



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III
DIVISION OF CITY SCHOOLS
City of San Jose del Monte



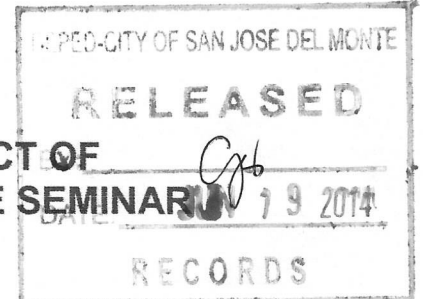
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June 18, 2014

DIVISION MEMORANDUM

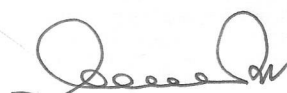
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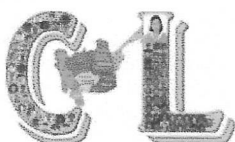
**TRAINING-WORKSHOP ON THE CONDUCT OF
PHYSICAL FITNESS TEST / SPORTS SCIENCE SEMINAR**



To: District Supervisors
Public Elementary School Principals/OICs
Public Secondary School Principals/OICs

1. This is to inform the field that the Division Training-Workshop on the Conduct of Physical Fitness Test / Sports Science Seminar shall be held on July 16-18, 2014 at Sarmiento Gym, Sapang Palay National High School.
2. The activity aims to capacitate all participants on Revised Physical Fitness Test / Sports Science Seminar.
3. The participants of this training-workshop are the Public School Teachers teaching Physical Education in the City of San Jose del Monte.
4. Participants are instructed to come in proper PE attire and to bring the following materials:
 - a. whistle
 - b. stop watch
 - c. tape measure
 - d. meter stick
5. Participants are requested to bring their own provision for meals and snacks.
6. Inclosure No. 1 is the Training Matrix for the guidance of all participants.
7. Inclosure No. 2 contains the List of Resource Speakers, Facilitators, and Working Committee for this Training-Workshop.
8. Preparation of venue, materials and meeting of Resource Speakers and Trainers will be held on July 14-15, 2014, 8:00 in the morning at Sapang Palay National High School.
9. It is directed that this Memorandum be given the widest publicity possible.


ESTELITA G. PINEDA, CESO V
Schools Division Superintendent



"Collaborating with our Leaders, Caring for our Learners"





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**TRAINING-WORKSHOP ON THE CONDUCT OF
PHYSICAL FITNESS TEST / SPORTS SCIENCE SEMINAR**
Sapang Palay National High School

Time	Wednesday, July 16, 2014	Thursday, July 17, 2014	Friday, July 18, 2014
7:00 – 8:00	Registration	Management of Learning (MOL)	Management of Learning (MOL)
8:00- 8:30	Opening Program Orientation and Mechanics	Administering the Tests	Sports Science Corrective Exercises for Movements
8:30 – 9:45	Pre-participation Screening PAR Q		
9:45 – 10:00	Healthy Break		
10:00 – 12:00	The Physical Fitness Tests		
12:00 – 1:00	Lunch Break	Lunch Break	Lunch Break
1:00 – 2:45	Understanding the Test Protocols	Recording, Interpreting and Analysis of Test Results	Program Design
2:45 – 3:00	Healthy Break	Healthy Break	Healthy Break
3:00 – 5:00	Understanding the Test Protocols	Sports Science Corrective Exercises for Movements	Closing Program



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**TRAINING-WORKSHOP ON THE CONDUCT OF
PHYSICAL FITNESS TEST / SPORTS SCIENCE SEMINAR**

TECHNICAL WORKING GROUP

Over-all Chairman	-	Lodivina E. Sidayon OIC Head Teacher, MAPEH SPNHS
Co-Chairman	-	Faustino Q. Rosellosa Head Teacher, MAPEH SJDMNHS
Consultant	-	Bernadette B. Rosaroso EPS I – PE & Health

RESOURCE SPEAKERS

Lodivina E. Sidayon - SPNHS
Faustino Q. Rosellosa - SJDMNHS
Edison P. Daclis - SPNHS
Nelson Jimenez – Muzon HS
Bernadette B. Rosaroso

TRAINERS/WORKING COMMITTEES

PROGRAM & INVITATION

Maria Lourdes – Muzon HS
Edwin Dequiña – BBF ES
Gilbert Q. Selva – Kakawate HS

REGISTRATION

Crislene S. Feliciano – BBH ES
Riza A. Torregoza - TMES
Rizal Gemao - TMES

EVALUATION

Ursecio A. Sepe – BBC ES
Wilfredo R. Nicolas – SJDM Central
School

DOCUMENTATION/CERTIFICATES

Evangeline C. Ramos - SPNHS
Al Masula - MHHHS

***PHYSICAL ARRANGEMENT/
SOUNDS/ACCOMODATION***

Jessie V. Navarra - SPNHS
Juanito Magabo Jr. - PFNHS
Andy Cayog - SJDMNHS

MEDICAL TEAM

Ethel Joy A. Querido – D.O.
Ma. Liza A. Castillo - SPNHS
Conсорcia C. Mazon - MHHHS