

# ICSPHW

INTERNATIONAL CONFERENCE ON SPORT PEDAGOGY, HEALTH, AND WELLNESS

CELEBRITY SPORTS PLAZA and UP DILIMAN CAMPUS | NOVEMBER 18–20, 2016



UNIVERSITY OF THE PHILIPPINES



COLLEGE OF HUMAN KINETICS



ASIAN COUNCIL OF EXERCISES  
AND SPORTS SCIENCE



SPORT MANAGEMENT COUNCIL  
OF THE PHILIPPINES



## *Retooling Physical Education for Inclusion, Development and Competition*



International Conference on Sport Pedagogy, Health and Wellness (ICSPHW)

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**UNIVERSITY OF THE PHILIPPINES  
QUEZON CITY  
OFFICE OF THE PRESIDENT**



**MESSAGE**

I am privileged to welcome all the guests and participants of the 1st International Conference on Sport Pedagogy, Health and Wellness (ICSPHW). No less than the world's top experts in health, human movement, and pedagogy are gathered here today to discuss important physical education and sports science-related topics over the next three days.

While UP's commitment to academic excellence has always been the cornerstone of our success, this has at times been incorrectly conflated with a pursuit of purely intellectual brilliance. This misconception, no doubt fed by the false dichotomy of mind and body, has led to the misconstrued notion attributing UP's contributions to society to purely mental feats. This is of course far from the truth, and does not bespeak of the kind of liberal education that UP has historically espoused.

We are lucky and grateful that the UP College of Human Kinetics (UP CHK) has been fully committed to bucking the stereotype and has been showing how well-rounded the Filipino youth can be. Since assuming its name in 1989, the UP CHK has been the base of operations and primary nurturer of UP's student athletes and athletic organizations. The College also plays a pivotal role in our nation's development by being its primary intellectual resource in the movement sciences, human performance, wellness and recreation.

Securing our people's lifelong fitness and freedom of expression serves as an essential function in UP's leadership role in higher education and development. The physical education curriculum in our K-12 system not only emphasizes the importance of health and athletic achievements, but also their integration with the broader community and Philippine society. This is such a noble goal that the UP CHK has always upheld and championed.

Our people's physical fitness also has tremendous economic implications. A Harvard study at the end of the last century calculated the economic cost of inactivity and obesity to amount to \$24 billion and \$70 billion dollars, respectively. Naturally, the hidden costs of stress, family pressure and health-related interpersonal troubles are additional factors, which the application of best practices in teaching physical education could have easily forestalled.

I therefore express my wholehearted support to this important initiative of the College. With the help of distinguished entities like the Sport Management Council of the Philippines (Sportphil) and the Asian Council for Exercise and Sport Science (ACCESS) our educators, athletes, policy makers and administrators can be updated on the latest academic perspectives in physical education. In turn, through this conference, UP can share best practices in human kinetics and physical education.

I dream of a day when our country and the ASEAN region become champions of healthy living and democratic self-expression. The noteworthy contributions of the UP CHK and its partners give me great confidence that this will be fulfilled through our common commitment to innovate and generate the best and brightest ideas in sport pedagogy and physical education. May this conference fully reflect this commitment, and may all our participants enjoy an enriching three-day exchange of ideas and have an enriching experience!

Congratulations to all of you! Padayon UP!



**ALFREDO E. PASCUAL**  
President  
University of the Philippines



UNIVERSITY OF THE PHILIPPINES  
DILIMAN  
OFFICE OF THE CHANCELLOR



**MESSAGE**

The University of the Philippines Diliman is proud to host the 1st International Conference on Sport Pedagogy, Health and Wellness with the theme "PE Plus: Retooling Physical Education and School Sports for Inclusion, Development and Competition".

UP Diliman has, in the last three years, moved toward redefining academic excellence to include the development of both minds and bodies. We recognize that healthy bodies mean healthier minds, and that the converse holds true as well. Our students themselves recognize this, often signing up for more than the required four physical education classes, and we are determined to develop more infrastructure and facilities for physical education and sports science.

We are proud of our varsity teams, particularly with their participation in the University Athletics Association of the Philippines (UAAP), where they are proving that varsity players can be both athletes and scholars. They play hard, and study hard. Their achievements are especially important because we are the only public university in the UAAP, so our victories are not just for UP, but for the nation.

In the years to come, we hope to be more visible in regional and international competitions but even as we do so, we are well aware of the pressures toward "extreme sports" and the pursuit of new records to break old ones. We are committed to a scientific approach to sports, which includes caution in not pushing athletes into high-risk situations that endanger life and limb. We aim to develop athletes who understand the full potentials, as well as limits, of the human body, and who take responsibilities for developing their individual potentials. Ultimately, we join our colleagues in this conference in aiming to develop excellence in sports, where achievements can be hailed as feats, rather than stunts. This must be our model for future generations.

I wish you all the best and thank you for allowing us to host this important conference, where we all stand to gain, learning from each other, and using new knowledge and skills to bring physical education and sports science to new heights.

**MICHAEL LIM TAN, DVM, PhD**  
Chancellor  
University of the Philippines Diliman



UNIVERSITY OF THE PHILIPPINES  
DILIMAN  
COLLEGE OF HUMAN KINETICS



**MESSAGE**

As the Dean of the College of Human Kinetics, I am honored to be given the task of announcing the 1st International Conference on Sport Pedagogy, Health and Wellness that will take place at College of Human Kinetics, University of the Philippines Diliman, Quezon City from November 18 to 20, 2016.

The University of the Philippines College of Human Kinetics being the organizer in collaboration with the Sports Management Council of the Philippines under the leadership of Prof. Geraldine Bernardo and Prof. Ming Kai Chin as the international advisor and simultaneity with the executive board members of Asian Council of Exercise and Sports Sciences (ACCESS), cordially invites you to participate in what promises to be a memorable conference.

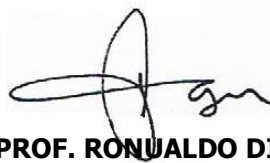
The much awaited international conference on sports pedagogy is launching its 1st International Conference with the theme: "P.E. Plus: Retooling Physical Education and School Sports for Inclusion, Development and physical activity in the holistic development of Filipino students.

This conference is composed of over 20 international renowned speakers and host of local experts and is expecting at least 75 foreign delegates and 500 local participants.

This year's conference promises to equip attendees with the latest pedagogy and workshops as well as opportunities to showcase their research papers and posters.

I am looking forward to welcoming our fellow professionals in the field of sports science from the Philippines and abroad this November 2016.

Mabuhay!



**PROF. RONUALDO DIZER**

Dean

College of Human Kinetics

University of the Philippines Diliman

Founding President of Sports Science and

Physical Education Association of the Philippines (SSPEDPhil)



REPUBLIC OF THE PHILIPPINES  
HOUSE OF REPRESENTATIVES  
OFFICE OF REPRESENTATIVE  
**PIA S. CAYETANO**



**MESSAGE**

Mabuhay!

It is with much pride and honor that I welcome the delegates to the very first International Conference on Sports Pedagogy, Health and Wellness (ICSPHW) hosted by my alma mater, the University of the Philippines.

The theme 'PE Plus: Retooling Physical Education for Inclusion, Development and Competition,' underscores your commitment to bring academic discussions on sports pedagogy to a higher level.

As a student-athlete back in my college days, and now, as a member of the Philippine Congress supporting athletes, my interest in the discipline of Sports Science has never waned. And so, I share your enthusiasm and look forward to productive discussions as scholars from all over the world exchange insights on a subject matter that we all have a shared passion for.

It is no secret that for any national sports program to take off, the same must be grounded on a firm and well-rounded understanding of the study and practice of Physical Education and the Sports Sciences. I am hopeful that through this conference, we will learn valuable insights from foreign experts that would help us develop Philippine sports in the long run. Correspondingly, they will learn from our perspectives and experiences as well.

