

ATENEO DE MANILA UNIVERSITY
 Loyola Schools
 Generic Course Syllabus for 2nd Semester, School Year 2012-2013

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|------------|---------------------------|--------|-----------------------|
| Department | Physical Education | School | Loyola Schools |
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| Course No. | PE 101 |
| Course Title | FOUNDATIONS OF PHYSICAL FITNESS AND HEALTH |
| No. of Units | 2 |

Course Description:

Lectures on the principles and practices of fitness, sports, recreation, and nutrition. Practical sessions involving fitness testing and various fitness programs.

Course Objective/s:

At the end of the course, the students will be able to:

- Understand how systematic exercise and physical activity stimulates changes that are beneficial in the body;
- Understand how physical activity and exercises for fitness reduce the risk of many diseases and helps us deal with stress while reducing anxiety and depression;
- Understand the basics of nutrition and start a personalized weight control program focusing on physical activity, food choices, and behavior; and
- Develop a personal fitness program based on age, fitness level and goals, and prepare for athletic competition safely and effectively.

Course Outline:

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| 1. ORIENTATION | 2 hrs. | 1 week |
| 1.1 Checking of official class list | | |
| 1.2 Class policies and requirements | | |
| 1.3 Department policies | | |
| 2. INTRODUCTION OF THE COURSE | 4 hrs. | 2 weeks |
| 2.1 Definition of terms (Fitness, Health, Exercise, Physical Activity) | | |
| 2.2 Facts and Fallacies on health, fitness and exercise | | |
| 3. COMPONENTS OF FITNESS | 4 hrs. | 2 weeks |
| 3.1 Health-Related Components | | |
| -Muscular Fitness: Strength, Endurance | | |
| -Cardiovascular Fitness- Aerobic stamina | | |
| -Flexibility | | |
| -Body Composition | | |
| (body fat%/ lean body weight/fat weight) | | |
| 3.2 Skill-Related Components | | |
| (speed/power/agility/reaction time/balance/coordination) | | |

3.3 Physical Fitness Testing

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| 4. ENERGY SYSTEMS | 4 hrs. | 2 weeks |
| 4.1 Aerobic energy substrates | | |
| 4.1 Anaerobic energy substrates | | |
| 4.2 First Long Exam | | |

MID-TERM PERIOD

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| 4. SPORTS NUTRITION | 4 hours | 2 weeks |
| 5.1 Six (6) Primary Nutrients | | |
| 5.2 Facts and Fallacies on diet | | |
| 5.3 Weight Control Program | | |

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| 5. EXERCISE AND CARDIOVASCULAR DISEASE | 4 hours | 2 weeks |
| Structure and function of the heart | | |
| Pathophysiology of cardiovascular disease | | |
| Primary and Secondary risk factors | | |
| The role of exercise | | |
| Mid-term exam | | |

FINAL PERIOD

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| 6. CARIOVASCULAR FITNESS | 4 hrs. | 2 weeks |
| Physiological measures related to aerobic fitness | | |
| Chronic and acute responses to cardiovascular exercise | | |
| Factors influencing cardiovascular fitness | | |
| The F.I.T.T. Principles | | |

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| 7. MUSCULAR FITNESS | 4 hrs. | 2 weeks |
| 8.1 Muscles: Structure and function | | |
| 8.2 Physiological measures related to muscular fitness | | |
| 8.3 Chronic adaptations to muscular exercise | | |
| 8.4 Factors influencing muscular fitness | | |
| 8.5 Principles and methods of training | | |

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| 8. MANAGEMENT OF SPORTS INJURIES | 4 hrs. | 2 weeks |
| 9.1 Common Sports Injuries | | |
| 9.2 Prevention, treatment and rehabilitation | | |
| 9.3 Contraindicated exercise | | |
| 9.4 Final exam | | |

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|--------------|---------------|
| Course No. | PE 102 |
| Course Title | Aerobics |
| No. of Units | 2 |

Course Description:

Fitness program involving cardiovascular endurance, flexibility and coordination. All activities are done to the beat and rhythm of music.

Course Objective/s:

- At the end of the course, the students will be able to:
- Develop cardiovascular endurance.
 - Develop coordination and timing.
 - Appreciate the importance of fitness to one's well-being

Course Outline:

| | | |
|--|---------|---------|
| 1. ORIENTATION | 2 hrs. | 1 week |
| 1.1 Checking of official class list | | |
| 1.2 Class policies and requirements | | |
| 1.3 Department policies | | |
| 2. BASIC FOOTWORK PATTERNS | 4 hrs. | 2 weeks |
| 3. BUILDING ENDURANCE | 10 hrs. | 5 weeks |
| 4. ADVANCED FOOTWORK PATTERNS | 10 hrs. | 5 weeks |
| 5. PRACTICE AND CHOREOGRAPHY FOR THE CULMINATING ACTIVITY | 6 hrs. | 3 weeks |
| 6. CULMINATING ACTIVITY | 4 hrs. | 2 weeks |

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|--------------|-----------------|
| Course No. | PE 103 |
| Course Title | Swimming |
| No. of Units | 2 |

Course Description:

Practical sessions on basic swimming, such as floating, sliding, breathing, four (4) strokes such as freestyle, backstroke, breaststroke, butterfly and survival techniques.

Course Objective/s:

- Learn the basic scientific strokes, correct terminologies in swimming.
- Learn the basic techniques in survival
- Adapt to water, ease the fear and gain confidence, and appreciate this kind of water sports.
- Understand the importance of swimming to health/fitness and recreation.

Course Outline:

| | | |
|--|---------|---------|
| 1. ORIENTATION | 2 hrs. | 1 wk |
| 1.1 Checking of official class list | | |
| 1.2 Class policies and requirements | | |
| 1.3 Department policies | | |
| 2. INTRODUCTION TO SWIMMING | 14 hrs. | 7 weeks |
| Orientation and adaptation to water | | |
| Breathing process (proper bubbling) | | |
| Breath holding and different types of floating | | |
| Tuckfloat, prone float, jelly fish float | | |
| Leg movement | | |
| (flutter kick, flutter kick with kickboard) | | |
| Arm movement | | |
| (high hand and high elbow recovery) | | |
| Coordination of arms and legs movement | | |
| with breathing process | | |
| Introduce basic survival strokes, (treading) | | |
| Lap swimming/drills with equipment | | |
| Practical Exam | | |
| 2. MID-TERM PERIOD | | |
| 3.1 Review lap swimming of basic strokes | 12 hrs. | 6 weeks |
| 3.2 Introduction of advanced strokes | | |

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| | (breaststroke, backstroke, fly) | | |
| | 3.1 Review/drills in advanced strokes with Equipment | | |
| | 3.2 Introduce diving, tumble turn | | |
| 4. FINAL PERIOD | | 8 hrs. | 4 weeks |
| | 4.1 Practice and time trials for basic strokes | | |
| | 4.2 Lap swimming/drills in preparation for final exam | | |
| | 4.3 Final exam | | |

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| Course No. | PE 103.1 |
| Course Title | Snorkeling/Skin Diving |
| No. of Units | 2 |

Course Description:

Fundamental theories and Practical sessions in snorkeling and skin diving. Master the use of snorkeling equipment and observe safe diving practices.

Course Objective/s:

- Understand the fundamental theories related to snorkeling and skin diving.
- Learn the basic techniques in survival, master the use of snorkeling equipment and observe safe diving practices.
- Adapt to water, ease the fear and gain confidence, and appreciate this kind of water sports.
- Understand the importance of swimming to health/fitness and recreation.

Course Outline:

| | | |
|--|---------|---------|
| 1. ORIENTATION | 2 hrs. | 1 wk |
| 1.4 Checking of official class list | | |
| 1.5 Class policies and requirements | | |
| 1.6 Department policies | | |
| 2. INTRODUCTION TO SNORKELING/SKIN DIVING | 14 hrs. | 7 weeks |
| Watermanship assessment (Swim/float) | | |
| 1. Breathing process underwater | | |
| Equipment/positioning (practical session) | | |
| Staying warm, streamlining yourself, diving together | | |
| Breath holding and different types of floating | | |
| Hyperventilation, Vertical Descents, Snorkel displacement and clearing | | |
| Introduce basic survival strokes | | |
| Swimming/drills with equipment | | |
| Practical Exam | | |
| 2. MID-TERM PERIOD | | |
| 3.1 Review of the Introduction to Snorkeling /skin diving | 12 hrs. | 6 weeks |
| 3.2 Review/drills in snorkeling / Skin diving with Equipment | | |

3.3 Introduce Scuba Diving

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| 4. FINAL PERIOD | 8 hrs. | 4 weeks |
| 4.4 Practical skills in snorkeling/skin diving | | |
| 4.5 Drills in preparation for the final exam | | |

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|--------------|------------------|
| Course No. | PE 104 |
| Course Title | Badminton |
| No. of Units | 2 |

Course Description:

Practical sessions involving instructions on basic badminton techniques. Lectures on history, equipment, rules and regulations of badminton.

Course Objective/s:

- Learn the basic skills in badminton such as grip, footwork, strokes and service;
- Learn the rules of the game and appreciate the origin and history of badminton and etiquettes of the sport;
- Learn the proper selection and care of equipment and determine the dimensions of the badminton court;
- Learn how to play a good game of badminton, both singles and doubles; and
- Understand and appreciate the value of badminton as a lifetime sport and its worthy contribution to the development of health and fitness of the individual.

