

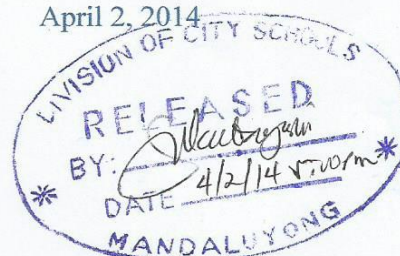


Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
City of Mandaluyong

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April 2, 2014



DIVISION MEMORANDUM

**TO: Asst. Schools Division Superintendent
Education / District Supervisors
Principal, Public Elementary and Secondary Schools**

Attached is Regional Memorandum No. 73, s, 2014 on the conduct of a One-day **Symposium on Wellness and Sports Medicine** on **April 5, 2014, 8:00-5:00 P.M.** at **Pasig Elementary School, Caruncho Avenue, Pasig City.**

School heads are advised to send teacher-coaches for them to improve their knowledge and skills on Wellness and Sports Medicine.


Participants per school are hereby allocated:

MHS -2	MES - 1
CMSHS -1	HES - 1
ILIS- 2	PPCES -1
ABIS -2	NDFES -1
HHIS -2	IBIS -1
ERIS -2	BJNHS -1
MPNAG -2	PHES -1

Registration Fee of **Four Hundred Fifty Pesos (P450.00)** and other **incidental expenses** shall be charged against school's MOOE and/or Local Funds subject to the usual accounting and auditing rules and regulations.

Attached is the Project Brief for immediate reference and information.

Immediate dissemination of this **Memorandum** is desired.


EVANGELINE P. LADINES
Schools Division Superintendent



Republika ng Pilipinas
 (Republic of the Philippines)
KAGAWARAN NG EDUKASYON
 (DEPARTMENT OF EDUCATION)
PAMBANSANG PUNONG REHIYON
 (NATIONAL CAPITAL REGION)
 Daang Misamis, Bago Bantay, Lungsod Quezon
 (Misamis St., Bago Bantay, Quezon City)

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DIVISION OF CITY SCHOOLS	
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By: <u>Malou</u>	
Date: <u>01 APR 2014</u>	
Time: <u>2:26pm</u>	
MANDALUYONG	

Department of Education
 National Capital Region
 OFFICE OF THE ASST. REGIONAL DIRECTOR
 OFFICE OF THE ASST. REGIONAL DIRECTOR
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By: cf
 Date: APR 01 2014
 Time: _____
 March 26, 2014

MEMORANDUM
 NO. 073 s. 2014

SYMPOSIUM ON WELLNESS AND SPORTS MEDICINE

To: Schools Division Superintendents

1. The Greatful Team, Inc. in coordination with the DepEd-NCR Physical Education and School Sports (PESS) Office will conduct a one-day Symposium on Wellness and Sports Medicine on April 5, 2014 (Saturday), 8:00 a.m.-5:00 p.m. at the Pasig Elementary School, Caruncho Avenue, Pasig City.
2. The symposium aims to
 - enhance knowledge on Wellness and Sports Medicine
 - provide opportunity to apply learning on Balance Taping, and
 - identify common sports injuries and treatment.
3. Each school division is entitled to twenty (20) teacher-coaches preferably the coaches of the National Palaro 2014 and Physical Education Teachers to be recommended by the Division PESS Supervisors. List of participants should be submitted to the PESS & SEO, this region, on or before April 4, 2014.
4. The registration fee of Four Hundred Fifty pesos (P450.00) will cover the expenses for the snacks and meals of the participants, honorarium of resource persons, certificates, supplies & materials, operational expenses and other incidental expenses. The fee may be charged against school's MOOE and/or Local Funds subject to the usual accounting and auditing rules and regulations.
5. Attached is the Project Brief for immediate reference and information.
6. Immediate dissemination of this Memorandum is desired.