Again, congratulations to the Sport Management Council of the Philippines, Asian Council of Exercise and Sport Science, and the UP-College of Human Kinetics for your painstaking work that made the staging of this momentous international conference possible!



**PIA S. CAYETANO**  
Deputy Speaker  
Representative (2<sup>nd</sup> District)  
Taguig City, Philippines



REPUBLIC OF THE PHILIPPINES  
OFFICE OF THE PRESIDENT  
**PHILIPPINE SPORTS COMMISSION**



**MESSAGE**

The Philippine Sports Commission (PSC) would like to extend its warmest welcome to the organizers and participants of the first International Conference On Sports Pedagogy, Health And Wellness (ICSPHW) to be held on 18 - 20 November 2016 at the Celebrity Sports Plaza, Quezon City and University of the Philippines, Diliman.

The PSC, with its aim to solidify the direction of sports development in the country, believes that sports excellence is attained not only through garnered international achievements, but also, in the empowerment and strong foundation of Filipino athletes and coaches in their respective fields.

As such, the Commission is very pleased with the conduct of this conference. With its theme, PE Plus: Retooling Physical Education for Inclusion, Development and Competition, this conference will provide our sports community with requisite knowledge and insights that will greatly contribute to the improvement and effective administration of Physical Education in the Philippines.

The Philippine Sports Commission, being the prime catalyst and advocate for the propagation and development of Philippine Sports, commends the collaborative effort of the organizers in bringing this event to a smooth staging. We look forward to a fruitful and positive experience brought by this event and wishes for the success of the 1st ICSPHW.



**WILLIAM I. RAMIREZ**  
Chairman  
Philippine Sports Commission  
Manila City, Philippines



REPUBLIC OF THE PHILIPPINES  
OFFICE OF THE PRESIDENT  
**COMMISSION ON HIGHER EDUCATION**



### **MESSAGE**

Warm greetings to the University of the Philippines College of Human Kinetics (UP CHK) as it holds the 2016 International Conference on Sport Pedagogy, Health and Wellness (ICSPHW) on November 18-20, 2016 at the Celebrity Spots Plaza and the University of the Philippines Diliman in Quezon City.

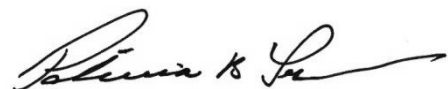
Themed "P.E. Plus: Retooling Physical Education for Inclusion, Development, and Competition," the conference aims to impart knowledge in best practices and techniques in teaching Physical Education (PE), to promote a culture of life-long fitness through the innovative and sport-science based practices in teaching PE, and to provide an opportunity for communication and collaboration among participants on how to expand, improve, and innovate the administration of PE.

To showcase the worldwide interest in the field, the UP CHK has invited over twenty international scholars specializing in Physical Education and Sport Science to share their knowledge and expertise. Physical Education researches will also have the opportunity to disseminate their findings through poster and oral paper presentations.

Physical education is undoubtedly an essential component of human development. Likewise, its presence in school curricula from primary to higher education levels attests to its importance in the process of providing holistic education for our students. As physical education policies and teaching practices continue to evolve, the need to contextualize curricular improvements in light of such developments arises.

The Commission commends the UP CHK for providing our PE teachers, sports scientists, coaches, fitness trainers, exercise enthusiasts, and human movement professionals with this opportunity to avail themselves of new knowledge from their peers as well as to share new information derived from their own research findings.

Mabuhay!



**PATRICIA B. LICUANAN, Ph.D.**

Chairperson

Commission of Higher Education

Quezon City, Philippines





REPUBLIC OF THE PHILIPPINES  
OFFICE OF THE PRESIDENT  
DEPARTMENT OF HEALTH



**MESSAGE**

I extend my warm felicitations to the organizers, the University of the Philippines College of Human Kinetics, on the occasion of the 2016 International Conference on Sport Pedagogy, Health and Wellness.

This conference is significant to the Healthy Lifestyle Advocacy of the Department of Health. Our advocacy aims to address the alarming magnitude of non-communicable diseases (NCDs), specifically diseases of the heart and vascular system, malignant neoplasms, chronic respiratory diseases, and diabetes mellitus. These are among the top ten leading causes of mortality in the country at present.

The promotion of physical activity, including sports, is one of the major components of the Healthy Lifestyle Advocacy, along with the promotion of a healthy diet, smoking cessation, and reduction of the harmful use of alcohol.

Regular physical activity reduces the risk of several common NCDs in adults, such as cardiovascular diseases, stroke, type-2 diabetes, colon, and breast cancer. It also reduces feelings of depression, anxiety, and stress thereby promoting psychological well-being. This results in social benefits to communities and economies through increased productivity in the workplace, lower work absenteeism and turn-over, and better performance in schools.

I commend the organizers of this big event for the great opportunity to provide the participants with new insights and wider perspectives related to sports pedagogy, health and wellness. I believe that through this conference, they will have a genuine appreciation of their learnings, put them into practice and share them.

Let us work together for our shared vision of ALL for Health towards Health for ALL!

Congratulations and mabuhay!



**PAULYN JEAN B. ROSELL-UBIAL, MD, MPH, CESO II**  
Secretary  
Department of Health  
Manila City, Philippines



ASIAN COUNCIL OF EXERCISE  
AND SPORTS SCIENCE  
(ACCESS)



**MESSAGE**

It is my honor and pleasure to serve as the International Advisor and welcome you to join us for the 1st International Conference of Sport Pedagogy, Health and Wellness (ICSPHW 2016), organized by College of Human Kinetics (CHK), the University of the Philippines (UP), in conjunction with the Executive Board Meeting of Asian Council of Exercise and Sports Science (ACCESS) to be held on 18-20 November, 2016 in Manila, Philippines.

Madam Geraldine Bernardo and Prof. Oscar Santelices, in tandem with the Organizing Committee, has identified the ICSPHW 2016 conference theme: "P.E.+ : Retooling Physical Education and School Sports for Inclusion, Development and Competition". Particular emphasis will highlight the interdisciplinary cooperation between physical education, sports, exercise science, health and the emergent and critical need to reposition our shared profession in physical activity and sports science. Our repositioned professional role is guided by the shared responsibility we morally must address having been handed the baton by Secretary General Ban Ki-moon during his landmark and razor-sharp 2011 presentation to the United Nations. Ban's remarks reflected only the second time in the history of the UN that health related issues represented the keynote topic of discussion by the Secretary General. Secretary General Ban emphasized the need for governments, academic institutions, civic groups, businesses and individuals to band together to create sustainable, systemic change impacting individual and community health and wellness. The linkage of Physical Education and Health is an excellent vehicle for achieving this challenging task.

ICSPHW 2016 provides an ideal and strategic platform for teachers, scholars, practitioners and government administrators from various academic disciplines and institutions to interact, and share best practices, preventative strategies and research in exploring the new direction of school PE, health and sports including special groups. ICSPHW 2016 is committed to finding curative solutions within the framework of establishing an international PE and Exercise Science network. 27 international renowned speakers and Future Leaders, and 25 local practical workshop presenters representing 18 countries world-wide have lent support to this first historical conference of ICSPHW 2016 to be held in Philippines.

The two and a half day conference is formatted to interweave thought-provoking presentations, workshops and group sessions with ample time to personally interact with your colleagues from around the world. Sometimes the best ideas and solutions are the unexpected result of exchange in informal settings and dialogue. We are confident that you will feel that all are reflective of the warmth and hospitality of Filipinos and the mixed Asian, Pacific Islander, Western and Hispanic cultures, defining and enriching your ICSPHW 2016 experience.