Course Outline:

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| 1. | ORIENTATION | 12 hrs. | 6 weeks |
| | 1.1 | Issuance of classcards | |
| | 1.2 | Discussion of course requirements | |
| | 1.3 | Discussion of grading system | |
| 2. | STROKES AND FOOTWORK | | |
| | 2.1 | Discussion/demonstration of proper grip | |
| | 2.2 | Discussion/demonstration of stroke mechanics and proper stroke production. | |
| | 2.3 | Discussion/demonstration of the different strokes: Overhead, forehand, backhand and underhand | |
| | 2.4 | Mimetics: Student participation in the practice/execution of strokes. | |
| | 2.5 | Discussion/Demonstration of footwork patterns | |
| | 2.6 | Integration of footwork patterns with stroke Mimetics (student participation) | |
| 3. | STUDENTS' PRACTICE OF STROKES/FOOTWORK | | |
| | 3.1 | Isolation drills on strokes/footwork | |
| | 3.2 | Application of strokes/footwork in rally situations (student participation) | |
| 3. | PRELIMINARY TESTING (PRACTICAL EXAM) | | |

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| MIDTERM PERIOD | | 12 hrs. | 6 weeks |
| | 5. | DISCUSSION/DEMONSTRATION OF DIFFERENT TYPES OF SERVICE Specific drills for service (student participation) Application of different types of serve in game situation (student participation) | |
| | 6. | DISCUSSION/DEMONSTRATION OF SINGLES RULES IN BADMINTON 6.1 Application of singles rules in game situation (student participation) | |
| | 7. | CLASS TOURNAMENT: SINGLES GAMES | |
| 6 hrs. | | 3 weeks | |
| FINAL PERIOD | | 12 hours | 6 weeks |
| | 8. | DISCUSSION/DEMONSTRATION OF RULES IN DOUBLES Application of doubles rules in game situation (student participation) | |
| | 9. | DISCUSSION/DEMONSTRATION OF BASIC STRATEGIES IN SINGLES AND DOUBLES GAMES Application of strategies in singles and doubles in game situation (student participation) | |
| | 3. | CLASS TOURNAMENT : DOUBLES GAMES | |

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|--------------|----------------------------|
| Course No. | PE 105 |
| Course Title | Physical Fitness for Women |
| No. of Units | 2 |

Course Description:

This course provides the students awareness on the significant parameters of health and physical fitness and how varied forms of exercise can improve the fitness level and functionality of an individual.

Course Objective/s:

- understand the concepts, principles, mechanics, and benefits of all health and performance-related components of fitness for lifelong participation in physical activity and personal wellness.
- identify different forms of exercises – static and dynamic movement skills - using a variety of supplies and equipment.
- execute exercises with proper form and technique to improve and increase one’s functional capacity and efficiency at an optimal level.
- measure and assess strength, flexibility, body composition, aerobic and anaerobic fitness through appropriate tests and measurement protocols.
- observe safety practices and rules in the use of equipment and other aspects of the fitness environment.
- actively participate in individual, partner and group activities while appreciating the importance of fitness in one’s well-being.

Course Outline:

| | | | |
|-----|--|--------|---------------------------|
| 1. | ORIENTATION | | |
| | 1.1 Checking of the Official Class List | 1 hr. | 1st week |
| | 1.2 Department policies | | |
| | 1.3 Class policies and requirements | | |
| 2. | PHYSICAL FITNESS TEST AND ASSESSMENT | 4 hrs. | 2 nd -3rd week |
| | - Principles, guidelines, and mechanics | | |
| | - Pre-test procedures, standards, assessment | | |
| 3. | INTRODUCTION TO: | 2 hrs. | 4th week |
| | 3.1 Principles of training | | |
| | 3.2 Training guidelines and procedures | | |
| | 3.3 Methods of training – program of activities and equipment to be used | | |
| | 3.4 Stretching and flexibility exercise routine | | |
| 3.5 | 3.5 Safety considerations | | |
| | GENERAL WORKOUT: | | |

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| 4.1 Level 1 Workout: - Basic routine with emphasis on aerobic/anaerobic fitness, muscular strength and endurance, flexibility and coordination | 6 hrs. | 5 th -7 th week |
| 4.2 Level 2 Workout - Increased intensity (and overload) of workouts (for strength exercises) - Incorporating activities targeting skill-related components of fitness (agility, reaction time, speed) | 6 hrs. | 8 th -11 th week |
| MID-TERM EXAMINATION | 2 hrs. | 12 th week |
| 5.1 Level 3 Workout - next progression of exercises | 8 hrs. | 13 th -16 th week |
| FINAL EXAMINATION/PHYSICAL FITNESS TEST AND ASSESSMENT - Post-test procedures and evaluation | 4 hrs. | 17 th -18 th week |

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| Department | Physical Education | School | Loyola Schools |
| Course No. | PE 106 | | |
| Course Title | Table Tennis | | |
| No. of Units | 2 | | |

Course Description:

Practical sessions on learning and improving the basic skills of table tennis and incorporating game-play and fitness development through a variety of movement patterns.

Course Objective/s:

- briefly discuss the history of the sport, equipment needed, and the general rules of the sport.
 - identify and understand the basic concepts, principles, mechanics, and strategies behind executing a stroke and game patterns correctly.
 - execute and practice the basic skills with proper form and technique to improve performance
- develop appropriate footwork and conditioning techniques as they relate to personal health and physical performance.
- combine and apply all basic skills and tactics that can be utilized in match situations.
- observe safe practices in the use of equipment and other aspects of the play environment during participation in activities.
- demonstrate positive personal, social, and psychological skills (e.g., self-discipline, teamwork, goal-setting, self-control, and appreciation of body and skill preparations).

Course Outline:

| | | | |
|---|---|--------|--|
| 1. ORIENTATION | | | |
| 1.1 | Checking of the Official Class List | 2 hrs. | 1st week |
| | 1.2 Department policies | | |
| 1.3 | Class policies and requirements | | |
| 1.4 | History, equipment, and general rules of the sport | | |
| 2. PRACTICAL AND DEMONSTRATION SESSIONS: | | | |
| 2.1 | Introduction to Table Tennis | 4 hrs. | 2 nd – 3 rd week |
| | • Basic concepts and parameters of play: | | |
| | -strokes/spins, speed of the ball, placement and timing points | | |
| | • Stretching exercises (body preparations) | | |
| | -Warm-up and Cool down exercises | | |
| 2.2 | Grips and Ready Stance | | |
| 2.3 | Off-Table control: Ball Tapping and Floor/Wall Bouncing | | |
| | Skill Test 1 and 2 | | |
| 2.4 | Basic Forehand (FH) and Backhand (BH) stroke | 4 hrs. | 4 th -5 th week |
| | *Drill patterns; * Lines/direction and areas of play; *Ball Control | | |

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| | Skill Test 3 – Rally Returns | | | |
| 2.5 | Kinds of Footwork : Drills and Exercises | 2 hrs. | 6 th week | |
| | Skill Test 4 – Footwork with FH/BH stroke | | | |
| 2.6 | Service and Return | | 4 hrs. | 7 th -8 th |
| | week | | | |
| | *FH and BH stroke; *Short and Long serves/returns | | | |
| | *Direction control (target and ball placement) | | | |
| | Skill Test 5 – Service (w/ target and placement) | | | |
| 2.7 | Ball Spins : Basic Drills and Exercises | 4 hrs. | 9 th – 10 th week | |
| | *Topspin *Backspin | | | |
| | **Sidespin and Loopspin (for intermediate players) | | | |
| | Skill Test 6 - Change of Direction | | | |
| 2.8 | Drive, Smash and Block: Drills and Exercises | 2 hrs. | 11 th week | |
| 2.9 | Singles Play: | 4 hrs. | 12 th -13 th week | |
| | *Rules, Game plan, and basic tactics/strategies | | | |
| | Singles Event Matchplays | | | |
| Doubles Play: | | 4 hrs. | 14 th -15 th week | |
| | *Rules, Game plan, and basic tactics/strategies | | | |
| | Doubles Event Matchplays | | | |
| | CULMINATING ACTIVITY | 4 hrs. | 16 th -17 th week | |
| | *Other practice drills and game-plan techniques; *Team Event Mechanics | | | |
| | *For Finals: Matchplay preference – Singles or Doubles play | | | |

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|--------------|---------------|
| Course No. | PE 107 |
| Course Title | Running |
| No. of Units | 2 |

Course Description:

This course aims to introduce the student to various activities that deal with the different types of running (e.g. sprint, distance running, road running, etc.). Lectures on the, principles, practice and philosophy of the sport are also included.

Course Objective/s:

- Value the contribution of running to physical well-being
- Know and perform what to do in a running activity
- Improve physically fitness, including cardiovascular and muscular endurance.

Course Outline:

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| 1. ORIENTATION | | | |
| 1.1 | Checking of official class list | 8 hrs. | 4 weeks |
| 1.2 | Class policies and requirements | | |
| 1.3 | Department policies | | |
| 1.4 | Fitness Pre-test | | |
| 1.5 | Mechanics Orientation (pre-, during, and post-run activities) | | |
| 1.6 | Campus Map Orientation | | |
| 2. PREPARATION | | 12 hrs. | 6 weeks |
| 2.1 | Mechanics and Safety consideration | | |
| 2.2 | Individual's set pacing in terms of time and distance | | |
| 2.3 | Building endurance, develop/improve the Running distance | | |
| | Midterms – with target time & distance | | |
| | Men – 5k / Women 3k | | |
| 3. PREPARATION FOR FARTHER DISTANCE IN A SHORTER TIME | | 12 hrs. | 6 weeks |
| 1. | FINAL EXAMINATION | | 6 hrs. |
| | 3 weeks | | |

4.1 Time Trials
 Men – 10k
 Women – 5k

 4.2 Fitness Post Test

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|--------------|---------------|
| Course No. | PE 108 |
| Course Title | Lawn Tennis |
| No. of Units | |

Course Description:

This course aims to introduce the game of lawn tennis to beginners while sharpening the skills of intermediate and advanced level players. Relevant motor skills needed to play the game are taught together with the theoretical underpinnings of the sport.

Course Objective/s:

The main objective of the course is to help the students attain greater appreciation of the game of lawn tennis through:

Establishment and enhancement of keys motor skills needed to play and enjoy the sport. This includes developing the following areas:

- a. Hand-Eye coordination
- b. Footwork
- c. Basic groundstrokes (forehand and backhand)
- d. Basic Serve

Awareness of lawn tennis rules and regulations, terms, and scoring system

Meeting people who share the same interest in the sport

Course Outline:

| | | |
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| 1. CLASS ORIENTATION | 1 hour | week 1 |
| 2. INTRODUCTION TO STARTER TENNIS | 7 hours | weeks 1-4 |
| 3. PRELIMINARY EXAMINATIONS | 1 hour | week 5 |
| MID TERM | | |
| 4. INTRODUCTION TO BASIC STROKE PRODUCTION | 12 hours | weeks 6-11 |
| 4.1 Forehand | | |
| 4.2 Backhand | | |

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| 5. INTRODUCTION TO THE RULES & REGULATIONS OF THE SPORT | 1 hour | week 12 |
| 6. PRACTICAL AND WRITTEN MIN TERMS | 3 hours | weeks 12-13 |
| 7. INTRODUCTION TO SERVE | 3 hours | weeks 14-15 |
| 8. PRACTICAL TEST SERVE | 1 hour | week 15 |

FINAL PERIOD

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| 9. PRACTICE GAMES AND TEAM TENNIS TOURNAMENT | 8 hours | weeks 16-19 |
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| Course No. | PE 110 |
| Course Title | Soccer |
| No. of Units | |

Course Description:

Lectures on the history, equipment and rules of the games. Practical activities on the basic skills of ball handling and game strategies.

