

## COURSE OFFERINGS IN THE STEP-LADDER CURRICULUM OF UPM-SHS

The Step-ladder curriculum of SHS integrates the training of a broad range of health human resource from Midwife, Nurse, and Doctor of Medicine who are committed to serve in depressed and underserved areas of the country, practices legal/ethics and moral responsibility & accountability, and demonstrate critical thinking and competent SKA in:

- The provision of health care to individuals, families and communities in various health care settings at various levels of the health care system;
- Providing leadership in organizing activities for health development;
- Undertaking health and health related researches;
- Management of health services;
- Education and training of health manpower/ communities, and;
- Professional development

### **Curricular Program Requirement (Diploma in Midwifery and BSN Levels)**

General Education	24 units
Foundation Courses	70 units
Core Courses	169 units
Legislated	3 units
NSTP	6 units
<u>Physical Education</u>	<u>8 units</u>
<b>TOTAL</b>	<b>266 Credit Units (14 Non-Credit Units)</b>

<b>DIPLOMA IN MIDWIFERY</b>	
<b>Course Code &amp; Course Title</b>	<b>Credit</b>
<b>1<sup>st</sup> Quarter</b>	
CH 51 Nutrition and Dietetics	3
SAS 1 Self and Society	3
CH 52 Fundamentals of Health Care 1	3
CH 55 Trad and Alternative Health Care 1	3
CH 57 Community Hygiene & Sanitation	3
CH 190 Community Practicum 1	3
<b>2<sup>nd</sup> Quarter</b>	
Ethics 1 Ethics and Moral Reasoning in Everyday Life	3
HSci 51 Human Anatomy & Physiology 1	3
CH 58 Fundamentals of Public Health	3
CH 53 Fundamentals of Health Care 2	3
CH 59 Community Organization	3
Community Development 1	3
CH 191 Community Practicum 2	3
PE 1	(2)
<b>3<sup>rd</sup> Quarter</b>	
CH 54 Fundamentals of Health Care 3	3
HSci 100 Normal Obstetrics & Newborn Care	4
HSci 190.1 Clinical Practicum 1.1 (OB and Newborn Care)	3
CH 60 Principles of Microbiology	2
HSci 52 Anatomy and Physiology 2	3
CH 192 Community Practicum 3	3
<b>4<sup>th</sup> Quarter</b>	
Comm 10 Critical Perspectives in Communication	3
HSci 102 Care of Infants & Children	3
CH 63 Health Service Management	3
CH 61 Public Health Education	3
HSci 191 Clinical Practicum 2 (FP)	3
NSTP 1	(3)
<b>5<sup>th</sup> Quarter</b>	
Math 10 Mathematics Culture and Society	3
Ethics2 Professional Growth and Development	3
HSci 101 Care of Women with Reproductive	4
HSci 190.2 Clinical Practicum 1.2 (Abnormal OB and Newborn Care)	4
CH 193 Community Practicum 4	3
NSTP 2	(3)
<b>6<sup>th</sup> Quarter</b>	

CH 62 Public Health Parasitology	2
HSci 53 Health Informatics	3
HSci 103 Care of Sick Infants and Children	3
HSci 104 Health Economics	3
HSci 192 Clinical Practicum 3 (Sick Infants and Children)	3
PE 2	(2)
<b>7<sup>th</sup> Quarter</b>	
HSci 193 Clinical Practicum 4 (Care of Women w/ Reproductive Problems)	9
<b>8<sup>th</sup> Quarter</b>	
Wika 1: Wika, Kultura at Lipunan	3
Science, Technology & Society	3
History 1 Philippine History	3
P.I. 100 Rizal: Life, Works and Writings	3
HSci 194 Intensive Clinical Practicum 1	4
<b>9<sup>th</sup> Quarter</b>	
HSci 195 Intensive Clinical Practicum 2	4
CH 194 Midwifery Service Leave	236 hours
<b>10<sup>th</sup> Quarter</b>	
CH 194 Midwifery Service Leave	440 hours

**BACHELOR OF SCIENCE IN NURSING**  
**(8 Quarters in addition to Diploma in Midwifery)**

**11<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
HSci 105	Nursing Perspective and Jurisprudence	3
HSci 106	Health Assessment	2
HSci 107	Pharmacology for Nurses	3
HSci 108	Nursing Care of Adult I	8
	<b>TOTAL</b>	<b>16</b>

**12<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
HSci 109	Nursing Care of Adult II	10
Chem 33	Organic Chemistry I	5
CH 66	Growth & Development	3
	<b>TOTAL</b>	<b>18</b>

**13<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
Chem 41	Fundamentals of Biochemistry	5
CH 65	Applied Epidemiology	3
CH 110	Nursing Care of Adult III	10
	<b>TOTAL</b>	<b>18</b>

**14<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
CH 111	Nursing Care of Older Persons	3
CH 112	Nursing Leadership & Management	4
CH 113	Nursing Care of Adult IV	8
PE 2	Philippine Folk Dance	(2)
	<b>TOTAL</b>	<b>15+ 2</b>

**15<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
CH 64	Community Organization and Community Development II	3
CH 114	Community- Based Training and Development	2
CH 115	Community Disaster Nursing	3
CH 56	Traditional & Alternative Health Care II	3
Nursing 199	Introduction to Nursing Research	3
P.E. 2	Activities for Physical Fitness and Recreation	(2)
	<b>TOTAL</b>	<b>14 +2</b>