**PROF. DR. MING-KAI CHIN**

Founding President, BRICS Council of  
Exercise & Sports Science (BRICSCESS)  
Co-Founders and Former President,  
Asian Council of Exercise  
& Sports Science (ACCESS)  
Vice President, Global Affairs & Research  
HOPSports, USA



**ASIAN COUNCIL OF EXERCISE  
AND SPORTS SCIENCE  
(ACCESS)**



**MESSAGE**

It gives me immense pleasure to welcome you all to the prestigious 2016 International Conference on Sport Pedagogy, Health & Wellness (ICSPHW 2016) being organized at the University of Philippines-Diliman from 18th-20th November 2016.

I would like to extend a warm appreciation to the UP-College of Human Kinetics (UP-CHK), the University of the Philippines (UP), and the Executive Board Meeting of Asian Council of Exercise and Sports Science (ACCESS) for being a gracious benefactor of this mega event. ACCESS' mission is to promote communication, interaction, and cooperation among Asian exercise and sports science professionals and students in educational, scientific, and research institutions, and to encourage the exploration of issues specific to the Asian regions.

The theme of this conference is P.E. Plus: Retooling Physical Education and School Sports for Inclusion and Development, and physical activity in the holistic development of Filipino students.

The conference program is not only designed to share interests through quality research presentations from people around the world, but also bring together leading experts to share their areas of expertise in sport and exercise science. Experts will address the latest developments and challenges that the Sports Science field faces with an emphasis on health and performance enhancement. It will be a platform to establish network with professional working in academia, sports industry and sports governing bodies. The well planned theme would not only be enriching experience for delegates but also give scholars an opportunity to generate new research ideas.

**PROFESSOR DR GULSHAN LAL KHANNA**  
President  
Asian Council of Exercise and Sport Science



**SPORT MANAGEMENT COUNCIL  
OF THE PHILIPPINES  
(SPORTPHIL)**



**MESSAGE**

It is a dream to organize this conference with the theme PE Plus: Retooling for Inclusion, Development and Competition, as it is a theme that needs to figure front and center in the consciousness of the general public.

While we celebrate the handful of medals and the few popular sports, future elite competitiveness and the wellbeing of Filipinos are contingent goals, which can only happen when we institute a wider and stronger base of sports participation.

Certainly, we can achieve these through well-programmed and effective implementation of P.E. and School Sports. For those who understand this, they can do no less than to continue to promote and imbibe this importance. After all, P.E. is STILL education! And studies upon studies have proven that.

The Sport Management Council of the Philippines (SportPhil) is a strong advocate of sport for all the right reasons. The decision to engage with the University of the Philippines is our way of helping them, and for other organizations to come, in furthering their objectives to strengthen the competencies of our P.E. teachers, coaches, and trainers, as well as showcase relevant researches in the field. The level of care and detail accorded to the design of the 2016 International Conference on Sport Pedagogy, Health and Wellness is a testament to UP's desire to share and enhance knowledge.

We are deeply humbled and grateful for the magnificent support by the Asian Council of Exercise and Sport Science (ACCESS), the International academic communities and our local partners in government and in the private sector. More than ever, we need the synergies of all stakeholders, not only for this conference but also for networking and future collaboration towards our collective efforts in sports, in whichever field or endeavor it may be.

Each one of us has a role in sport development. I enjoin all to take advantage of this first international conference of its kind and to come away more determined and equipped.

I wish everyone a sporting life!

Geraldine Go Bernardo  
President/Founder  
Sport Management Council of the Philippines

## ABOUT THE CONFERENCE

### THE FIRST INTERNATIONAL CONFERENCE ON SPORT PEDAGOGY, HEALTH AND WELLNESS (ICSPHW 2016)

The College of Human Kinetics of the University of the Philippines has been organizing the National Conference on Sport Pedagogy since 2012. The past three conferences have been well attended by Physical Educators, Sport Science practitioners, Coaches and Human Movement specialists from all over the Philippines.

This year, in cooperation with the Sport Management Council of the Philippines and with the support and endorsement of the Asian Council of Exercise and Sport Science, UP-CHK is proud to present the 1st International Conference on Sport Pedagogy, Health & Wellness (ICSPHW). The conference theme is PE Plus: Retooling Physical Education for Inclusion, Development and Competition.

Over twenty international scholars specialising in Physical Education and Sport Sciences have been invited to share their knowledge and expertise. Philippine officials from the Department of Education, Department of Health and the Philippine Sports Commission have also been invited. The conference culminates in a special forum on “How to PE Plus?” to be moderated by the conference adviser Professor Dr. Ming Kai Chin and keynote speaker, Professor Dr. Gudrun Doll-Temper.

The 1st ICSPHW promises to present different perspectives and frameworks in the study and practice of Physical Education. Participants can also improve practical knowledge or learn and choose to participate in a Lecture and a Movement workshop, each running for 2 hours. In addition, researches will have the opportunity to disseminate their findings through the poster and oral paper presentations.

The conference objectives are as follows:

1. To impart knowledge on best practices and techniques in teaching Physical Education geared towards Inclusion, holistic development and in preparation for competition.
2. To showcase different perspectives and frameworks around the world in the effective administration of Physical Education.
3. To promote a culture of life-long fitness through the innovative and sport-science based practices in teaching PE
4. To provide an opportunity for communication and collaboration among participants and invited speakers on how to expand, improve and innovate the administration of Physical Education
5. To create opportunities for forging professional ties with colleagues in the ASEAN countries and the rest of the world.

## THE ICSPHW 2016 ORGANIZERS



The **UP Diliman – College of Human Kinetics (CHK)** is the nation’s leading academic institution in the science and pedagogy of human movement that develops highly-competent specialists in human movement. It is committed to the promotion of active lifestyle towards the improvement of the quality of life of Filipinos.

The Department of Physical Education, attached to the UP College of Education, was created in 1921 to promote, direct and supervise physical education and recreation among the students of the university. Since its creation, it has taken an active stance in promoting sports in the university via an intramural program. The Bachelor of Science in Education major in Physical Education was offered by the UP College of Education in 1928. To maximize the growth and development of physical education and sports in the University, the UP Institute of Sports, Physical Education and Recreation (ISPEAR) was established in April 1976. A request for a change in name from the ISPEAR to College of Human Kinetics (CHK) was proposed in 1989 to reflect the academic discipline on which the practice of sports, dance, aquatics, physical education and recreation is based. This discipline is a scientific, inter-disciplinary program which combines theory and practice. The Board of Regents approved the request on 28 September 1989.

At present, the college is home to sports and physical education majors, graduate students, varsity teams, and various student organizations. It is composed of 33 full-time faculty members who specialize in sports coaching/officiating and instruction, strength and conditioning, dance and fitness instruction, outdoor recreation and management, and sports and exercise psychology. Varsity coaches and CHK faculty have often been tapped as consultants, trainers, and/or officers of National Sports Associations (NSAs). It has produced graduates, who are now leaders and key administrators shaping the physical education, sports and exercise programs in various institutions nationwide.

## THE ICSPHW 2016 ORGANIZERS



The **Sport Management Council of the Philippines (Sportphil)** is an organization that assists and promotes excellence in sport management, science and business – combining foreign and local expertise. Sportphil was founded by Ms. Geraldine Bernardo, who was a one-time executive director of the Philippine Sports Commission (PSC) and former national athlete herself. Sportphil is a recognized member of the Asian Association of Sport Management (AASM) and an affiliate of the Asian Council of Exercise and Sports Science (ACCESS).

