

Republika ng Pilipinas
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KAGANARAN NG EDUKASYON, KULTURA AT ISPORTS
(DEPARTMENT OF EDUCATION, CULTURE AND SPORTS)
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DECS O R D E R
No. 58, s. 1990

GUIDELINES AND STANDARDS FOR COLLEGIATE SERVICE
PHYSICAL EDUCATION PROGRAM

To: Bureau Directors
Regional Directors
Presidents, State Colleges and Universities
Heads of Private Schools, Colleges and Universities

1. The Physical Education program is considered a significant component in the educative process as it contributes to the physical, social, moral, and intellectual development of the college student. It also contributes significantly to the revival and preservation of the Filipino cultural heritage, as well as to the appreciation and protection of the natural environment.

2. To make the collegiate service Physical Education program effectively perform these roles as well as to be responsive to the present situation and societal demands, the enclosed guidelines and standards on collegiate service Physical Education is being issued, effective school year 1990-1991.

3. Immediate dissemination of this Order is highly desired.

(SGD.) ISIDRO D. CARINO
Secretary

Incl.:
As stated

Reference:
None

Allotment: 1-3-4--(M.O. 1-87)

To be indicated in the Perpetual Index
under the following subjects:

Course of Study, COLLEGIATE
PROGRAM, SCHOOL
RULES & REGULATIONS

(Inclosure to DECS Order No. 50, s. 1990)

GUIDELINES AND STANDARDS FOR COLLEGE SERVICE PHYSICAL EDUCATION

Article I

Mission Statement and Objectives

Section 1. The 1987 Philippine Constitution mandates that "the State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry." This provision recognizes and underscores the importance of physical education as a promoter of moral values and as a delivery system for the development of a healthy and alert citizenry. Physical education is thus viewed as a significant component of the educational process that contributes to the enhancement and harmonization of the physical, social, moral and intellectual development of the college student. Present-day social realities and requirements have added new dimensions to these traditional concern of physical education. Physical education, apart from fostering moral, physical, social, and intellectual development is now seen as a discipline that can significantly contribute to the revival and preservation of the Filipino cultural heritage in terms of indigenous games, sports, songs, and dances as well as to the appreciation and protection of the natural environment of the ecological balance through its espousal of outdoor and aquatic activities.

Physical education is a life-long process. The college student must continue his participation in a developmental program of physical activities which are healthful, intellectually invigorating, morally uplifting, socially significant, culturally enhancing and environment-oriented.

Section 2. To achieve its physical, mental, social, moral, cultural and ecological mission/goal, college service physical education should pursue the following objectives:

- 2.1 Improve and maintain physical fitness
- 2.2 Enhance critical thinking
- 2.3 Further develop and refine skills in sports, dance and recreation
- 2.4 Understand oneself and others better for effective living
- 2.5 Appreciate more skillful performance, good health and qualities of leadership

- 2.6 Awaken a sense of nationalism and appreciation of one's cultural heritage through the revival and preservation of indigenous games, dances, and sports
- 2.7 Develop awareness of the natural environment and the need for its protection and conservation through outdoor and aquatic activities.

Article II

Administration

Section 1. In any institution of higher learning with 3,000 students, whether offering a degree in Physical Education or not, there shall be a Department of Physical Education which shall service all colleges/departments in coordination and consultation with the heads of these colleges and/or departments. The PE Department shall be administered by a full-time Director/Chairperson/Head with the following qualifications:

- 1.1 He/She must be a holder of a Master's degree in Physical Education or must have at least 30 units in Master's degree in PE; and
- 1.2 He/She must have at least 5 years of satisfactory teaching experience in college Physical Education.

Section 2. The general functions and responsibilities of the Physical Education Director/Chairman/Head are:

- 2.1 to assist the School Head in all matters affecting his department;
- 2.2 to prepare with qualified assistance from all possible sources the Physical Education programs and to keep these attuned to current trends and development;
- 2.3 to exercise educational leadership among his faculty through:
 - 2.3.1 initiation and institution of faculty development programs;
 - 2.3.2 assignment of subject teaching loads;
 - 2.3.3 selection and recommendation of qualified applicants for appointment in the department; and
 - 2.3.4 evaluation and recommendation for promotion, retirement or separation.

- 2.4 to assign faculty to direct and advise students in their program of study in Physical Education;
- 2.5 to coordinate with the offices concerned with student services/affairs;
- 2.6 to institute a program of supervision to keep the efficiency and effectiveness of instruction at the highest possible level by:
- 2.6.1 exercising supervision ~~over~~ classroom management for instructional improvement;
 - 2.6.2 supervising co-curricular activities of the department; and
 - 2.6.3 implementing a system of faculty evaluation.
- 2.7 to undertake research studies in collaboration with faculty/students/and other departments;
- 2.8 to perform such other functions as may be assigned to him/her.

Section 3. As a general rule in cases where the Director/Chairman/Head teaches, his teaching load shall not exceed six (6) units or twelve hours.