Course Objective/s:

- Satisfactorily execute the basic skills involved in indoor soccer (futsal);
- Execute properly the rules of the game during practice sessions and actual competition;
- Satisfactorily play the different positions during class competitions.

Course Outline:

| | | |
|--|---------|---------|
| 1. ORIENTATION | 2 hrs. | 1 week |
| 1.1 Checking of official class list | | |
| 1.2 Class policies and requirements | | |
| 1.3 Course outline and grading system | | |
| 1.4 Department policies | | |
| 2. INTRODUCTION TO INDOOR SOCCER | 4 hrs. | 2 weeks |
| 2.1 Historical background and technologies | | |
| 2.2 Basic rules and regulations | | |
| 2.3 Laws of the game | | |
| 2.4 Basic skills | | |
| 2.5 Warm-up and cool-down exercises | | |
| MID-TERM PERIOD | 12 hrs. | 6 weeks |

3. PHYSICAL TRAINING

- 3.1 Warm-up/Cool-down
- 3.2 Coordination training (running form, slalom run, Lateral run, carioca run, ladder)
- 3.3 Specific coordination training (ball feeling, slalom dribbling, sole dribbling, obstacle dribbling)
- 3.4 Power training (strength program, plyometrics training)
- 3.5 Speed & Reaction training (short sprint –10m-30m dash, shuttle runs, speed of reaction, speed of anticipation)

7. TECHNICAL/BASIC SKILL TRAINING

- 4.1 Dribbling & feints exercise
- 4.2 Turning & shielding exercise
- 4.3 Passing & taking shot drills
- 4.4 Heading
- 4.5 Ball control (sole, scooping, aerial)

5. TACTICAL TRAINING

- 5.1 Combination plays (wall pass, taking over, overlap)
- 5.2 Set plays (free kicks, corner kick, kick-in)
- 5.3 1vs1 attacking/defending
- 5.4 2vs2 attacking/defending
- 5.5 4vs4 attacking/defending

FINAL PERIOD

16 hrs.

8 weeks

8. GOALKEEPING TRAINING

- 1. Catching
- 2. Shot stopping and narrowing angles
- 3. Starting play at the back (throwing)
- 4. Role as a last man (sweeper)

6. CLASS COMPETITIONS

7. INTER-CLASS COMPETITIONS

2 hrs.

1 week

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| Course No. | PE 111 |
| Course Title | Weight Training for Men |
| No. of Units | 2 |

Course Description:

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| <p>Practical activity geared toward development of muscular fitness through lifting weights. Involves discussion on various theories of program.</p> |
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Course Objective/s:

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| <ul style="list-style-type: none"> - Understanding how weight training's physical benefits compare to those of other activities. - Determining what weight training equipment to use, how to train and when to train. - Assessing your weight training fitness level to help determine where to start and how intensely to train. - Executing exercises safely. - Warming-up, stretching and cooling down properly. |
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Course Outline:

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| <p>1. Orientation 1st week</p> <ul style="list-style-type: none"> a. Checking of class card b. Attendance and uniform c. Grading system | 2 hrs. |
| <p>2. Physical Fitness Testing/Assessment 2nd-3rd week</p> | 4 hrs. |
| <p>3. Introduction to Basic Weight Training 4th-5th week</p> <ul style="list-style-type: none"> a. Equipment b. Safety considerations | 4 hrs. |

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| 4. Prelim Testing 6 th week | 2 hrs. |
| Midterm Period | 12 hrs. |
| 5. General Work-out w/ Emphasis on Muscle Toning 7 th -11 th week | 10 hrs. |
| Muscular Endurance Corresponding to Weight Training Fitness Levels and Work-out Categories | |
| Midterm Examination 12 th week | 2 hrs. |
| Final Period | 12 hrs. |
| 6. General Work-out w/ Emphasis on the Increase in Repetitions/sets for the Development of Muscular Strength | |
| Final Examination 18 th week | 2 hrs. |

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| Department | Physical Education | School | Loyola Schools |
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| Course No. | PE 112 |
| Course Title | Basketball |
| No. of Units | 2 |

Course Description:

Practical sessions on learning and improving the basic skills of basketball and incorporating fitness development in movement patterns and game situations.

Course Objective/s:

- discuss the history and origin of basketball, equipment needed, and the general rules of the sport.
- identify and understand the basic concepts, mechanics, and strategies behind executing a skill and game patterns correctly.
- execute and practice the basic skills with proper form and technique.
- develop appropriate footwork and conditioning techniques as they relate to personal health and improved physical performance.
- assess and apply all basic skills, strategies, and movement patterns in game situations.
- observe safety practices in the use of equipment and other aspects of the play environment during participation in activities.
- exhibit positive personal, social, and psychological skills (e.g., self-discipline, teamwork, goal-setting, self-control, acceptance, fair play, effort and appreciation of body and skill preparations).

Course Outline:

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| 1. ORIENTATION | | |
| 1.1 | Checking of the Official Class List | 2 hrs. 1 week |
| 1.2 | Department policies | |
| 1.3 | Class policies and requirements | |
| 1.4 | History, equipment, concepts, and general rules of basketball | |
| 2. PRACTICAL AND DEMONSTRATION SESSIONS: | | |
| 2.1 | Introduction to Basketball | 6 hrs. 3 weeks |
| | <ul style="list-style-type: none"> • Basic movement principles and body mechanics preparation • Stretching and Footwork exercises (body preparations) -Warm-up and Cool down series; Conditioning activities • Movement w/out the ball (jump stop, pivoting, change of pace, and change of direction) • Ball-Handling drills | |
| 2.2 | Dribbling Skill: Controlled, Speed, Protection, and 4 Kinds of Dribble | |
| 2.3 | Movement with the ball (jump stop, pivoting, etc.) | |
| | Skill Test 1 | |
| | Passing and Receiving Skills: Chest, Bounce, Overhead, Baseball | 4 hrs. 2 weeks |
| | - Lead pass; Team Passing and Catching | |
| | Combination drills: dribbling, passing, and movement w/ and w/out the ball | |
| | Skill Test 2 | |
| 2.6 | Shooting Skill: Jump shot, Freethrow, Lay-up | 6 hrs. 3 weeks - 5- |
| | Angle shooting (Individual and/or Team shooting) | |
| 2.7 | One-on-one, 2-man, 3-man movement drill patterns and play | |
| | Skill Test 3 | |
| 2.8 | Defensive Skills: Individual and Team Defense (3-man formation) | 4 hrs. 2 week |
| | - Step-slide; Box-out; Rebounding, "Deny"; Man-to-man; | |
| 2.9 | Other Offensive and Defensive skills and play: | |
| | - Cutting motion; Inbounding; Screen/Pick-and-Roll; "Deny" | |
| 2.10 | 3-on 3 Game Mechanics: Rules of Play | 6 hrs. 3 |
| | weeks | |
| | - Team formation; Basic 3-man play patterns | |
| | Practical Test: 3-on-3 Game Series (Round-Robin) | |
| 2.11 | 5-on-5 Game Mechanics: Zone Defense; Motion Patterns; Rules of | |
| | Play | 2 hrs. 1 week |
| 3. CULMINATING ACTIVITY | | |
| | Team Formation and game preparations | 4 hrs. 2 weeks |
| 4 Finals: 5-on-5 Game Series | | |

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| Course No. | PE 113 |
| Course Title | Recreational Activities |
| No. of Units | 2 |

Course Description:

The course introduces the students to various non-traditional sports and physical activities. Topics range from emerging sports such as frisbee and flag football and local sports such as patentero and tumbang preso.

Course Objective/s:

- Gain the importance of recreational activities as means of relaxations, pastime or diversion from the usual routine of the day.
- To share with one another their interest and hobbies in the class.
- For the students to learn different recreational activities introduced in the class.

Course Outline:

| | | |
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| I. | ORIENTATION 1 week | 2 hrs. |
| | 1.1 Course description/objectives | |
| | 1.2 Class requirements/policies | |
| | 1.3 Department's policies | |
| 2. | INTRODUCTION/PLANNING | 6 hrs. 2-4 wks |
| | 2.1 Classroom discussion on recreational activities | |
| | 2.2 Groupings – brain storming, planning of activities | |
| | 2.3 Submission of proposed recreational activity | |

| 2.4 Calendaring of activities | | | 24 hrs. | 12 wks |
|---|--------------------|--|---------|--------|
| MID-TERM PERIOD | | | | |
| Activity 1 | Film viewing week | | | |
| Activity 2 | Touch ball | | | |
| Activity 3 | Filipino games | | | |
| Activity 4 | Cook out | | | |
| Activity 5 | Videoke | | | |
| Activity 6 | Ceramic Painting | | | |
| Activity 7 | Card Games | | | |
| Activity 8 | Chinese Mahjong | | | |
| Activity 9 | Recreational Bingo | | | |
| Activity 10 | Party/Parlor games | | | |
| Activity 11 | Trivia games | | | |
| Activity 12 | Board games | | | |
| 3. CLASSROOM EVALUATION ON EACH RECREATIONAL ACTIVITIES | | | 2 hrs. | 1 wk. |
| 4. CULMINATING ACTIVITY | | | 2 hrs. | 1 wk. |

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| Course No. | PE 115 |
| Course Title | Arnis |
| No. of Units | 2 |

Course Description:

Arnis is the indigenous Filipino Martial Art with or without using weapons. By virtue of Republic Act 9850, it is hereby declared as the National Martial Art and Sport of the Philippines. This course will tackle basic to intermediate martial art skills in Arnis using the single and double weapon systems. Basic knife techniques will also be incorporated. Students will learn offensive techniques like striking and thrusting using the fundamental angles of attack. Students will also learn defensive techniques like the fundamental blocking techniques and evasion tactics using footwork. The students will also be able to experience full-contact sparring through the sport aspect of the art by using foam-padded sticks and cushioned protective equipment.