**16<sup>th</sup> Quarter**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
Nursing 200	Undergraduate Thesis	3
HSci 196	Intensive Clinical Nursing Practicum	5
CH 195	Intensive Community Nursing Practicum	6
Arts 1	Critical Perspective in the Arts	3
	<b>TOTAL</b>	<b>17</b>

**17<sup>th</sup> & 18<sup>th</sup> Quarters**

<b>Course Code</b>	<b>Course Name</b>	<b>Units</b>
CH 197	Nursing Service Leave	21
	<b>GRAND TOTAL</b>	<b>119 + (4) Units</b>

<b>DOCTOR OF MEDICINE (20 Quarters)</b>		
	Course Code/Course Title	Credit (Hours)
1st Year, Q1	HSci 201 The Human Body	220 hours
	HSci 202 The Nervous System	165 hours
TOTAL		385 hours
1 <sup>st</sup> Year, Q2	HSci 203 The Cardiovascular and Respiratory System	110 hours (90 Lec, 20 Lab)
	CH 201 Primary Health Care	66 hours (33 hours Lec; 33 hours clinics)
	HSci 211 Junior Clerkship in Internal Medicine	110 hours (66 hours Lec; 44 hours Clinics)
	HSci 204 Microbiology & Parasitology	66 hours (44 hours lec; 22 hrs lab)
TOTAL		332 hours (233 lec; 99 lab hours)
1 <sup>st</sup> Year, Q3	HSci 205 The Gastrointestinal and Endocrine Systems	110 hours (90 Lec; 20 hours Lab)
	HSci 206 Pharmacology & Therapeutics	66 hours
	CH 202 Philippine Health Systems	66 Hours (33 Hours Lec, 33 hours Clinics)
	HSci 212 Junior Clerkship in Pediatrics	110 hours (66 Hours Lecture, 44 Hours Clinics)
TOTAL		352 Hours ( 255 lec; 97 lab)
1 <sup>st</sup> Year, Q4	HSci 207 The Urinary and Reproductive Systems	110 hours (90 lec; 20 lab)
	CH 203 Family Medicine and Primary Care	66 Hours (33 Hours Lec, 33 hours Clinics)
	HSci 213 Junior Clerkship in Obstetrics and Gynecology	110 hours (66 Hours Lecture, 44 Hours Clinics)
TOTAL		286 Hours (189 lec; 97 lab)

2 <sup>nd</sup> Year, Q1	HSci 208 The Integumentary, Musculoskeletal & Immune Systems	110 hours (90 lec, 20 lab)
	CH 204 Integrative Medicine	66 Hours (33 Hours Lec, 33 hours Clinics)
	HSci 214 Junior Clerkship in Surgery	110 hours (66 Hours Lecture, 44 Hours Clinics)
TOTAL		286 Hours (189 lec; 97 lab)
2 <sup>nd</sup> Year, Q2 & Q3	CH 205 Community Clerkship	880 hrs
2 <sup>nd</sup> Year, Q4	HSci 221 Disease States of the Cardiovascular and Respiratory Systems	132 clinic hours (112 lec; 20 lab)
	CH 207 Community Mental Health I	66 hrs
	HSci 215 Hospital Clerkship in Internal Medicine	110 clinic hrs
TOTAL		308 Hours (178 lec; 130 lab)
3 <sup>rd</sup> Year, Q1	HSci 222 Disease States of the GIT and Endocrine Systems	132 hours (112 lec; 20 lab)
	CH 208 Community Mental Health 2	66 Hours (33 Hours Lec, 33 hours Clinics)
	HSci 216 Hospital Clerkship in Pediatrics	110 clinic hours
TOTAL		374 Hours (178 lec; 196 lab)
3 <sup>rd</sup> Year, Q2	HSci 223 Disease States of the Urinary and Reproductive Systems	132 hours (112 lec; 20 lab)
	CH 209 Medical Jurisprudence and Ethics	66 Hours (33 Hours Lec, 33

		hours Lab)
	HSci 217 Hospital Clerkship in Obstetrics and Gynecology	110 clinic hours
	CH 210 Health Systems Research	66 Hours (33 Hours Lec, 33 hours Lab)
TOTAL		374 Hours (178 lec; 196 lab)
3 <sup>rd</sup> Year, Q3	HSci 224 Disease States of the Integumentary, Musculoskeletal and Immune systems	132 hours (112 lec; 20 lab)
	HSci 218 Hospital Clerkship in Surgery	110 clinic hours
	CH 211 Philippine Health Policies, Trends and Innovations	66 Hours (33 Hours Lec, 33 hours Lab)
TOTAL		308 Hours (145 lec; 163 lab)
3 <sup>rd</sup> Year, Q4	HSci 219 Intensive Hospital Clerkship	440 clinic hours
TOTAL		440 clinic Hours
4 <sup>th</sup> Year Q1-Q4	HSci 230 – Hospital Internship	2,024 Hours
5 <sup>th</sup> Year Q1-Q4	CH 240 – Community Internship	1760 Hours
GRAND TOTAL		8,129



		Hours
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Note: 1 Unit lecture = 16 hours; 1 Unit clinics/laboratory/field = 32 hours