Section 4. The Director/Chairman/Head may be assisted by an Assistant Director as the need arises. The Assistant Director shall have the same qualifications as the Director. In cases where the Assistant Director is on full-time assignment, his teaching load shall not exceed twelve (12) hours or six units.

Article III

Faculty

Section 1. When enrolment in Service Physical Education is at least 3,000 there shall be five (5) or more full-time Physical Education instructors.

Section 2. Physical Education instructors shall preferably be holders of Master's degree in Physical Education. In the absence of Master's degree holders in PE, the instructors must have at least 12 units of Physical Education at the masteral level.

Section 3. When vacancies occur in the teaching force of the department during the school year, substitutes or replacements with similar or higher qualifications shall be employed.

Section 4. The following conditions of employment shall be observed:

- 4.1 The remuneration paid to Physical Education faculty members shall be commensurate with their rank and comparable with other faculty members of the same rank who teach academic courses.
- 4.2 The probationary employment for full-time faculty who is academically qualified shall be for a period of not more than three (3) years. Faculty members who have successfully passed the probationary period shall be considered permanent/regular.
- 4.3 It is highly desirable that schools employ only full-time instructors. A full-time instructor is one whose total working day is devoted to the school, who has no other remunerative employment elsewhere during regular working hours, who is paid on a regular monthly basis, or its equivalent, and has requisite academic qualifications. At least sixty percent (60%) of the Physical Education subjects should be taught by full-time instructors.
- 4.4 Physical education instructors who in addition to their teaching load, are also assigned as coaches, costume/property custodians, trainers and/or choreographers should be given remuneration in accordance with the paying capacity of the institution, or relieved of some teaching assignments.

Section 5. The Physical Education instructors in the school through its faculty ranking system, shall be assigned academic ranks in accordance with their academic training and scholarship and with the faculty ranking system of the school.

Section 6. Faculty Development Program. The Faculty plays a major role in the effective operation of the Department and shares in delegated responsibilities, hence, there is a need to maintain a continuing faculty development program to wit:

- 6.1 If the school itself offers a doctoral or master's degree, it shall allow its faculty members to finish the minimum degree that it requires for the level of his responsibilities in the school, with tuition fee and other forms of assistance.
- 6.2 Attendance at in-service training programs on official time shall be encouraged, and records of such attendance shall be filed at the office

of the Director/Chairman/Head. Expenses incidental to the training may be charged to the institution.

Section 7. The teaching load of Physical Education collegiate faculty members shall be as follows:

- 7.1 As a general rule, the regular full-time load of Physical Education instructors is 24 unit hours per week. Any excess above this number shall have prior approval from the Department of Education, Culture and Sports on a case-to-case basis. If the load is beyond 24 units, extra compensation should be paid.
- 7.2 A part-time instructor may carry a load of not more than twelve (12) hours per week.
- 7.3 A faculty member teaching in more than one school must secure permit to teach from the mother institution but the total number of teaching hours in all schools should not exceed 24 hours per week. Approval from the Department of Education, Culture and Sports shall be secured for any excess above this number.

Article IV

Physical Education Program Scope and Activities

Section 1. College Physical Education program consists of three phases each of which contributes to a well-balanced program.

- 1.1 The Basic Program - This is instructional in nature and is required of all students.
- 1.2 The Intramural Program - It is the laboratory phase of the basic program and is concerned with sports and recreational competitions for students within a school. It provides opportunity to further develop sports and recreational skills learned in the basic program. It is voluntary in nature.
- 1.3 The Extramural Program - This provides opportunity for the highly skilled students to compete with athletes from other institutions/organizations.

The three programs whenever feasible, should include activities for the preservation, revival and/or development of indigenous games, sports and dances; and outdoor activities that will develop awareness of the importance of the conservation and protection of the natural environment and resources.

Section 2. The suggested activities for the Basic Program are:

2.1 Physical Education 1 - Physical Fitness

2.1.1 Physical Fitness/Conditioning

Physical Fitness Testing
Conditioning Exercises (Isometric,
isotonic)
Swimastics
Aerobics/Danceercise
Progressive Resistance Training
Basic Gymnastics
Kalari

2.1.2 Self-Testing Activities

Stunts
Tumbling

2.1.3 Adaptive Activities

2.2 Physical Education 2 - Rhythmic Activities

2.2.1 Dances

Philippine Folk dance
Foreign Folk dance
Ballroom dance
Creative dance
Jazz
Modern dance
Square dancing
Tap dancing
Social recreation
Bayawit

2.2.2 Adaptive Activities

2.3 Physical Education 3 - Individual/Dual Sports/Games

2.3.1 Individual Sports

Archery	Mountaineering
Boating	Camping
Bowling	Orienteering
Canoeing	Roller skating
Cross Country	Scuba diving
Cycling	Angling
Diving	Surfing
Equestrian	Swimming
Golf	Track and Field
Horse-back riding	Water Skiing
Karate	Weight lifting

2.3.2 Dual Sports

Arnis	Bipa
Badminton	Squash
Boxing	Table tennis
Judo-Karate	Taekwon-do
Lawn tennis	Wrestling
Palota	

2.3.3 Laro ng Lahi

Sungka
Dama
Binong Binoo
Kadang-Kadang
Game of the Generals
Etc.