Course Objective/s:

- Learn the historical background and evolution of Arnis as a martial art;
- Learn the participation of Arnis in Philippine History;
- Execute the 18 Fundamental Attacks;
- Learn and apply Double Stick Pattern technique #1;
- Learn and apply Double Stick Pattern technique #2;
- Learn and apply Double Stick Pattern technique #3;
- Learn and apply Double Stick Pattern technique #4;
- Learn and apply Double Stick Pattern technique #5;
- Learn and apply Double Stick Pattern technique #6;
- Learn and apply Double Stick Pattern technique #7;
- Learn and apply Double Stick Pattern technique #8;
- Execute the Three (3) Kinds of Redonda techniques;
- Learn and apply the Cruzada Technique #1;
- Learn and apply the Cruzada Technique #2;

- Learn and apply the Cruzada Technique #3;
- Apply the 6 Fundamental Blocks;
- Execute the 8 Traditional Techniques;
- Learn and apply the Guerrero Footwork;
- Learn and apply the Guerrero Retirada Footwork;
- Learn and apply the Caballero Footwork;
- Learn and apply the Caballero Retirada Footwork;
- Learn and apply the concepts of Redondo;
- Learn and apply the concepts of the half strike;
- Learn and apply the International Rules of the Sport of Arnis;
- Learn how to apply the various techniques through actual sparring ;
- Appreciate the values developed in Arnis;
- Appreciate the role and importance of Arnis as a martial art.

Course Outline:

| | | |
|---------|---|--|
| WEEK 1 | : | Introduction & course contents (include Rules and Regulation before and after training) |
| | : | Lecture on the historical background and evolution of Arnis; |
| WEEK 2 | : | Lecture on the participation of Arnis in Philippine history (include personalities involved, historical details, and historical trivias) |
| | : | Library period for Arnis Paper Research (about the History of Arnis) |
| WEEK 3 | : | 18 Fundamental Attacks (Proper Grip, Proper Stance, Basic Target Areas, Proper Angles, Drills with a Partner) |
| | : | Submission of Arnis Paper |
| WEEK 4 | : | Double Stick Pattern Technique #1 & 2 (Proper Stance, Target Areas, Proper Angles) |
| | : | Double Stick Pattern Technique #3 & 4 (Proper Stance, Target Areas, Proper Angles) |
| WEEK 5 | : | Double Stick Pattern Technique #5 & 6 (Proper Stance, Target Areas, Proper Angles) |
| | : | Double Stick Pattern Technique #7 & 8 (Proper Stance, Target Areas, Proper Angles) |
| WEEK 6 | : | Review for Preliminary Exams |
| | : | Preliminary Exams (1 st Practical Exam) |
| WEEK 7 | : | Redonda (Basic) Technique (Proper Stance, Target Areas, Drills with a Partner) |
| | : | Redonda (Horizontal and Vertical Variations) Techniques (Proper Stance, Target Areas, Drills with a Partner) |
| WEEK 8 | : | Cruzada #1 to 3 Techniques (Proper Stance, Target Area, Drills with a Partner) |
| WEEK 9 | : | 6 Fundamental Blocks (Proper Stance, Proper Angles, Drills with a Partner Application) |
| WEEK 10 | : | 8 Traditional Techniques (Taas-Baba, Ekis, Banda y Banda, Otso, Doblete, Sungkite, Abaniko, Pilantik) |
| WEEK 11 | : | Review for Midterm Exams |

| | | |
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| | : | Midterm Examinations (2 nd Practical Exam) |
| WEEK 12 | : | Integration of Techniques (Combinations) |
| | : | Drills with the Striking Dummy/Target Practice |
| WEEK 13-15 | : | International Rules on Sport Arnis |
| | : | Sparring and other Applications |
| | : | Pre-Final Exam (3 rd Practical Exam) |
| WEEK 16 | : | Summary |
| | : | Review for Finals |
| WEEK 17 | : | Finals |

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| Course No. | PE 116 |
| Course Title | Volleyball |
| No. of Units | 2 |

Course Description:

Practical activity involving basic volleyball skills (volleying, serving, underhand and overhand pass, etc.). Short lectures on history, rules, and skills of the sport.

Course Objective/s:

- Satisfactorily execute the basic skills involve in volleyball.
- Execute properly the rules of the game during practice sessions and actual competitions.
- Satisfactorily play the different positions during class competitions.
- Officiate in actual class competitions.

Course Outline:

| | | |
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| 1. INTRODUCTION/ORIENTATION | | 1 week |
| 1.1 | Class policies and requirement | |
| 1.2 | Course outline and grading system | |
| 1.3 | Department policies | |
| 2. INTRODUCTION TO VOLLEYBALL | | 2 weeks |
| 2.1 | Historical background and terminologies | |
| 2.2 | Volleyball facilities and equipment | |
| 2.3 | Basic rules and regulations | |
| 2.4 | Officials of the games | |
| 2.5 | Basic skills | |
| 2.6 | Strategies | |
| 2.7 | Warm-up exercises | |
| 3. DEMONSTRATION OF BASIC SKILLS IN VOLLEYBALL | | 3 weeks |
| 3.1 | Underhand pass | |
| | - by two; group in semi-circle; group in 3 touches; dig pass; with net. | |
| | - practical test | |
| 3.2 | Service | 2weeks |
| | - underhand service; overhand service | |
| | - practical test | |
| 3.3 | Setting, Tossing | 2 weeks |
| | - underhand toss; overhand toss | |
| | - practical test | |
| 3.1 | Attack Hit | |
| | - stationary/standing; take off/jumping | |
| | - practical test | |
| D. | CLASS COMPETITIONS | 3 weeks |
| | -Single Elim. | |
| E. | PRACTICE FOR INTERCLASS COMPETITIONS | 2 weeks |
| F. | FINALS | 1 week |

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| Course No. | PE 119 |
| Course Title | Circuit Training |
| No. of Units | 2 |

Course Description:

Short lectures on history and the principles of circuit training. Practical activities involving sequential performance of selected (routine) exercises at individual stations.

Course Objective/s:

- Develop an understanding of the role of weight training in a comprehensive fitness program.
- Demonstrate skill in the use of selected weight apparatus.
- Demonstrate skill in the performance of selected non-equipment exercise.
- To motivate oneself to involve in different types of exercises - not only exercises but different sports (acquatons) combination of swim and run
- To learn how to make their own program.
- To improve and increase the mobility, strength and stamina.

Course Outline:

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| Orientation and lecture about the program | 1 st week |
| Introduce the proper warm-up and some basic stretching exercise | 2 nd week |
| Fifteen minutes jog and different types of abdominal exercising (building cardiorespiratory endurance and flexibility) | 3 rd – 5 th week |
| Introduction of second program with weights (lightweights) | 6 th – 7 th week |
| Additional repetition and number of sets in each station | 8 th – 10 th week |
| Midterm exam for group presentation | 11 th – 13 th week |
| Combination of aerobic and basic weight training | 14 th – 15 th week |
| Preparation for the final exam | 16 th – 18 th week |

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| Course No. | PE 121 | | |
| Course Title | Fencing | | |
| No. of Units | 2 | | |

Course Description:

Practical and instructional sessions on the art of using a foil or a sword for attack or defense, with lectures on the history, principles, and `ethics of the sport.

Course Objective/s:

- To identify the similarities and differences of foil, epee, and saber fencing with regards to equipment, target areas, manner of hitting, and the concept of “right of way”
- To understand the rules that governs a fencing bout.
- To execute the basic footwork exercises.
- To learn the basic technique on offensive and defensive movements in foil fencing.
- To apply the basic techniques in controlled and uncontrolled (free fencing) bouts.
- To be able to compete at the end of the semester

Course Outline:

| | | |
|---|--------|---------------------------------------|
| 1. ORIENTATION | 2 hrs. | 1 st wk |
| 1.1 Verification of enrollees in official class list | | |
| 1.2 Course description/objectives | | |
| 1.3 Course requirements | | |
| 1.4 Grading system | | |
| 2. INTRODUCTION TO THE SPORT OF FENCING | 2 hrs. | 2 nd wk |
| 2.1 History of the sport of fencing in the Philippines | | |
| 2.2 Lecture on the similarities and differences of foil, epee, and saber | | |
| 2.3 Equipment | | |
| 2.4 Film showing on actual foil, epee, and saber bouts | | |
| 3. BASIC FOOTWORK EXERCISES | 4 hrs. | 3 rd -4 th wk |
| 3.1 Proper warming-up and stretching exercises | | |
| 3.2 Om Guard Position | | |
| 3.3 Footwork exercises | | |
| -Step forward (advance) | | |
| -Step back (retreat) | | |
| -Lunge | | |
| -Step forward lunge (advance lunge) | | |
| -Fleche | | |
| 4. BASIC OFFENSIVE AND DEFENSIVE TECHNIQUES IN FOIL FENCING | 2 hrs. | 5 th wk |
| 4.1 Offensive | | |
| -Direct attack combined with footwork exercises | | |
| 4.2 Defensive | | |
| -Parry 4 and 6 direct riposte combined with footwork exercises | | |
| 5. CONTROLLED BOUTS | 2 hrs. | 6 th wk |
| 5.1 Practical application of direct offensive and defensive techniques | | |
| 6. BASIC OFFENSIVE AND DEFENSIVE TECHNIQUES IN FOIL FENCING | 1 hr. | 7 th wk |
| 6.1 Offensive | | |
| -Indirect attack (disengage) combined with footwork exercises | | |
| 6.2 Defensive | | |
| -Parry 4 – 6 indirect (disengage) riposte combined with footwork exercises | | |
| 7. CONTROLLED BOUTS | 2 hrs. | 7 th -8 th wk |
| 7.1 Practical application of indirect offensive and defensive techniques | | |
| 8. INTRODUCTION TO BASIC REFEREEING | 1 hr | 8 th wk |
| 8.1 Fencing terms | | |
| 8.2 The concept of ‘right of way’ | | |
| 8.3 Awarding of points | | |
| 9. PRACTICAL APPLICATION OF BASIC REFEREEING (Free fencing) BOUTS | 4hrs | 9 th -10 th wk |
| 10. BASIC OFFENSIVE AND DEFENSIVE TECHNIQUES IN FOIL FENCING | 1 hr. | 11 th wk |
| 10.1 Offensive | | |
| -Direct and indirect attack combined with footwork exercises | | |
| 10.2 Defensive | | |
| -Parry 7 and 8 direct and indirect riposte combined with footwork exercises | | |
| 11. CONTROLLED BOUTS | 1 hr | 11 th wk |
| 11.1 practical application of direct and indirect offensive and defensive techniques | | |
| 12. GRADES EVALUATION OF FOOTWORK AND FEREREEING | 2 hrs. | 12 th wk |
| 13. CONTINUATION OF PRACTICAL APPLICATION OF BASIC REFEREEING AND UNCONTROLLED (free fencing) BOUTS | 4hrs. | 13 th -14 th wk |
| 14. OBSERVATION OF AN ACTUAL FENCING COMPETITION | 2 hrs. | 15 th wk |
| 15. FINALS | | |
| 15.1 Practical – Competition | 4hrs. | 16 th -17 th wk |
| 15.2 Written | 1 hr | 18 th wk |

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| Course No. | PE 130 |
| Course Title | Ballroom Dancing |
| No. of Units | 2 |

Course Description:

Teaching of basic dance steps, cha-cha, boogie, swing and tango. Lectures on movement, style, partner relationship, and social etiquette. Culminating activity is a group presentation of the various dance steps.