**Asian Council for Exercise and Sport Science (ACCESS)**, ACCESS' mission is to promote communication, interaction, and cooperation among Asian exercise and sports science professionals and students in educational, scientific, and research institutions, and to encourage the exploration of issues specific to the Asian regions. In particular, the ACCESS seeks to promote and facilitate communication among young researchers and students in the Asian regions. In these ways, the ACCESS seeks to make a contribution to the enhancement of the quality of life among Asians in particular, but also for the rest of the world.



## ICSPHW 2016 PROGRAM

<b>ICSPHW 2016 (DAY 1)</b> <b>18 November 2016, Friday</b> <b>Celebrity Sports Plaza</b>		
Starts at 7:00 AM	<b>REGISTRATION</b>	
<b>8:30 AM – 9:15 AM</b>  <b>OPENING CEREMONY</b>	Entrance of Colors: UP Rayadillo Batallion National Anthem and UP Concert Chorus Invocation: Welcome Address: <u>Michael L. Tan, DVM, PhD</u> Chancellor (UP Diliman) Opening Number: UP Pep Squad Guests of Honor : <u>Hon. Rep. Pia S. Cayetano</u> Congresswoman (2 <sup>nd</sup> District Taguig City) <u>William I. Ramirez</u> Commissioner, Philippine Sports Commission Opening Remarks: <u>Dr. Alfredo E. Pascual</u> President (UP System) Guest Speaker: <u>Prof. Dr. Gulshan Khanna</u> President (ACCESS) Formal Opening: <u>Assoc. Prof. Ronualdo U. Dizer</u> Dean (UP-CHK)	
<b>PLENARY SESSIONS</b> <b>9:30 AM – 10:30 AM</b> <b>PLENARY 1</b>	Session Chair: Prof. Dr. Leilani Gonzalo (Dept. of PE, UP-CHK)	
<b>10:30 AM – 11:30 AM</b> <b>PLENARY 2</b>	Global “Change” of Physical Education and Health: The Way Forward	Prof. Dr. Ming Kai Chin (USA)
	Inclusion in Physical Education and Sport: Implementing the UN Convention on the Rights of Persons with Disabilities	Prof. Dr. Gudrun Doll-Tepper (Germany)
<b>11:30 AM – 12:45 PM</b>	<ul style="list-style-type: none"> <li>• <b>GROUP PICTURE - All Guests &amp; Participants</b></li> <li>• <b>SPECHW COMMITTEE MEETING (Board Room)</b></li> <li>• <b>LUNCH</b></li> </ul>	
<b>12:45 PM – 2:15 PM</b>  <b>PARALLEL LECTURES SESSIONS (1a, 1b, 1c)</b>  Parallel Lecture Session 1a (Left Hall)	<b>Active Lifestyle Starts in School</b> Session Chair: Asst. Prof. Alberto Dimarucut (Dept. of PE, UP-CHK)	
	Active Lifestyle Through PE in the Secondary Education	Prof. Dr. Kim Graber (USA)
	Dance: A Tool Through Which Active Healthy Living Can Be Facilitated in Schools	Dr. Sharon Phelan (Ireland)
	Development of Adapted Physical Activity for the Disabled	Prof. Emeritus Dr. Yang Ja Hong (Korea)

## ICSPHW 2016 PROGRAM

Parallel Lecture Session 1b (Center Hall)	<b>Asian Perspectives in PE: Model School Program Presentation</b> Session Chair: Asst. Prof. Rachele Peneyra (Dept. of PE, UP-CHK)	
	Physical Education Best Practices in Singapore: A Model School with Integration of Instructional Technology	Assoc. Prof. Dr. Govindasamy Balasekaran and Principal Kia Wang Phua (Singapore)
	Physical Education as a Tool to Improve the Movement of Children in Primary School	Asst. Prof. Dr. Brojo Susilo (Indonesia)
	<b>BRAIN BREAK (FLV Zornitza Mladenova-Bulgaria)</b>	
	Current and Future Direction of Physical Education and Sports in India	Prof. Dr. Gulshan Khanna (India)
Parallel Lecture Session 1c (Right Hall)	<b>The Philippine Perspective on PE and Sport Development</b> Session Chair: Asst. Prof. Francis Diaz (Dept. of PE, UP-CHK)	
	Framework for Physical Education in the Philippines	Assoc. Prof. Lordinio Vergara (Phil.)
	Framework for Sport and Development in the Philippines	Prof. Dr. Henry Daut (Philippines)
	Historical Background and Experiences in Paralympics	Mr. Mike Barredo (Philippines)
2:15 PM – 2:45 PM	<b>MERIENDA BREAK</b>	
PLENARY SESSION 3:00 PM – 4:00 PM <b>PLENARY 3</b>	Session Chair: Asst. Prof. Jonathan Cagas (Dept. of Sport Science, UP-CHK)	
	Updates on the work being done by the Technical Committee on Physical Education, Sports and Wellness	Technical Committee on PE, Sports and Wellness under the Technical Panel for Teacher Education CHED
4:00 PM – 5:30 PM  <b>PARALLEL LECTURE SESSIONS (2a,2b,2c)</b>  Parallel Lecture Session 2a (Center Hall)	<b>From PE to Sports to Life</b> Session Chair: Prof. Dr. Bin Wang (China)	
	Enhancing the Efficiency of Talent Recognition by Improving School Physical Education	Assoc. Prof. Dr. Oleksander Krasilschikov (Malaysia)
	Spiritual Health: Whose Business is it in Physical Education?	Prof. Dr. Ivo Jirasek (Czech Republic)
	<b>BRAIN BREAK (FLV Karolina Chlebosz-Poland)</b>	
	Physical Education and Sport Coaching: Making a Living Changing Lives	Prof. Dr. Jens Omli (USA)
Parallel Lecture Session 2b (Left Hall)	<b>Health Promotion Perspectives</b> Session Chair: Prof. Gurmeet Singh Kapoor (India)	
	Significance of School Sport and Physical Education in Finland - Sociological Interpretations	Senior Lecturer Dr. Hanna Vehmas (Finland)
	The Role of Media in Health Promotion	Mr. Bill Velasco (Philippines)
	<b>BRAIN BREAK (FLV Biljana Popeska-Macedonia)</b>	
	Social Capital as a Relevant Social Determinant of the Lifestyle, Eating Session Habits and Weight Status of a Sample of Catalan Adolescents	Assoc. Prof. Dr. Elena Carillo (Spain)
Parallel Lecture Session 2c (Right Hall)	<b>Psychology and Physical Activity</b> Session Chair: Asst. Prof. Marvin Sabado (Dept. of Sport Science, UP-CHK)	
	The Effect of Physical Activity on Positive Attitude, Academic Achievement and Cognitive Performance	Prof. Dr. Giyasettin Demirhan (Turkey)
	Supporting Adherence for Good Exercise Behavior	Asst. Prof. Dr. Ma. Luisa Guinto-Adviento, RP (Philippines)
	The Marginalization of PE and Behavior of PE Teachers	Assoc. Prof. Hercules Callanta (Philippines)
5:30 PM – 6:30 PM	<ul style="list-style-type: none"> <li>• ICSPHW Student Volunteers MEET &amp; GREET with International Future Leaders/Volunteers</li> <li>• SSPEDPhil MEMBERS' MEETING</li> </ul>	
6:30 PM – 8:30 PM	<b>WELCOME BANQUET &amp; CULTURAL NIGHT</b>	

