio and Visual Presentation Lecture Demonstration	Reflective Essay Performance Task 1 (Simple Exercise Workout) Performance Task 2 (Cardiorespiratory Exercise Prescription)	A,b,c	d, c, e, f	Value of participation The students learn to appreciate the subject and pledge to be diligent for the subject.
Topic 5: Physical Fitness and Self-Testing Activities (6 hours)						
Physical Fitness • Importance of Physical Fitness Assessment • Things to Consider in Self-Testing Activity • Measuring Health-Related Physical Fitness o Body Composition o Cardio Respiratory Fitness o Flexibility o Muscular Strength and	Identify the different health-related fitness tests • Explain the importance of physical fitness assessment • Demonstrate proper skills and confidence on administering physical fitness test • Establish baseline data (pre-test score) • Display acceptance and understanding on their strength and weaknesses	Printed Lectures Audio and Visual Presentation	Performance Task (Fitness Tests) Reflective Essay	a,b,c,d	d, c, e,	Value of participation The students learn to appreciate the subject and pledge to be diligent for the subject.

Topic 6: Non-Locomotor Movements (6 hours)						
Bracing the Core, Bird Dog Series, Dead Bug Series, Rolling, Plank series, Cobra Stretch, Squat series, scapular protraction & retraction and other movements, Lunges	Identify the different types of non- locomotor movements • Execute the non-locomotor movements effectively • Design a specific activity workout using the given movement • Apply basic exercise principles in creating sample exercise workout	Printed Lectures Audio and Visual Demonstration	Demonstration	a,b,c	d, c, e, f	Value of participation The students learn to appreciate the subject and pledge to be diligent for the subject.
MIDTERM EXAMINATIONS **Demonstrate the different fundamental movement skills proficiently (Performance Task (Skill Demonstration)**						
Topic 7: Fundamental Movement Patterns (5 hours)						
Locomotor Movements Walk, Run, Hop, Leap, Skip, Jump, Slide, Baby Crawl, Inch Worm, Gallop, Grapevine, Side Step, Crab Crawl	Identify the different types of locomotors movements • Execute the locomotor movements effectively • Design a specific activity workout using the given movement • Apply basic exercise	Printed Lectures Video and Visual Demonstration	Demonstration Performance Task (Skill Demonstration)	a, b, c, e, f	d, c, e, f	Value of participation The students learn to appreciate the

	principles in creating sample exercise workout					subject and pledge to be diligent for the subject.
Topic 8: Basic Strength Training and other Home Exercises (5 hours)						
Health Benefits of Muscle Fitness Exercise • Basic Safety Guidelines in Engaging Muscular Strength Exercises • Sample Strength Training Exercises o Upper and Lower extremities, and Core Exercises • Other Training Methods and Types of Equipment • Physical Activities at home and Other Suggested Exercises	Identify the different physical activities at home and their benefits • Discuss the importance of strength training exercises for the core, upper extremities, and lower extremities. • Perform properly the different exercises at home to enhance core muscles, upper body muscles, and lower body muscles.	Printed Lectures Video and Visual Demonstration	Performance Task (Skill Demonstration)	a, b, c, e, f	d, c, e,	Value of participation
Topic 9: The Fitness Challenge (6 hours)						
on Fitness Plan Creation and Implementation • Setting SMART Goals • Suggested Fitness Workouts: Walking Program: 10,000 Steps Challenge, Aerobic Dance Fitness, Body Weight Exercises, Yoga Exercises, Jump Rope Exercise, and Comprehensive Personal Fitness Plan Worksheet	Come up with a SMART exercise program based on their goals and objectives supported by healthy eating habits • Improve fitness level based on the baseline (pre-test) score • Demonstrate physical literacy in performing the different activities following the safety guidelines	Focus Group Discussion Collaborative Work	Performance Task (Implementation and monitoring of fitness challenge)			

ALS Submission of video and/or written Documentary Report	Demonstrate appreciation of the benefits of engaging in physical activities and exercise programs.					
TOTAL: 45 hours						