Course Objective/s:

- Learn activities that are good exercise, good fun and something you can do all your life.
- Develop poise, manners, social rapport through dance.
- Learn how to relate comfortably to the opposite sex.
- To enjoy ballroom dancing.

Course Outline:

| | | | | |
|----|---|---|--------|--------------|
| 1. | ORIENTATION | | 1 hrs. | 1 meeting |
| | 1.1 | Checking official class list | | |
| | 1.2 | Requirements | | |
| | 1.3 | Department policies | | |
| 2. | HISTORICAL BACKGROUND OF BALLROOM DANCE | | | |
| | | Etiquette of the dance | 1 hrs. | 1 meeting |
| 3. | DANCES | | | |
| | 3.1 | Swing – basic steps -combination of steps -review of entire dance -practical exams | 6 hrs. | 3 weeks |
| | 3.2 | Cha-cha-cha – basic steps -combination of steps - review of entire dance - practical exams | 6 hrs. | 3 weeks |
| | 3.3 | Boogie – basic steps - combination of steps - review of entire dance - practical exams | 6 hrs. | 3 weeks |
| | 3.4 | Tango - basic steps - combination of steps - review of entire dance - practical exams.. | 6 hrs. | 3 weeks |
| | 3.5 | Samba - basic steps - combination of steps - review of entire dance - practical exam | 1 hr | } 1 week |
| | 3.6 | Reggae | 1 hr | |
| 4. | REVIEW AND PRACTICE OF ALL DANCES | | | 2 hrs 1 week |
| 5. | FINAL EXAMS – Culminating Activity | | | 2 hrs 1 week |

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| Course No. | PE 131 |
| Course Title | Taekwondo |
| No. of Units | 2 |

Course Description:

Lectures on history, principles and ethics of the sport. Practical sessions on both offensive and defensive techniques (e.g. strikes, thrusts, kicks, blocks and parrying). Includes physical training focused on the development of stance, movements, speed and breathing.

Course Objective/s:

- Learn the basic forms of Taekwondo
- Understand the history of Taekwondo
- Appreciate the objective of Taekwondo as martial art

Course Outline:

| | | | |
|--------------------|--------------------------------------|--|--------------|
| PRELIMINARY PERIOD | | | |
| 1. | ORIENTATION | 2 hrs. | 1 wk |
| | 1.1 | Checking of official class list | |
| | 1.2 | Class policies and requirements | |
| | 1.3 | Department policies | |
| 2. | INTRODUCTION TO TAEKWONDO | 14 hrs. | 7 wks |
| | 2.1 | Meaning/Tenets of Taekwondo | |
| | 2.2 | Korean Terms (Basic Commands) | |
| | 2.3 | Vital points of the human body | |
| | 2.4 | Warm-up/Cool-down exercises | |
| 3. | BASIC MOVEMENTS OF TAEKWONDO | | |
| | 3.1 | Basic punching (how to make a fist, target area, execution of horse-back-riding stance, kinds of punches, punching exercises) | |
| | 3.2 | Basic blocks (downward block, upward block, double arms middle block, knife-hand block, knife-hands middle block execution by the number, left hand, right hand, alternate-blocking exercises) | |
| | 3.3 | Basic stances (how to execute ready stance –joonbi, forward stance, back stance, fighting stance, moving forward and moving backward stance exercises) | |
| | 3.4 | Basic Kicks (stretch kick, front kick, out-in kick, In-out-kick, 45 degree kick, Side kick, alternate drills) | |
| | 3.5 | Practical Exam | 4 hrs. 2 wks |
| MID-TERM PERIOD | | | |
| 4. | SELF-DEFENSE FORMS (for white belts) | 12 hrs. | 6 wks |
| | 4.1 | Foundation Form #1 -Direction of Poomse (leg movements, leg and hand movements) | |
| | 4.2 | Foundation Form #2 -Direction of Poomse (leg movements, leg and hand movements) | |
| | 4.3 | Final Exam (Promotion testing) | 4 hrs. 2 wks |

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| Course No. | PE 132 |
| Course Title | Tai-Chi |
| No. of Units | 2 |

Course Description:

Taiji Chuan is a healing/martial art that combines martial arts movements with Qi (energy) circulation, breathing, and stretching techniques. It utilizes the ancient philosophy of Yin-Yang and the five elements theories.

Course Objective/s:

- Gain an insight in the art of Tai-Chi;
- Develop a desire to learn the slow-paced movements as a means of self-expression;
- Show a sense of responsibility in learning and execution of forms of Tai-Chi.

Course Outline:

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| PRELIMINARY PERIOD | | | |
| 1. | ORIENTATION | 2 hrs. | 1 week |
| | 1.1 Checking of official class list | | |
| | 1.2 Class policies and requirements | | |
| | 1.3 Department policies | | |
| 2. | PHYSICAL EDUCATION IN RELATION TO TAI-CHI | 12 hrs. | 6 weeks |
| | 2.1 Lecture/discussion | | |
| | 2.2 Warm-up/Cool-down | | |
| | 2.3 Demonstration of the basic forms | | |
| MID-TERM PERIOD | | 6 hrs. | 3 weeks |
| 3. | FORMS | | |
| | 3.1 Introduction of intermediate forms | | |
| | 3.1 Review of intermediate forms | | |
| | 3.2 Group demonstration | | |
| | 3.3 Practical Exam | | |
| FINAL PERIOD | | | |
| 4. | GROUP DEMONSTRATION | 10 hrs. | 5 weeks |
| | 4.3 Performance of all Tai-Chi forms | | |
| | 4.4 Creativeness use of body parts | | |
| FINAL EXAM (Individual performance) | | 6 hrs. | 3 weeks |

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| Course No. | PE 133 |
| Course Title | Yoga |
| No. of Units | 2 |

Course Description:

Yoga is a way of life, an integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago. Lectures and actual practice on the proper exercise, yogic breathing, proper relaxation, positive thinking and meditation.

Course Objective/s:

| | | | |
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| PRELIMINARY PERIOD | | | |
| 1. | ORIENTATION | 2 hrs. | 1 week |
| | 1.1 Checking of official class list | | |
| | 1.2 Class policies and requirements | | |
| | 1.3 Department policies | | |
| 2. | INTRODUCTION TO YOGA | | |
| | 2.1 Salutation to the Sun A (Surya Namaska A) -corpse pose (savasana) | 2 hrs. | 1 week |
| | 2.2 Salutation to the Sun B (Surya Namaska B) -corpse pose (savasana) | 2 hrs. | 1 week |
| 3. | SALUTATION TO THE SUN A & B (Standing postures) | 4 hrs. | 2 weeks |
| | - Mountain pose (tadasana) | | |
| | - Chair/Squat (Utkatanasana) | | |
| | - Sideways-facing forward bend(Pava Uttanasava) | | |
| | - Warrior I (virabha Iranasana) | | |
| | - Warrior II | | |
| | - Triangle (Utthita Trikonasana) | | |
| MID-TERM PERIOD | | 6 hrs. | 3 weeks |
| 1. | FORMS | | |
| | 1.1 Group demonstration | | |
| | 1.2 Practical Exam | | |
| FINAL PERIOD | | | |
| 2. | GROUP DEMONSTRATION | 10 hrs. | 5 weeks |
| | 2.1 Creativeness use of body parts | | |
| | FINAL EXAM (group performance) | 6 hrs. | 3 weeks |

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| Course No. | PE 134 | | |
| Course Title | Tap Dance | | |
| No. of Units | 2 | | |

Course Description:

Lectures on the historical background, definition of terms. Practical Sessions on basic steps, step combinations, and dance choreography.

Course Objective/s:

- Learn the basic steps and combinations of tap dance.
- Develop a sense of rhythm, poise, coordination and confidence through tap dance.
- Develop appreciation of the carryover values of tap dance for physical fitness and related daily activities.

Course Outline:

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|-----------------------------|---|--------|------------|
| PRELIMINARY PERIOD | | | |
| 1. | ORIENTATION | 1 hrs. | 1 meeting |
| | 1.1 Checking of official class list | | |
| | 1.2 Requirements | | |
| | 1.3 Department policies | | |
| BRIEF HISTORY OF THE DANCE. | | | |
| | INTRODUCTION AND LEARNING OF BASIC STEPS | 9 hrs. | 9 meetings |
| | Shuffle and variations, buffalo | | |
| | Irish and combinations, Maxie Ford, | | |
| | Flap and variations, Lindy, Trums | | |
| | Trenches, Buck time step | | |
| 3. | TEACHING OF DANCE ROUTINES | 5 hrs | 5 meetings |
| | 3.1 Buck routine (first dance routine) | | |
| | Practical exam | | |
| | 3.2 (second dance routine) | 5 hrs. | 5 meetings |
| | Practical exam | | |
| | 3.3 Teaching of more step combinations | 5 hrs. | 5 meetings |
| | in preparation for class group choreography | | |
| | assignment. | | |
| | 3.4 Choreography work | 6 hrs. | 6 meetings |
| | Divide class into groups with instructions | | |
| | to choreograph a short dance routine using | | |
| | the different tap dance steps learned to a | | |
| | music of their choice. | | |
| | Practical Examination | | |
| | 3.7 Final Exam | 1 hr. | 1 meeting |

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| Department | Physical Education | School | Loyola Schools |
| Course No. | PE 136 | | |
| Course Title | Self-Defense | | |
| No. of Units | 2 | | |

Course Description:

This course covers all the aspects of self-defense, from self-defense theories, vulnerable targets of the human anatomy, to the three ranges of fighting: 1) striking and kicking range, 2) grabbing and tackling range, and 3) ground grappling range. In the first phase, students will learn how to strike, punch, and kick and other offensive techniques. In the second phase, students will learn how to block, escape from grabs, and execute standing locking techniques and chokes. In the third phase, students will learn how to fight on the ground, control the opponent with dominant ground positions, and execute locking and choking techniques. In the last phase, the students will learn how to combine and apply all the lessons learned against “armed and unarmed” attackers in self-defense situations.