2.3.4 Adaptive Activities

2.4 Physical Education 4 - Team Sports/Games

2.4.1 Team Sports

Baseball	Soccer
Basketball	Softball
European Handball	Volleyball
Football/Touch	Water polo
Football	Polo
Field Hockey	
Sepak Takraw	

2.4.2 Games

Estintero	Scrabble
Dingo	Cards
Jigsaw Puzzles	Domino
Chinese Checkers	Etc.

2.4.3 Adaptive Activities

Article V

Physical Facilities and Equipment

Section 1. Reasonable space for Physical Education activities shall be made available as follows:

1.1 Outdoor activities

Each student enrolled in a class in Physical Education shall be given a space of at least 2.25 square meters.

1.2 Indoor activities

1.2.1 The gymnasium/multi-purpose hall shall allow a space of 1.5 square meters per student enrolled in a class in Physical Education.

1.2.2 Classrooms for theoretical subjects shall approximate 63 square meters.

Section 2. Adequate equipment shall be provided for the various Physical Education courses.

2.1 Equipment for the various specific sports shall be adequate for efficient and effective instructional purposes, for example:

2.1.1 one (1) basketball for every 10 students

2.1.2 one (1) volleyball for every 12 students

2.1.3 one (1) set of baseball/softball for every 30 students

2.1.4 one (1) soccer football for every 10 students

2.2 Equipment for Educational Gymnastics consists of light and heavy apparatuses:

2.2.1 one heavy apparatus/50 students

2.2.2 one or a pair of light apparatus for every student

2.2.3 one tumbling mat for every 5 students

2.3 Equipment for Rhythmics

2.3.1 tape recorders, phonographs, records, tapes, cassettes

2.3.2 piano/organ

2.3.3 drums, sticks, tambourines, castanets, etc.

2.4 Equipment for Adapted Physical Education

2.4.1 Corrective Manipulative

boxes
bars

shuffle boards
rings/hoops

ladders
darts
bean bags
ropes

inclined planes
horseshoes
balls

2.4.2 Parlor Games

bingo
cross
cards
chinese checkers
dama

dominoes
game of the
generals
sudoku
scrabble
jigsaw puzzle

2.4.3 Arts and Crafts

macrame
shells
basket weaving
floral arrangement
ceramics

paper mosaic/
mache
textile painting
leather bags,
belt making
pottery

Article VI

Library

Section 1. Adequate number and titles of books, magazines, and professional journals on Physical Education, sports, dance and recreation shall be made available to faculty members and students. There shall be at least one subscription each of professional journals/periodicals for Physical Education, Sports, Dance and Recreation and five (5) titles of books for each of the professional Physical Education subjects. These books shall be of recent edition.

Article VII

Guidelines

Section 1. Beginning school year 1990-1991 the following guidelines in Physical Education shall be observed in the implementation of the College Service Physical Education Program:

- 1.1 The time allotment for Basic or Service Physical Education is 36 hours per semester during the first two years (4 semesters).
- 1.2 Physical Education classes shall meet two hours a week. Classes shall be scheduled during regular school days.

- 1.3 Each Physical Education subject is given two (2) units of semestral credit which should be included in the summation of the total semestral load. No student shall be allowed to take more than one Physical Education subject per semester.
- 1.4 The ratings in Physical Education shall be included in the computation of grades for all students especially for scholarships/honors.
- 1.5 Physical Education classes shall approximate academic classes in size. There shall be not more than 50 students in a class.
- 1.6 The substitution of Basic College Physical Education with Scouting and membership in Dance Troupe, Glee Club, Dramatic Group and the like shall not be allowed.
- 1.7 Exemption from College Physical Education shall have prior approval of the Department of Education, Culture and Sports. The following shall be the basis of recommendation for exemption:
 - 1.7.1 Degree holders pursuing another degree;
 - 1.7.2 Men and women in active military service;
 - 1.7.3 Men and women who had rendered at least 2 years military service; and
 - 1.7.4 Veterans
- 1.8 Students physically handicapped permanently or temporarily shall present medical certificates to the instructor in Physical Education, who in turn shall place such students in a special group and assign activities suited to their condition.
- 1.9 For a well-rounded development, students shall enroll in one activity in any of the four categories in the suggested program. Physical Education courses with the exception of Physical Education 1 may be taken in any order. Physical Education 1 should be a prerequisite to any other course. Classes may be co-educational whenever suited.
- 1.10 For health purposes, safety, comfort and ease, the Physical Education instructors and the students shall wear appropriate shoes and Physical Education uniforms.