## ICSPHW 2016 PROGRAM

<b>ICSPHW 2016 (DAY 2)</b> <b>19 November 2016, Saturday</b> <b>Celebrity Sports Plaza</b>		
7:30 AM – 8:30 AM	<b>Short UP Campus Tour for Invited Speakers</b>	
9:00 AM – 10:00 AM	<b>POSTER PRESENTATIONS</b> Authors are available for Q & A at this time but posters are up from 9:00 AM to 5:00 PM.	
10:00 AM – 11:30 AM  <b>PARALLEL LECTURE SESSIONS (3a,3b,3c)</b>  Parallel Lecture Session 3a (Center Hall)	<b>Innovations in Physical Education Delivery</b> Session Chair: Dr. Mario Imson (Philippines)	
	International Committee of Sport Pedagogy and its Contribution on Development of Physical and Sport Education in the World	Prof. Dr. Branislav Antala (Slovakia)
	Saving Physical Education: Required Shifts in Conceptual Thinking and Pedagogies – Future Orientations	Prof. Dr. Ian Culpan (New Zealand)
	<b>MOVEMENT BREAK (UP-CHK Faculty and students)</b>	
	Issues in Administration in PE Classes: Minimizing Risks and Maximizing Benefits	Assoc. Prof. Ronualdo Dizer (Philippines)
Parallel Lecture Session 3b (Right Hall)	<b>Stepping up the Practice of PE and Sport Pedagogy</b> Session Chair: Assoc. Prof. Oscar Y. Santelices (Dept. of Sport Science, UP-CHK)	
	The Use of Technology in Physical Fitness Testing of School Age Children	Prof. Dr. Erika Zemkova (Slovakia)
	An Overview of Performance Analysis in Sports	Asst. Prof. Josephine Joy Reyes (Phil.)
Parallel Lecture Session 3c (Left Hall)	<b>Body Basics</b> Session Chair: Asst. Prof. Marla Cuervo (Dept. of Sport Science, UP-CHK)	
	Garlic Supplements Diminish Exercise-Induced Oxidative Stress	Assoc. Prof. Dr. Rungchai Chaunchaiyakul (Thailand)
	Body Composition Measurement Related to PE and Sport Program in School	Prof. Dr. Hans de Ridder (South Africa)
	<b>BRAIN BREAK (FLV Ozgur Akyar-Turkey)</b>	
	Nutritional Requirements for Child and Adolescent Athletes	Assoc. Prof. Dr. Chee Keong Chen (Malaysia)
11:30 AM – 12:45 PM	<ul style="list-style-type: none"> <li>• LUNCH</li> <li>• ACCESS – EXECUTIVE BOARD MEETING</li> </ul>	
<b>PLENARY SESSIONS</b> 12:45 PM – 1:45 PM <b>PLENARY 4</b> 1:45 PM – 2:45 PM <b>PLENARY 5</b> 2:45 PM – 3:00 PM 3:00 PM – 4:00 PM <b>PLENARY 6</b>	Session Chair: Prof. Gilda L. Uy (Graduate Studies Program, UPCHK)	
	PE and Health in the K12 Program	Office of the Secretary Department of Education
	The Master Plan for Philippine Sports	Commissioner William Ramirez Philippine Sports Commission
	<b>MOVEMENT BREAK (UP-CHK Faculty and Students)</b>	
A Multi-disciplinary Approach to Promoting Health and Wellness in the Philippines	Dr. Maria Franca M. Laxamana Assist. Sec. (Office for Technical Services) Department of Health	
4:00 PM – 4:15 PM	<b>MERIENDA BREAK</b>	
4:15 PM – 5:45 PM	<b>FORUM</b> Convenors/Moderators: Prof. Dr. Gudrun Doll-Tepner and Prof. Dr. Ming Kai Chin	
	<b>How do we “PE Plus?”</b> <ul style="list-style-type: none"> <li>• Department of Education</li> <li>• Commission on Higher Education</li> <li>• Department of Health</li> <li>• Philippine Sports Commission</li> <li>• Conference Participants</li> </ul>	
6:00 PM – 7:00 PM	• <b>SOCIALS NIGHT</b>	
7:00 PM – 8:30 PM	• <b>President and Chancellor’s dinner with Invited Guests and CHK Faculty</b>	