Course Objective/s:

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|--------------|---------------|
| Course No. | PE 138 |
| Course Title | Muay Thai |
| No. of Units | 2 |

Course Description:

Muay Boran is the entirety of the noble art of Muay. Lectures on history, principles and ethics of the sport including the basic and advanced physical fitness conditioning exercise, practical sessions on the basic and intermediate method of self-defense, and the application of all basic and combines Muay moves.

Course Objective/s:

- Understand Muay as a form of physical fitness and self-defense.
- Describe the concepts and demonstrate the applications of all basic and combined Muay moves.

Course Outline

PRELIMINARY PERIOD

- | | |
|---|---------|
| 1. ORIENTATION | 1 week |
| 1.1 Checking of attendance | |
| 1.2 Course Outline and grading system | |
| 1.3 Department policies | |
| 2. LECTURE | 1 week |
| 2.1 History of Muay Thai | |
| 2.2 Principles and Terminology | |
| 3. DEMONSTRATION/PRACTICUM | 3 weeks |
| 3.1 Warm-up and stretching exercises | |
| 3.2 Basic punching techniques | |
| 3.3 Basic kicking techniques | |
| 3.4 Basic knee techniques | |
| 3.5 Basic elbow techniques | |
| 4. PRELIMINARY EXAMINATION | 1 week |
| 5. DEMONSTRATION/PRACTICUM | 3 weeks |
| 5.1 Punching Combination | |
| 5.2 Kicking Combination | |
| 5.3 Knee Combination | |
| 5.4 Elbow Combination | |
| 5.5 Review | |
| 6. MID-TERM EXAMINATION/PROMOTION | 1 week |
| 7. LECTURE DEMONSTRATION | 1 week |
| - Rules of competition | |
| 8. DEMONSTRATION/PRACTICUM | 6 weeks |
| - Application of Techniques | |
| - Execution of all Muay Combinations | |
| - Understanding of Wai Kru | |
| - Executing the Wai Kru | |
| 9. FINAL EXAMINATION/CULMINATING ACTIVITY | 1 week |

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|--------------|---------------|
| Course No. | PE 139 |
| Course Title | Wushu |
| No. of Units | 2 |

Course Description:

Lectures on the principles and practices of fitness, sports, recreation, and nutrition. Practical sessions involving fitness testing and various fitness programs.

Course Objective/s:

At the end of the course, the students will be able to:

- Understand how systematic exercise and physical activity stimulates changes that are beneficial in the body;
- Understand how physical activity and exercises for fitness reduce the risk of many diseases and helps us deal with stress while reducing anxiety and depression;
- Understand the basics of nutrition and start a personalized weight control program focusing on physical activity, food choices, and behavior; and
- Develop a personal fitness program based on age, fitness level and goals, and prepare for athletic competition safely and effectively.

Course Outline:

| | | |
|--|---------|---------|
| 10. ORIENTATION | 2 hrs. | 1 week |
| 1.4 Checking of official class list | | |
| 1.5 Class policies and requirements | | |
| 1.6 Department policies | | |
| 11. INTRODUCTION OF THE COURSE | 4 hrs. | 2 weeks |
| 2.3 Definition of terms (Fitness, Health, Exercise, Physical Activity) | | |
| 2.4 Facts and Fallacies on health, fitness and exercise | | |
| 12. COMPONENTS OF FITNESS | 4 hrs. | 2 weeks |
| 3.3 Health-Related Components | | |
| -Muscular Fitness: Strength, Endurance | | |
| -Cardiovascular Fitness- Aerobic stamina | | |
| -Flexibility | | |
| -Body Composition | | |
| (body fat%/ lean body weight/fat weight) | | |
| 3.4 Skill-Related Components | | |
| (speed/power/agility/reaction time/balance/coordination) | | |
| 3.5 Physical Fitness Testing | | |
| 4. ENERGY SYSTEMS | 4 hrs. | 2 weeks |
| 4.1 Aerobic energy substrates | | |
| 4.5 Anaerobic energy substrates | | |
| 4.6 First Long Exam | | |
| MID-TERM PERIOD | | |
| 13. SPORTS NUTRITION | 4 hours | 2 weeks |
| 5.4 Six (6) Primary Nutrients | | |
| 5.5 Facts and Fallacies on diet | | |
| 5.6 Weight Control Program | | |
| 14. EXERCISE AND CARDIOVASCULAR DISEASE | 4 hours | 2 weeks |
| Structure and function of the heart | | |
| Pathophysiology of cardiovascular disease | | |
| Primary and Secondary risk factors | | |
| The role of exercise | | |
| Mid-term exam | | |
| FINAL PERIOD | | |
| 15. CARIOVASCULAR FITNESS | 4 hrs. | 2 weeks |

| | | |
|--|---------------|----------------|
| Physiological measures related to aerobic fitness | | |
| Chronic and acute responses to cardiovascular exercise | | |
| Factors influencing cardiovascular fitness | | |
| The F.I.T.T. Principles | | |
| 16. MUSCULAR FITNESS | 4 hrs. | 2 weeks |
| 8.6 Muscles: Structure and function | | |
| 8.7 Physiological measures related to muscular fitness | | |
| 8.8 Chronic adaptations to muscular exercise | | |
| 8.9 Factors influencing muscular fitness | | |
| 8.10 Principles and methods of training | | |
| 17. MANAGEMENT OF SPORTS INJURIES | 4 hrs. | 2 weeks |
| 9.5 Common Sports Injuries | | |
| 9.6 Prevention, treatment and rehabilitation | | |
| 9.7 Contraindicated exercise | | |
| 9.8 Final exam | | |

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|--------------|---------------|
| Course No. | PE 140 |
| Course Title | Power Boxing |
| No. of Units | 2 |

Course Description:

Power boxing is a modern physical fitness activity that many people are getting into nowadays. It is real boxing training without the risk of injuries caused by sparring. Power boxing makes use of shadow boxing training and focus mitt training, which covers all the fundamentals of boxing, which are: punching, slipping, bobbing and weaving, blocking, parrying, and covering, and footwork. Currently, many enthusiasts avail of power boxing training in many of the fitness gyms all over the country, since what most people want is to get the benefits of training in boxing (physical fitness and self-defense) without really having to spar or compete in the ring.

Course Objective/s:

- Learn the basics of body mechanics in boxing
 - Learn the basics of punching
 - Learn the basics of defense (bob and weave, cover and block)
 - Learn the basics of footwork
 - Experience punching actual targets (focus mitts)
 - Experience boxing training as an alternative cardio and conditioning workout

Course Outline:

PRELIMINARY PERIOD

1. ORIENTATION

Week 1

- 1.1 Checking of attendance
- 1.2 Course outline and grading system
- 1.3 Department policies

2. LECTURE

Week 1

- 2.1 Demonstration of boxing movements
- 2.3 Principles and Terminology
- 2.4 Common misconceptions

3. DEMONSTRATION/PRACTICUM

Body shifting, twisting, jab, straight

Week 2

- Hook punch Week 3
- Upper Cut punch Week 4
- 2 – 3 – 4 – Count punching, review Week 5

4. PRELIMINARY EXAMINATION

Week 6

5. DEMONSTRATION/PRACTICUM

Footwork: shifting, side – stepping, circling

Week 7

6. MID-TERM EXAMINATION

Week 8

7. DEMONSTRATION/PRACTICUM

Combination and chain punching
Evasive and Contact Defense

Week 9 – 10

Week 11 – 12

Chain combinations with various defense and footwork, how to wrap hands

Week 13

Shadow boxing and Focus mitt training

Week 14

Shadow boxing, focus mitt training, conditioning

Week 15 – 16

8. FINAL EXAMINATIONS/CULMINATING ACTIVITY

Week 17

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|--------------|---|
| Course No. | PE 141 |
| Course Title | Foundation and Fundamentals of Breakin' |
| No. of Units | 2 |

Course Description:

Breakin'/Bboying, commonly known as "Breakdance", is the dance form of the Hip-Hop Culture. It started in the 70's and has evolved into an established art form and profession in countries worldwide. This course teaches the foundation and fundamentals of Breakin' through various principles & exercises.

Course Objective/s:

- To be able to develop an appreciation of the dance through understanding its foundation and history.
- To develop the understanding and essence of the Bboy Culture, a constantly evolving dance.
- To develop a deep understanding about Breakin' as an art form and a legitimate dance form worldwide.
- To correct the popular misconceptions about Breakin' such as:
 1. Breakdancing stands for breaking your bones.
 2. It revolves around doing flips and stunts.
 3. It does not follow the music, etc.
- To introduce both the artistic and athletic sides of the dance.
- To develop confidence with one's movements.
- To learn techniques and skills that help in overall balance and rhythm.
- To develop and tone active muscles.
- To develop controlled movement.
- To create an understanding of "flow" or a direction when dancing.
- To be able to "freestyle" by knowing the foundation and principles of the dance.

Course Outline:

Week1

INTRODUCTION TO THE COURSE

- Course Objectives, Requirements and Outline
- Brief introduction towards the history of Breakin' and its culture
 - What is breakin? What are breakbeats/the breaks?

Weeks2-5

BASICS & FUNDAMENTALS

The Toprock: The intro to the dance, the "stand up" dance

- Toprock exercises and techniques
- understanding Toprocking and it's elements
 - rocking groove
 - gallop groove
 - combining with tops and elements

Go Downs: transition from toprock to footwork

- stepback, corkscrew, W-freeze
- principles in creating unique go-downs

Footwork: the dance done on the floor

- 6steps
- kickouts
- knee switches
- sweep
- cc's
- shuffles

Freezes: holding a position that ends your dance or hits a breakbeat

- character freezes -shoulder freeze
- W-freeze
- table freezes
- chair freeze
- baby freeze

*Practicing all the moves on beat and to the music.

Weeks6-8

FOUNDATION:

Flow: understanding the story of Breakin'

- intro, journey, climax, ending
- flow exercises

Confidence: understanding the character of Breakin'

- the Bboy/Bgirl Stance
- confidence exercises

Knowledge: understanding the philosophy and essence of Breakin'

- 5 pillars of Breakin'

- Foundation, Artistry, Dynamics, Execution, Strategy
 - 3 Fundamental New York Styles
 - Bronx, Brooklyn, Queens
- Cypher: understanding the home of Breakin'
- cypher exercises
 - essence of cyphering
 - battles & responding exercises
 - cypher games

Week9

PRACTICAL EXAM:

Proper throwdown/freestyle performance in a cypher by the use of the Fundamentals and Foundation.