8. Course Evaluation

Course Requirements

1. Attendance
2. Virtual Class Participation/Recitation/Demonstration
3. Handouts/notes – individual (photocopy)
4. Midterm and Final Examination
5. Practicum

Grading System:

Written Task **25%**

Portfolio
Unit test
Written reports
Written reflections
Quizzes
Assignments

Performance Task **25%**

Group Presentation
Group Work
Group Discussion
Class Recitation
Class Activities
Class Attendance/Participation
Practicum

Mid/Final Exams	**50%**
	100%

Schedule of Examination:

Midterm	-
Final	-
Classes End	-

References:

Printed Books/Module

- Camarador, R., Camarador L., Serrano, J.A., & Mantala, J. (2020) Instructional Material on Movement Competency Training. Polytechnic University of the Philippines, College of Human Kinetics
- Cissik, John (2019) Strength and Conditioning A Concise Introduction, 2nd Edition. Routledge, ,USA.
- Floyd, R.T. (2015). Manual of structural kinesiology. New York, NY : McGraw-Hill Education.
- Hoeger, W.W.K. (2015). Lifetime physical fitness & wellness : a personalized program (13th ed.). Stamford, Connecticut : Cengage Learning.
- McKinley, M.P., O'Loughlin, V.D. & O'Brien, E.P. (2017). Human anatomy (15th ed.). New York, New York : McGraw Hill Education.
- SKSU Student Hand Book

e-books/module

- Hoeger, Werner W.K., Hoeger, Sharon A., Hoeger, Cherie I., and Fawson, Amber L., (2018) Principles and Labs for Fitness & Wellness, Fourteenth Edition. Cengage Learning, USA
- Corbin, C.B., Welk, G., Corbin W.R., & Welk, K., (2016) Concepts of Fitness And Wellness: A Comprehensive Lifestyle Approach, Loose Leaf Edition 11th Edition. McGraw-Hill, New York
- Patton, Kevin T. and Thibodeau, Gary A. Anthony's (2010) Textbook of Anatomy and Physiology, 19th Edition, Mosby Elsevier
- Mangubat, A.S., Tolitol, M.B., Urbiztondo, S.M.M. & Vergara, L.A. (2016). Health-optimizing physical education (HOPE) 1 : fitness. Quezon City : Vibal Group, Inc. Mitchell, Tommy, (2015) Introduction to Anatomy & Physiology, 1st Edition, New Leaf Publishing Group Inc.
- Martini, Frederic H., Nath, Judi I., Bartholomew, Edwin F., (2015) Fundamentals of Anatomy & Physiology, 10th Edition, Pearson Education Inc.

Research Studies

- Bellen, J. J. B., & Camarador, R. A. Health status and lifestyle habits of college freshmen students: Basis for a proposed intervention program. International Journal of Health, Physical Education & Computer Science in Sports, 37(1), 57.
- Camarador, R.A., Dela Cruz, L. A., Serrano, S.S., Banadera, S.P., (2022) Me and My Fitness During COVID 19 Pandemic: Anthropometric, Physical Activity, and Wellness Lifestyle Habits of Collegiate Students. Polytechnic University of the Philippines, College of Human Kinetics
- Puen, D. A. Y., Cobar, A. G. C., Dimarucot, H. C., (2021) Perceived Barriers to Physical Activity of College Students in Manila, Philippines during the COVID-19 Community Quarantine: An Online Survey. Sport Mont, 19(2), 101-106. doi: 10.26773/smj.210617
- Santos, M. E. (2015). Alternative Home Upper Body Workout Using Water Bottles For Selected College Freshmen Students of Angeles University Foundation. International Journal of Physical Education, Fitness and Sports, 4(2), 15-21. doi:10.26524/1523

Prepared by:

08.02.24

LEBILYN G. ALMANON, LPT
Faculty

Reviewed by:

CHARLIE J. MAGANOY, EdD
Chairperson,

Approved:

ABRAHAM S. ACCAD, PhD
Dean, College of Industrial Technology