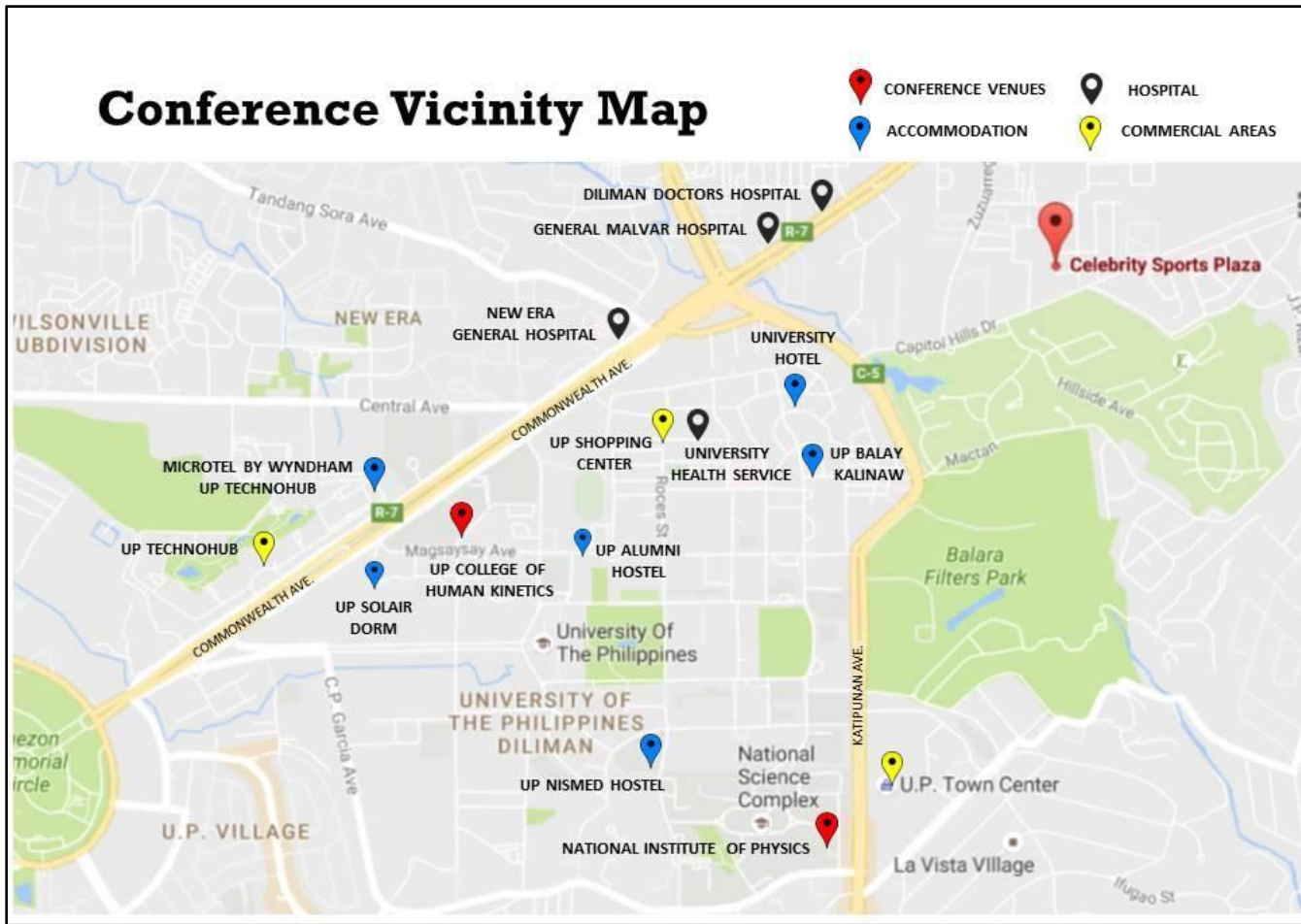
## ICSPHW 2016 PROGRAM

<b>ICSPHW 2016 (DAY 3)</b> <b>20 November 2016, Sunday</b> <b>National Institute of Physics (8:00-3:00) and UP-CHK Gym (3:30-5:30)</b> <b>University of the Philippines Diliman Campus</b>		
8:00 AM – 10:00 AM	<ul style="list-style-type: none"> <li>• <b>INVITED SPEAKERS' ROUND-TABLE DISCUSSION WITH MILO</b></li> <li>• <b>Breakfast At Microtel (invited speakers)</b></li> </ul>	
8:00 AM – 9:00 AM	<b>ORAL PAPER PRESENTATIONS 1 (1a/1b/1c)</b>	
9:00 AM – 10:00 AM	<b>ORAL PAPER PRESENTATIONS 2 (2a/2b/2c)</b>	
10:00 AM – 11:00 AM	<b>ORAL PAPER PRESENTATIONS 3a (FUTURE LEADERS)</b>	
	<ul style="list-style-type: none"> <li>• Sports Physiotherapy Services of Turkish National Youth Football Team</li> <li>• Mental Preparation of Triathletes: Practical Implications of Research Findings</li> <li>• Outdoor Education for Students in Singapore Schools</li> </ul>	<ul style="list-style-type: none"> <li>• Mesut Karlik (Turkey)</li> <li>• Karolina Chlebosz (Poland)</li> <li>• Dianna Thor (Singapore)</li> </ul>
	<b>ORAL PAPER PRESENTATIONS 3b</b>	
	<b>ORAL PAPER PRESENTATIONS 3c</b>	
11:00 AM – 12:00 PM	<b>ORAL PAPER PRESENTATIONS 4a (FUTURE LEADERS)</b>	
	<ul style="list-style-type: none"> <li>• Assessment of Negotiation Styles with ENACT Online Self-Assessment Tool for Holistic Coaching</li> <li>• National Winter Universities Games: "Snow Sports in the Culture of New Generation"</li> <li>• University Outdoor Sports in Republic of Macedonia</li> <li>• Psychological Skills in Competitive-Level Dragon Boat Paddlers</li> </ul>	<ul style="list-style-type: none"> <li>• Ozgur Akyar (Turkey)</li> <li>• Zornitza Mladenova (Bulgaria)</li> <li>• Biljana Popeska (Macedonia)</li> <li>• Mona Liza A. Maghanoy (Philippines)</li> </ul>
	<b>ORAL PAPER PRESENTATIONS 4b</b>	
	<b>ORAL PAPER PRESENTATIONS 4c</b>	
12:00 PM – 1:00 PM	<b>PACKED LUNCH @ National Institute of Physics Lobby</b>	
1:00 PM Onwards	<b>CULTURAL TOUR FOR INVITED SPEAKERS</b>	
1:00 PM – 3:00 PM	<b>LECTURE WORKSHOP SESSIONS</b>	
<b>PHYSICAL EDUCATION</b>	1. Designing PE For Health and Wellness 2. through Games and Play	Asst. Prof. Jo-anne Grecia
	3. Action Research in Physical Education	Asst. Prof. Rachele Peneyra
	4. INCLUSION: Implications for Leisure Education and Adapted Physical Education	Prof. Gilda Uy (UP Diliman) and Prof. Dr. Bog Ja Jeoung (Gachon University, Korea)
	5. Fitness Testing For PE	Asst. Prof. Jonathan Cagas and Asst. Prof. Wisdom Valleser
	6. Teaching Motor Skills to Visually-Challenge Students	Mr. Norman Garcia
	<b>SPORT SCIENCE</b>	1. Pulse Express: Wellness Monitoring Tool
2. Strength & Conditioning Trends		Mr. Julio Veloso
3. Motor Learning in PE		Prof. Dr. Angelita Cruz
4. Current Trends in Sports Injury Rehabilitation		Dr. Isagani Leal
5. Exercise is Medicine		Assoc. Prof. Hercules Callanta and Asst. Prof. Marla Mallari-Cuerdo with Assoc. Prof. Dr. Rungchai Chaunchaiyakul
<b>SPORT MANAGEMENT</b>	1. Fundraising for Athletes	Mr. Mike Reyes
	2. School or Community-Based Sports Events	Ms. Geraldine Bernardo, MBA
	3. Entrepreneurial Side of Sport	Mr. Michael Rainier Chua, MBA
	4. Best Practices in Tournament Management	Assoc. Prof. Oscar Santelices

## ICSPHW 2016 PROGRAM

3:00 PM – 3:30 PM	<ul style="list-style-type: none"> <li>• <b>MERIENDA TO-GO</b></li> <li>• <b>Transfer to UP-CHK Gym for Movement Workshops</b></li> </ul>	
3:30 PM – 5:30 PM	<b>MOVEMENT WORKSHOPS (CHK Gymnasium)</b>	
	<ol style="list-style-type: none"> <li>1. Aikido</li> <li>2. AquaZumba</li> <li>3. Arnis</li> <li>4. Crossfit</li> <li>5. Dance Therapy</li> <li>6. Dodgeball</li> <li>7. Handball</li> <li>8. High Intensity Interval Training (HIIT)-Circuit Training</li> <li>9. Floorball</li> <li>10. Mountain-Biking</li> <li>11. Netball</li> <li>12. Starting in a Triathlon</li> <li>13. Sports Massage</li> <li>14. Yoga</li> </ol>	<ol style="list-style-type: none"> <li>1. Makiling Aikido</li> <li>2. Zumba, Inc.</li> <li>3. Sangkil Karasak-Lightning Scientific Arnis International (LSAI) &amp; Kali Arnis Martial Arts Foundation</li> <li>4. Crossfit Manila</li> <li>5. Asst. Prof. Albert Dimarucut</li> <li>6. Dodgeball Philippines</li> <li>7. Philippine Handball Federation, Inc.</li> <li>8. 360 Fitness Club</li> <li>9. Floorball Philippines</li> <li>10. PhilCycling</li> <li>11. Philippine Netball Federation</li> <li>12. Triathlon Association of the Philippines</li> <li>13. Keimyung University</li> <li>14. Yoga Philippines</li> </ol>
	<b>END</b>	

## THE CONFERENCE VENUES



## ABOUT THE CONFERENCE VENUES



### CELEBRITY SPORTS COMPLEX

Situated on the tranquil and inviting Capitol Hills area, the Celebrity Club is indeed the ultimate name that comes to people's minds when they think of recreation and relaxation. Through the years, the Club has expanded its features in order to keep abreast with the latest trends in sports and leisure. From its inception in August 1979 up to the present, Celebrity Sports Plaza, Inc. has consistently lived up to its lofty pedigree as one of the country's leading sports clubs. Additionally, the club is a classy venue for special events and functions.

Celebrity Club today boasts of state-of-the-art sports facilities that cater to sports lovers of all ages. Its famed Olympic-sized swimming pool is the envy of the club's contemporaries. Its indoor sports amenities always play host to prestigious sports tournaments from distinguished organization. The club sits on a 2.3 hectare property just across Capitol Hills Golf Club and is a few minutes away from Ayala Heights. It is near the school zone of UP-Ateneo-Miriam, Congress, Broadcast City (RPN 9, and IBC 13) and is accessible along Commonwealth Avenue, Katipunan Avenue, and C5.

Source: <http://www.celebritysportsplaza.com/>

### THE UNIVERSITY OF THE PHILIPPINES, DILIMAN CAMPUS

The University of the Philippines (UP) is the country's national university. This premier institution of higher learning was established in 1908 and is now a university system composed of seven constituent universities and one autonomous colleges spread throughout 15 campuses in the archipelago. As of 2012, the UP System's student population was at least 57,000.

In 2012, the Commission on Higher Education declared 24 units of the university as Centers of Excellence; while 6 units have been declared as Centers of Development. UP Diliman has a total land area of 493 hectares (1,220 acres).