Weeks10-12

ADVANCE TECHNIQUES

Learning more vocabulary of the dance

Toprock: -Indian Steps -Downrocks
 -Creativity Techniques & Exercises

Footwork: -3steps -2step
 -12steps -hooks & slings

Floorwork: -glides & bodyrocks

Freezes: (optional)
 -handstand -headstand
 -airfreezes -freeze framing

Creativity:

- dissecting fundamentals & basics to create new moves
- character exercises & character based moves
- battle principles (improving & innovating moves)
- adopting other dance moves to Breakin'

Beat Hitting:

- exercises on how to ride the music
- exercises on how to hit the beat
- knowing composition to hit breakbeats

*Practicing all moves on beat and to the music

Weeks13-14

RECAP & OVERVIEW:

Fundamentals, Foundation & Advance Techniques

FINALS:

Crew Battle:

- Dividing the class into groups that will face off against each other.
- Criteria for grading will be based on mastery of fundamentals, understanding of foundation, effort on character and creativity, and most importantly, CONFIDENCE of one's dance.

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| | |
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| Course No. | PE 142 |
| Course Title | Street Dance 101 |
| No. of Units | 2 |

Course Description:

"Streetdance" uses elements from the different dance styles such as Breakin', Locking, Popping & New School Hip-hop, combining them to create choreography towards Hip-Hop, Rn'B or Popular Music. This course tackles the different elements and techniques used by the different styles in Street Dance.

Course Objective/s:

1. To be able to develop an appreciation towards the dance.
2. To be able to learn the basics of the different dance styles that influenced Streetdance.
3. To introduce both artistic and athletic aspects of the dance.
4. To develop confidence in one's movement.
5. To learn technique and skills for overall balance and rhythm.
6. To exercise muscles and develop controlled movement.
7. To become more creative with movement and explore more about the dance.
8. To develop a connection between movement and music.
9. To develop body coordination.

Course Outline:

Week1

Introduction to the Course

- course objectives, requirements and outline

Week2-3

Introduction to Groove

What is Groove?

- groove exercises
- different types of groove (rocking, up groove, down groove, etc)
- grooving with normal movements

Choreography Set A

Week3-4

Introduction to Rocking & the Toprock

- toprock exercises and techniques
- learning the foundations of toprock

Choreography Set A continued

Week5

Practical Exam: Grooving & Toprock Freestyle

Practical Exam: Choreography Set A Mastered

Weeks6-7

Introduction to Popping

- foundations and fundamentals of popping
- basic popping exercises and techniques
- popping routines

Choreography Set B

Week8-9

Introduction to Locking

- foundations and fundamentals of locking
- basic locking exercises and techniques
- locking routines

Choreography Set B continued

Week10

Practical Exam: Popping & Locking Freestyle

Practical Exam: Choreography Set B Mastered

Week11-12

Introduction to New School Hip-Hop

- urban dance vocabulary

Review & Recap of Choreography Set A & B

Week13-14

Finals:

Group Showcase

-The class will be divided into groups. Using all the lessons learned in class, each group will come up with a 1:30minute routine where Choreography Set A & B are also included.

-Each group is free to come up with their own blocking, elements, costume and music mix (music for Choreography Set A & B will be given by the teacher).

-Students will be graded on Mastery of routines, fundamentals learned, stage presence, musicality and confidence.

Crew Freestyle Battle

-With the same groups, the class will be matched up, tournament style, to battle each other through the use of the different dance styles taught in class.

-All styles will be used in all battles. Toprock, HipHop, Popping, Locking.

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| Course No. | PE 143 |
| Course Title | Basic Belly Dance |
| No. of Units | 2 |

Course Description:

“Basic Belly Dance” introduces belly dance as a culturally-grounded dance genre that is thousands of years old, but is still constantly evolving. The course introduces students to the fundamentals of this dance style, including the movement vocabulary, dance concepts, techniques in muscle control, and the differences among various styles of belly dance. These form the foundation by which students can create combinations and perform basic choreographies.

Course Objective/s:

- To develop a deeper appreciation of belly dance as a genre of dance and form of expression via a detailed understanding of its history and the cultures from which it originates.
- To develop a deeper appreciation and understanding of the evolving nature of belly dance as a genre
- To recognize, understand, and be able to critique belly dance as a dance form
- To understand popular perceptions about belly dance and why they should be corrected. These include misconceptions such as:
 - Belly dance as a tool for and/or symbol of sex and sexuality
 - Only thin people can or should be allowed to be belly dance
 - Belly dance as easy, without any need for musicality or rhythm
 - Belly dance using only a certain kind of costume, and a set of movements that do not change
- To introduce the students to a muscle-based learning experience that will allow them to
 - Have greater control over their muscles
 - Strengthen their core
- To allow students to learn the basic movement vocabulary of belly dance, and how these movements must match the music that they accompany
- To instruct students on basic dance concepts, including:
 - The concepts underlying the art of belly dance
 - How the various dance concepts are different across various belly dance styles
 - How belly dance should be performed
- To provide students with the tools, both conceptual and dance vocabulary-wise, to:
 - Execute belly dance movements confidently and accurately
 - Layer their movements with good posture and stage presence
 - Perform short choreographies
 - Create their own combinations

Course Outline:

Week 1

INTRODUCTION

In Class Discussion on Belly Dance:

What are your preconceptions of belly dance?

What are common misconceptions of belly dance? Of belly dancers?

Lecture:

A short history of belly dance

Main types: Cabaret, Folkloric, Tribal

Main cabaret styles: Egyptian, Turkish, Turkish Romany

Belly dance today: American Cabaret, American Tribal, Tribal Fusion

Main tribal styles: American Tribal Style (FatChance Belly Dance), Gypsy Caravan,

Black Sheep Bellydance

Tribal Fusion examples: flamenco, tribaret, Goth, hip hop, Polynesian

Why belly dance performances are so different

Videos of various types of belly dance

Syllabus Discussion:

What will this course cover?

What are the ground rules?

Questions

FUNDAMENTALS: WARM UPS AND DANCE CONCEPTS

Basic Warm-Ups – for practice and class

Proper Belly Dance Posture

Basic Belly Dance Arm Positions

Level changes and engaging your core

Knowing where your weight is

Basic Cool Down Exercises – for practice and class

Week 2

FUNDAMENTALS: FOOT PATTERNS

Knowing your cardinal directions and corners

Basic turns

Basic foot patterns

Musicality and Dance Concepts:

Arms as the frame vs. Arms with a movement vocabulary

Posing vs. Moving

Repeated motifs in music and foot patterns to travel

FUNDAMENTALS: DRAWING LINES

Neck slides
Chest slides
Chest lifts and drops
Hip slides and walking hip slides
Hip lifts and drops
Pelvic lifts and drops
Musicality and Dance Concepts:
 Music to match slides, lifts, and drops
 Different muscles to use

FUNDAMENTALS: LAYERS AND COMBOS

Stage presence
Musicality and Dance Concepts:
 What are combinations?
 Where can you use them?
Combos
 Egyptian Basic
 Combinations of slides, lifts, and drops
Practice

Week 3

Warm-Up and Review

FUNDAMENTALS: DRAWING CORNERS

Chest squares and diamonds
Hip squares and diamonds
Interior hip squares and diamonds
Musicality and Dance Concepts:
 Music to match curves, diamonds, and squares
 Different muscles to use

FUNDAMENTALS: DRAWING CIRCLES

Neck circles
Wrist Circles
Shoulder Circles
Torso circles
Vertical chest circles
Hip circles and walking hip circles
Single hip circles
Bicycle hips
Musicality and Dance Concepts:
 Music to match circles
 Different muscles to use

FUNDAMENTALS: LAYERS AND COMBOS

Stage presence
Combinations with curves, squares, and circles
Combinations with all the steps learned so far
Practice

Week 4

Warm-Up and Review

FUNDAMENTALS: ARMS AND SHOULDERS

Arm movements – wrist slides, wrist circle variations
Snake arms – front and side
Musicality and Dance Concepts:
 Music to match arm movements
 Different muscles to use

FUNDAMENTALS: DRAWING CURVES AND MORE CIRCLES

Half moon shoulders
Half moon chest circles
Half moon hip circles
Half moon on one hip
Post Circles
Interior Hip Circles
Musicality and Dance Concepts:
 Music to match circles

Different muscles to use

FUNDAMENTALS: LAYERS AND COMBOS

Stage presence
Combinations with arms, shoulders, curves, and new circles
Combinations with all the steps learned so far
Practice

Week 5

Warm-Up and Review

FUNDAMENTALS: UNDULATIONS

Upper body undulation/Body Wave
Undulations broken down into circles – front and side
Camel walks
The body roll – up and down
Musicality and Dance Concepts:
Music to match undulations
Different muscles to use

FUNDAMENTALS: FIGURE 8

Isolated Horizontal Hip Figure 8's – backward pulling and forward pulling
Folkloric Horizontal Hip Figure 8's – backward pulling and forward pulling
Tribal/Isolated Mayas and Takseems
Cabaret Mayas and Takseems
Egyptian Mayas and Takseems
Musicality and Dance Concepts:
Music to match Figure 8's
Different muscles to use

FUNDAMENTALS: LAYERS AND COMBOS

Stage presence
Combinations with figure 8's and undulations
Combinations with all the steps learned so far
Practice

Week 6

Warm-Up and Review

FUNDAMENTALS: SHIMMIES

Egyptian shimmy
Turkish shimmy
Twisting shimmy
Shoulder shimmy
Choo-choo shimmy
An introduction to the ¾ shimmy
Musicality and Dance Concepts:
Music to match shimmies
Different muscles to use – pelvic/skeletal, obliques, knees, glutes

FUNDAMENTALS: LAYERING

Review of Layers
What are Layers and Why are they Important? (Short lecture)
Layering Movements over:
Walking or traveling
Level changes
Shimmies
Turns
In place, arms framing

FULL REVIEW OF ALL STEPS IN THE MOVEMENT VOCABULARY

Layers and Combinations
Practice

Week 7

KNOWING THE MUSIC: MIDDLE EASTERN RHYTHMS (Lecture)

Rhythm and What it Means
What to Listen to in a Song
Melody and/or Vocals
Harmony
Rhythm and/or Beat

The Basic Middle Eastern Rhythms
4/4 – Maqsum, Baladi, Saidi
Odd Measures – 9/8, 7/8, etc.
The Emotions of Music

Warm-up and Review
KNOWING THE MUSIC: MUSICALITY
What is Musicality and why is it important?
What to Dance to in a Song
Melody and/or Vocals
Harmony
Rhythm and/or Beat
How to Dance to the Rhythms
Symmetry with Even Rhythms
Dancing to Odd Measures
Stage Presence and Musicality