PONCIANO A. MENGUIITO
 Schools Division Superintendent
 OIC, Office of the Asst. Regional Director
 Officer-in-Charge



Republika ng Pilipinas
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(DEPARTMENT OF EDUCATION)
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(NATIONAL CAPITAL REGION)
Daang Misamis, Bago Bantay, Lungsod Quezon
(Misamis St., Bago Bantay, Quezon City)

PROJECT BRIEF

TITLE SYMPOSIUM ON WELLNESS AND SPORTS MEDICINE

RATIONALE

Sports has always been part of the life of every individual. Sports can be competitive and a recreation as well. It is one strategy to become healthy and well. Nowadays, children, youth and adults are more fit conscious.

However, involving oneself in sports or in doing fitness activities, one tends to overdo the activity resulting to pains and injuries. Awareness on the different conditions of the body will prevent any uncomfortable feelings.

The symposium will answer queries on wellness through sports and the right application of different techniques to relieve pains.

PROJECT DESCRIPTION

The symposium will focus on Health and Wellness, Exercises, and Sports related-injury prevention. Speakers to this symposium are experts in Sports Medicine and Fitness and Wellness.

The project will be conducted by the Greatfil Team Inc. in coordination with the PESS Regional Office. The resource persons to this activity are Dr. Nenita S. Manongsong, Vice President of Romarinda College and Dr. Hae D. Le, Executive Director, University of Makati and Coach Jim Saret, Fitness Trainer of the RP Basketball National Team and the Fitness Coach of the ABS-CBN Biggest Loser program.

Participants to this symposium are the teacher-coaches and physical education teachers preferably those who will participate in the Palarong Pambansa 2014 from the 16 schools divisions. Each Schools Divisions is entitled to 20 participants.

The activity will be held on April 5, 2014 (Saturday) and at the Pasig Elementary School Gym from 8:00 a.m. to 5:00 p.m.

PROJECT OBJECTIVES

- The project aims to
- enhance knowledge on Wellness and Sports Medicine
 - provide opportunity to apply learning on Balance taping
 - identify common sports injuries and treatment

MANAGEMENT AND WORKING COMMITTEES

Management: Regional PESS Supervisors and Administrative Staff (5)
Greatfil team, Inc. Officials and Staff

Facilitators: Division PESS Supervisors (16)

Working Committee
In-charge - PESS Supervisors

Program	a.m. Region and Divisions of Makati and Marikina
Registration	p.m. Divisions of Caloocan and Valenzuela
Attendance	Regional PESS Administrative Staff By Schools Division & Regional Administrative Staff
Food	Divisions of Malabon, Las Piñas, San Juan & TaPat
Distribution Materials	Divisions of Mandaluyong and Parañaque
Physical Facilities	Divisions of Pasay, Pasig and Manila
Certificates	Division of Valenzuela and Quezon City
Social Activity	Divisions of Navotas and Muntinlupa

PROGRAM OF ACTIVITIES

7:30-8:00	Registration and Fitness Exercise
8:00-8:15	Fitness Exercise for Adults - Zumba
8:15-8:45	Opening Program <ul style="list-style-type: none"> • Philippine National Anthem • Prayer • Presentation of Participants • Words of Welcome • Message • Statement of Purpose
8:45-10:15	Session 1 - Lecture and Demonstration Resource Person: Dr. Mae D. Lee Executive Director, University of Makati <ul style="list-style-type: none"> • Podiatric Sports Medicine • Acupuncture
10:15-10:30	Break
11:00-12:00	Session 2 - Lecture and Demonstration Resource Person: Dr. Nenita S. Manongsong Vice President, Romarinda College <ul style="list-style-type: none"> • Common Sports Injuries and Treatment
12:00-1:00	LUNCH
1:00-2:30	Session 3 - Lecture and demonstration Resource Person: Dr. Nenita S. Manongsong Vice President, Romarinda College <ul style="list-style-type: none"> • Athletic Taping Techniques • Balance Taping Medicine
2:30-2:45	Break
2:45-4:30	Session 4 - Lecture and Demonstration Resource Person: Mr. Jim Saret Fitness Trainer RP National Team Fitness Coach, ABS-CBN Biggest Loser <ul style="list-style-type: none"> • Sports as A Strategy for Health and Wellness
4:30	Closing Program <ul style="list-style-type: none"> • Nationalistic Song • Closing Statement • Distribution of Certificates of Participation and Recognition • Vote of Thanks • Photo Opportunities