Much of this property is utilized by the university in the form of infrastructure and research facilities, while the remaining area is forested, reserved for development and residential use, or unoccupied. The main campus, the science and technology parks located on the eastern and western sides of the university, and the residential (Area 2) and Barangay UP Campus communities stretching from the western side to the northern tip of the university comprise the area's most actively used by UPD.

Source: <http://upd.edu.ph/about/visit-upd/>

## ABOUT THE PHILIPPINES



The Philippines is the third largest English speaking country in the world. It has a rich history combining Asian, European, and American influences. It is an archipelago, with 7,107 islands on high tide and more on low tide. It is named "The Pearl of the Orient". It lies in the heart of Southeast Asia, stretching more than 1,840 kilometers. Composed of 7,107 islands, the Philippines is readily accessible to the different capitals of the world. Its three main islands are Luzon, Visayas and Mindanao. Because of its archipelagic nature, the Philippines is a culturally diverse country. With its topography consisting of mountainous terrains, dense forests, plains, and coastal areas, the Philippines is rich in biodiversity. It is considered as one of the mega biodiversity countries in the world with a high percentage of endemic flora and fauna.

November to February is the coolest months and a good time to visit the Philippines as far as weather is concerned. Meanwhile, March to May is the summer months in the country and are classified as hot and dry. June to October is rainy, with the months between July and September characterized by typhoons. The average temperature in the Philippines is 86degreesF / 30degreesC; average humidity is 77%. Some parts of the country such as Cebu and its neighboring provinces in the Visayas are warm and comfortable in all seasons and can be visited throughout the year.

## ABOUT THE PHILIPPINES

They say the Philippines is defined by its emerald rice fields, teeming megacities, graffiti-splashed jeepneys, smouldering volcanoes, bug-eyed tarsiers, fuzzy water buffalo and smiling, happy-go-lucky people. And of course, one must not forget the iconic jeepney, the major Public transportation mode, representative of the love for variety and colour of Filipinos.

The official languages of the Philippines are Filipino (which is based on Tagalog) and English. Practically everyone in the Philippines can speak English, being the third largest English speaking country in the world. More than 180 different languages and dialects are spoken in the Philippines. Commonly used languages include: Tagalog (22 million speakers), Cebuano (20 million), Ilocano (7.7 million), Hiligaynon or Ilonggo (7 million), Bicolano, Waray (3 million), Pampango and Pangasinan.



### FILIPINOS

The Filipinos are divided geographically and culturally into regions, and each regional group is recognizable by distinct traits and dialects - the sturdy and frugal Ilocanos of the north, the industrious Tagalogs of the central plains, the carefree Visayans from the central islands, and the colorful tribesmen and religious Moslems of Mindanao. Tribal communities can be found scattered across the archipelago. The Philippines has more than 111 dialects spoken, owing to the subdivisions of these basic regional and cultural groups.

The country is marked by a true blend of cultures; truly in the Philippines, East meets West. The background of the people is Indonesian and Malay. There are Chinese and Spanish elements as well. The history of American rule and contact with merchants and traders culminated in a unique blend of East and West, both in the appearance and culture of the Filipinos, or people of the Philippines.

Hospitality, a trait displayed by every Filipino, makes these people legendary in Southeast Asia. Seldom can you find such hospitable people who enjoy the company of their Western visitors. Perhaps due to their long association with Spain, Filipinos are emotional and passionate about life in a way that seems more Latin than Asian.

Sources: <http://www.lonelyplanet.com/philippines>; <http://www.lonelyplanet.com/philippines/manila>;  
<http://www.experiencephilippines.org/tourism/about-the-philippines-department-of-tourism/>

## ABOUT QUEZON CITY

Quezon City is the largest city of Metropolitan Manila, which is an urban agglomeration of 16 cities and 1 one municipality. This region is the political, economic, social, cultural, and educational center of the Philippines. As proclaimed by Presidential Decree No. 940, Metro Manila as a whole is the Philippines' seat of government.



Of the Metro Manila local governments, Quezon City has the biggest population, constituting 24% of the regional population. With a population of nearly three million, Quezon City is one of the largest sources of manpower in the Philippines, with its employable human resource assets of 1.672 million. More than 20,000 college graduates contribute to its productive pool every year. Its big consumer market is dominated by the youth, with more than 40% of the population younger than 20 years.

The literacy rate of the general population is higher than the national average at 98.32%. The city has a large English-speaking population, with English the language of instruction in almost all subjects in school and in business.

Source: <http://quezoncity.gov.ph/index.php>

## KEYNOTE SPEAKERS



### **PROF. DR. MING-KAI CHIN (USA)**

Founding President, BRICS Council of Exercise & Sports Science (BRICCESS)  
Co-Founder, GoFPEP  
Co-Founders & Former President, ACCESS  
Vice President, Global Affairs & Research  
HOPSports, Inc.

Prof. Dr. Ming-kai Chin received his Ph.D. in exercise physiology from University of Wisconsin-Madison, USA in 1985. Previously he served as the Head of Sports Science at the Hong Kong Sports Institute; Head and Principal Lecturer, Department of Physical Education and Sports Science at The Education University of Hong Kong; and Professor, School of Health, Physical Education and Leisure Services, University of Northern Iowa, USA. Currently, he is the Vice President, Global Affairs and Research, HOPSports, Inc., USA. Prof. Chin's research interests lie in integrated and holistic approaches in the fields of physical activity, sports, exercise science, leisure, health, and technology to promote active living in school and community. An editor of 8 books and author of over 190 publications in scientific and sports journals in English and Chinese, Prof. Chin has offered over 130 keynote and invited presentations, and over 90 conference paper presentations in North America, South America, Africa, Europe and Asia Pacific Region. A Fellow of AIESEP and Research Consortium of SHAPE America, he is one of the four Founders and Former President, Asian Council of Exercise and Sports Science (ACCESS) and Editor-in-Chief of the Asian Journal of Exercise and Sports Science (AJESS). Prof. Chin is the Co-editor of the new book "Physical Education and Health: Global Perspectives and Best Practice" in 2014 of which scholars of 40 countries are contributing their chapters on the new direction of physical education and health in their respective country. In April 2015, Prof. Chin was awarded the Medail of Manuel Gomes Tubino by FIEP for his contribution of global work in physical education. Prof. Chin is now serving as the Founding President of BRICS Council of Exercise and Sports Science (BRICCESS).

### **Global "Changes" of Physical Education and Health: The Way Forward**

Physical education in the past four decades has undergone a transition from a profession with an emphasis on traditional sport skill acquisition to one with a broader emphasis on health related fitness and lifelong physical activity. During the same time period, the epidemic of overweight and obesity has world-wide implications and rapidly emerged in developed countries and is now emerging in developing countries. In 2014, the new book "Physical Education and Health: Global Perspectives and Best Practice" of which scholars of 40 countries are contributing their chapters on the new direction of physical education and health in their respective country, are asking for "changes" of physical education program without exception. This presentation would present the global movement of "changes" through discussions on the Global Forums for Physical Education Pedagogy (GoFPEP 2010-2016) in USA, Germany, South Africa and Turkey; Model Schools and Best Practice; and Interactive Technology. Illustration with practical examples and video clips would be used throughout this presentation. It is an attempt by drawing the linkage these new concepts and application of a holistic health and physical education model as one of the possible means of combating global epidemic of overweight and obesity.



### **PROFESSOR DR. GUDRUN DOLL-TEPPER (GERMANY)**

Vice-President, German Olympic Sports Confederation  
Chairperson, German Olympic Academy  
Adviser & Past President, International Council of Sport Science & Physical Ed.  
Professor of Sport Science/Inclusive Ed.