Week 8

Warm-Up and Review
CREATING THE DANCE: THE MANY INFINITE COMBOS
Review of Combos
What is a Combo?
How to Create a Combo
Mapping a Song or Phrase
Matching and Musicality

CREATING THE DANCE: TEXTURE AND VARIATION
Creating a Combo Variation
Adding level changes
Speeding Up vs. Slowing Down
Rewinding
Traveling and Turning
Adding Texture
Large vs. Small Movements
Soft vs. Sharp Movements

HOMEWORK: COMBO CREATION (Music to be provided)

Week 9

Warm Up
Review of All Movements and Concepts

CLASS EXERCISE: Combo Presentation
Introduction to a Piece of Music in 4/4
Individual Activity – Create a combo for 8 counts
Pair Activity – Merge combos to make 16 counts
Four People – Merge combos to make 32 counts
Add: traveling, level changes, turning, speeding up, slowing down, rewind

Week10

Warm Up and Review
CHOREOGRAPHY

Week 11

Warm Up and Review
FUNDAMENTAL: PERFORMANCE BASICS (short lecture)
Costuming
Do's and Don'ts
Stage Presence Wrap Up

Vocabulary Test Dry Run
Combo-Making Practice
Choreography Practice

Week 12

VOCABULARY EXAM

Students will be examined in groups of 4 and will be allowed to enter the classroom only for their time slot. Students will be asked to demonstrate each step from the steps learned in class: the instructor will give the name of a step and the students will perform them. They will be graded on:

- Technique and isolation (40%)
- Stage presence (30%)
- Posture (20%)
- Timing (10%)

Week 13

CHOREOGRAPHY EXAM

Students will be examined in groups of 4 and will be allowed to enter the classroom only for their time slot. Students will be asked to perform the choreography taught in class. They will be graded on:

- Technique/Isolation (25%)
- Stage Presence (25%)
- Accuracy and Timing (25%)
- Posture (25%)

Week 14

COMBO-MAKING EXAM

Students will be examined INDIVIDUALLY. First, all students will be gathered in the room. Each student will be assigned to create a combo for a specific part of a song. The students will then listen to the song three times. They will be allowed to take down notes. The students will then be given 15 minutes to create a combo for a specific part of the song. They will then be given another 15 minutes to rehearse their combo.

The students will then perform tribal/gypsy style: the song will play, and each student assigned to a specific part of the song will come forward and dance that specific part of the song. The performance of the students will be video recorded so that the teacher can properly grade them. This video will not be released publicly and will be used only for grading purposes.

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| Course No. | PE 144 | | |
| Course Title | Handball | | |
| No. of Units | 2 | | |

Course Description:

This unit deals with the introduction of basic handball concepts to the students such as its origin and history, terminologies used in the game, proper equipment, safety precautions in playing, the rules and laws of the game. This course shall also dwell in developing the students' basic Handball skills such as their endurance, speed, footwork, ball handling and self-confidence. Through this course the students will be given a chance to discover and explore their abilities and skills, their capabilities and limitations and at the same time experience fun and enjoyment along the way.

Course Objective/s:

Recall and trace the origin and history of Handball and its development as a sport event.

2. Develop and acquire desirable social and personal qualities such as sportsmanship, confidence, personal discipline, honesty, camaraderie, fair play and cooperation.
3. Apply, perform, and execute the basic physical, technical, tactical skills learned from this course during the actual game that will be organized for the class.

Course Outline:

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| Course No. | PE 145 |
| Course Title | Philippine Folk Dance |
| No. of Units | |

Course Description:

This course aims to introduce students various ethnic and folk dances from all over the Philippines and develop a deeper understanding, awareness and appreciation of the country's rich cultural history.

Course Objective/s:

1. To inculcate the spirit of nationalism and appreciate Philippine culture through its folk dances.
2. To be knowledgeable and proficient in the performance of Philippine folk dances.
3. To better provide worthwhile activities for the wise use of leisure time through folk dance.

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|---------------------------------|--|--------|-------------|
| Preliminary Period | | | |
| 1.1 Orientation | | | |
| 1.2 | Checking official class list | | |
| 1.3 | Requirements | | |
| 1.4 | Departmental policies | | |
| 2. | Historical Background of Philippine Folk Dances | 1 hr. | } 2 weeks |
| Stignette of the Dances: | | | |
| 1. | Fundamental Dance Steps in Philippine Folk Dance | 3 hrs. | } 2 weeks |
| 2. | Dances | | |
| 1. | Cariñosa - Basic steps Dance proper Practical Exam | 4 hrs. | 2 weeks |
| 2. | Kuratsa – basic steps Dance proper Practical exam | 5 hrs. | } 7.5 weeks |
| 3. | Mazurka Boholana - basic steps Dance proper Practical Exam | 5 hrs. | |
| 4. | Daling-daling – basic steps | | |

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|----|---|--------|---------|
| | Dance proper Practical exam | 5 hrs. | |
| 5. | Tinikling – basic steps Dance proper Practical Exam | 8 hrs. | 4 weeks |
| 4. | Group presentation of a folk dance other than those taught in class | 1 hr. | 1 week |

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|--------------|-----------------------|
| Course No. | Advanced Arnis |
| Course Title | PE 215 |
| No. of Units | 2 |

Course Description:

Arnis is the indigenous Filipino Martial Art with or without using weapons. By virtue of Republic Act 9850, it is hereby declared as the National Martial Art and Sport of the Philippines. This course will tackle advanced offensive and defensive techniques and martial art skills in Arnis using the single stick or baston. Basic knife techniques will also be incorporated. Various footwork will be learned in order to maximize the effectiveness of the art in self-defense. Focus will be more on defense and numerous stick and disarming techniques, trapping techniques and locking techniques, unlike the basic course (PE 115) wherein the sport aspect is the main highlight.

Course Objective/s:

- Learn the historical background and evolution of Arnis as a martial art.
- Learn the participation of Arnis in Philippine history.
- Execute the eighteen fundamental attacks.
- Learn and apply basic inside parry.
- Learn and apply basic stop hit against butt strike.
- Learn and apply the fundamental blocks.
- Learn and apply blocking with counter techniques.
- Learn and apply the basic disarming techniques.
- Execute the eight traditional techniques.
- Learn and apply the Guerrero footwork.
- Learn and apply the Guerrero Retirada footwork.
- Learn and apply the Caballero footwork.
- Learn and apply the Caballero Retirada footwork.
- Learn and apply the concepts of Redondo.
- Learn and apply the concepts of the half strike.
- Execute the three kinds of Redonda techniques.
- Learn and apply the international rules of the sports of Arnis
- Learn how to apply the various techniques through actual sparring
- Appreciate the values developed in Arnis
- Appreciate the role and importance of Arnis as a martial art.

Course Outline:

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| Week 1: Introduction and course contents (include rules and regulation before and after training. Lecture on the historical background and evolution of Arnis. |
| Week 2: Lecture on the participation of Arnis in Philippine history (include personalities involved, historical details, and historical trivia) |
| Week 3: Eighteen fundamentals attacks (proper grip, proper stance, basic target areas, proper angles, drills with a partner. |
| Week 4: Basic inside parry Basic stop hits against butt strike Fundamental blocks |
| Week 5: Blocking with counter techniques Basic disarming techniques |
| Week 6: Review for preliminary exams Preliminary exams (1 st practical exam) |
| Week 7: Eight traditional techniques (taas-baba, ekis, banda y banda, otso, doblete, sungkite, abaniko, pilantik) |
| Week 8: Six fundamental blocks (proper stance, proper angles, drills with a partner application footwork (Guerrero, Caballero, Retiradas) |
| Week 9: Redonda (basic) technique (proper stance, target areas, drills with a partner) Redonda (horizontal and vertical variations) techniques (proper stance, target areas, drills with a Partner) |
| Week 10: Review for midterm exams Midterm examinations (2 nd practical exam) |
| Week 11: Integration of techniques (combinations) Drills with the striking dummy/ target practice |
| Week 12: International rules on sport Arnis |
| Week 13-15: Sparring and other applications Pre-final exam (3 rd practical exam) |
| Week 16: Summary Review for finals |
| Week 17: Finals |

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| Department | Physical Education | School | Loyola Schools |
| Course No. | Advanced Fencing | | |
| Course Title | PE 221 | | |
| No. of Units | 2 | | |

Course Description:

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| Advance Course on Fencing with the use of Foil and with a short introduction and practical use of Saber and Epee. |
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Course Objective/s:

- To further understand concepts, theories, terms, and rules learned in the basic course
- To further apply techniques such as simple, indirect, and composed attacks learned in the basic course
- To further apply defensive actions such high and low line lateral parries
- To learn advance footwork exercises combining footwork exercises learned from the basic course
- To introduce additional drills to develop further coordination, reaction time, balance, agility
- To introduce and apply circular parries
- To introduce and apply other parries such 1, 2, 3, 5
- To learn tactical preparations such as feint attacks, second intentions attacks, and counter-time attacks
- To increase the number of hours spent in bouts
- To perform conditioning exercises to further develop strength and improve level of fitness
- To introduce the basics in saber and epee fencing with the practical use of these weapons

Course Outline:

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| 1. Orientation | 2hrs | 1 st wk |
| 1.1 Verification of enrollees in official class list | | |
| 1.2 Course description and objectives | | |
| 1.3 Course requirements | | |
| 1.4 Grading system | | |
| 2. Review | | |
| 2.1 Basic Footwork and Padwork exercises | 4 hrs | 2 nd -3 rd wk |
| 2.2 Simple, Indirect, and Compound Attacks and Bouting | | |
| 2.3 High and low line lateral parries such as 4, 6, 7, 8 and Bouting | | |
| 2.4 Refereeing and Bouting | | |
| 3. Drills to develop further coordination, reaction time, balance, agility | 2 hrs | 4 th wk |
| 4. Combination Footwork Exercises | 2 hrs | 5 th wk |
| 5. Tactical Preparations and Bouting | 6 hrs | 6 th -8 th wk |
| 5.1 Feint attacks | | |
| 5.2 Second Intention attacks | | |
| 5.3 Counter-time attacks | | |
| 6. Mid-Term Practical Exam | 2 hrs | 9 th wk |
| 7. Circular Parries and Bouting | 4hrs | 10 th -11 th wk |
| 7.1 Circular 4, 6, 7, 8 | | |
| 7.2 Parries 1, 2, 3, 5 | | |
| 8. Saber Fencing | 6 hrs | 12-14 th wk |
| 9. Epee Fencing | 6 hrs | 15-17 th wk |
| 10. FINALS | 2 hrs | 18 th wk |