Department of Education and Psychology, Freie Universitaet Berlin  
Email: gudrun.doll-tepper@fu-berlin.de

Prof. Dr. Gudrun Doll-Tepper is a professor in the Department of Education and Psychology at Freie Universitaet Berlin. She received her master's degree and doctorate at Freie Universitaet Berlin and her postdoctorate degree ("Habilitation") at Johann Wolfgang Goethe Universitaet, Frankfurt/Main. Her research interests include the inclusion of persons with disabilities in physical education and sport, the role of physical activity as part of a healthy lifestyle, equal opportunity and participation of girls and women in physical education and sport, and different approaches to talent identification and development in sport. She has written numerous articles on adapted physical activity and sport for persons with disabilities, physical education and sport pedagogy as well as on issues related to women in leadership positions. Dr. Doll-Tepper was President of the International Council of Sport Science and Physical Education (ICSSPE) from 1997 to 2008. Since 2009 she is honorary member and special adviser of ICSSPE. In 2006 she was elected Vice-President of the German Olympic Sports Confederation and since 2007 she is Chairperson of the German Olympic Academy. In 2005 she received a doctor of laws honoris causa from Memorial University of Newfoundland (Canada) and in 2008 a doctor h.c. from KU Leuven (Belgium). She was awarded with several prestigious international and national awards, including the FIEP Gold Cross of Honor of Physical Education, the Paralympic Order of the International Paralympic Committee and the European Olympic Laurel award.

### **Inclusion in Physical Education and Sport: Implementing the UN Convention on the Rights of Persons with Disabilities**

In the past, persons with disabilities did not have access to physical education and sports in inclusive settings but rather in segregated settings. In some cases, they were excluded from participation at all. Currently, there is a world-wide trend toward including persons with disabilities in physical education and sports. In this context it is important to refer to the Convention of the United Nations on the Rights of Persons with Disabilities which was adopted in December 2006 and entered into force in May 2008. Two articles will be highlighted because they are of special importance for physical education and sports: Article 24 "Education" and Article 30 "Participation in cultural life, recreation, leisure and sport". In 2013, UNESCO held their 5th International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (MINEPS V) in Berlin, Germany, and emphasised that access to sport is a fundamental right for all, in particular for girls and women and persons with disabilities. Current developments in recreational activities and in competitive sports as well as examples of good practice of inclusive physical education will be presented. Finally, recommendations will be made how to ensure participation of persons with disabilities in physical education and sports.

## INVITED SPEAKERS



### **DR. BRANISLAV ANTALA**

FIEP World Vice President  
ICSSPE Executive Board Member  
Comenius University, Faculty of Physical Education and Sports, Bratislava, Slovakia  
E-mail: antala@fsport.uniba.sk

Branislav Antala is working in Comenius University in Bratislava, Slovakia. He is also meritorious professor in University of Zagreb, Croatia. His area of specialization is Physical Education and Sport Pedagogy and Sport Management. He has been author of about 190 original scientific articles and reports published in 25 countries and 5 edited books. He delivered 28 invited keynote lectures and about 30 presentations in international conferences and congresses. He is a Member of the Editorial Boards of 14 international journals. He is FIEP World International Vice-president, FIEP Europe President, ICSSPE Executive Board Member, chair of International Committee of Sport Pedagogy. In Slovakia he is member of Curriculum Council of Ministry of Education, Science, Research and Sport, chair of PE commission. He is a recipient of many international awards e.g. FIEP Gold Cross (Brazil), Águila de Oro (Mexico), Pico Bolivar Award (Venezuela), NSA "Vasily Levski" Award (Bulgaria), Gold Plaque of Montenegrin Sport Academy (Montenegro).

### **International Committee of Sport Pedagogy and its Contribution on Development of Physical and Sport Education in the World**

International Committee of Sport Pedagogy (ICSP) was created in 1984 as a working group of International Council of Sport Science and Physical Education (ICSSPE). ICSP is composed from representatives of ICSSPE and 6 biggest world international organisations focused on physical education and sport education – FIEP, IAPESGW, AIESEP, ISCPES, IFAPA and ICCE. Organisations change in four years' period in position of ICSP chair, actually is ICSP chaired by FIEP. ICSP have two regular meetings every year. ICSP participated on preparation and realisation of different projects and documents – ICSSPE International Position Statement on Physical Education, Benchmarks of Physical Education, UNESCO Quality Physical Education Guideline for Policy Makers, Global Voices on Quality of Physical Education and Sport, and Development and Validation of a Support Methodology Aiming to Build/Improve Physical Education and Sport National/Regional Policies. ICSP representatives participated on preparation of different global events e.g. MINEPS V or ICSEMIS. ICSP member's organisations were integrated on different projects, e.g. Designed to Move.



### **ASSOC. PROF. GOVINDASAMY BALASEKARAN, FACSM**

Head, Physical Education and Sports Science (PESS)  
Sports Science and Management  
National Institute of Education  
Nanyang Technological University  
Singapore  
Email: govindasamy.b@nie.edu.sg

Assoc. Prof. Dr. Balasekaran obtained his PhD from the University of Pittsburgh in the USA through an overseas government scholarship. He has published approximately 150 research papers, abstracts, proceedings papers and book chapters in mostly first rated journals and books. He did his Post-Doctoral Fellowship in molecular genetics with a renowned genetics professor at the University of Pittsburgh, USA. He has taught Physical Education in Singapore schools for a number of years. At present he is an Associate Professor and Head with the Physical Education and Sports Science and Sports Science and Management, National Institute of Education, Nanyang Technological University, in Singapore. His research projects include physiological responses in exercise and adaptations to health and sports performance. The influence of genetic factors on exercise related outcomes are also investigated. He is also interested in collaborating with the schools in Singapore for best practices and conducting research in the area of Physical Education. He has collaborated with Principal Phua's former school North Vista primary and his current school Fuhua Primary. Dr. Bala is a Fellow and certified Health/Fitness Director of the American College of Sports Medicine. He is also a full member of Sigma Xi, the Scientific Research Society. As a keen runner and a former competitor, he had represented Singapore in long distance running events and had won medals in various international meets. He had also qualified and raced in the prestigious National Collegiate Athletic Association (NCAA) cross-country championships, USA.

### **Physical Education Best Practices in Singapore: A Model School with Integration of Instructional Technology**

Singapore's Physical Education (PE) program's objectives inculcate students to develop physically and nurture students to acquire skills, knowledge and attitude to lead a sustained healthy lifestyle. The current PE practices, programs and curriculum in Singapore specially focuses on modifying and constructing PE programs which centers around a) holistic health, b) professional development of PE professionals, and c) ideal role and collaborative efforts of different organizations in Singapore. One such example is North Vista Primary (NVP) School which collaborates with organizations like the National Institute of Education, Physical Education and Sports Science in Singapore and utilizes creative and practical innovations at school level. In this way NVP School has set examples of many creative PE, physical activity and health programs chosen from the best practices carried out around the world. This school acts as a lab for physical educators in the country, an incubator of sort, for new ideas and pedagogy in field of PE.

Ever since its inception, NVP School has been prototyping the pervasive integration of cutting edge technology in delivering its physical education curriculum to its students. The use of netbooks, accelerometers, pedometers, heart rate monitors (hrm) and educational media such as HOPSports and Brain Breaks® and even

## INVITED SPEAKERS

exergaming have been integrated to ensure that physical education remains relevant and exciting for its students. Used as a “force multiplier” in its PE program, they have produced positive results when measured quantitatively and qualitatively. Having gained invaluable experience in the integration of technology in PE and being increasingly recognized as a forerunner and leader in the integration of technology by various stakeholders, the school focused on raising the competency of the PE fraternity in Singapore. This was achieved through identifying a method of sharing its best practices to the PE practitioners in schools and NVP School has now embarked on sharing its best practices in PE by conducting a Public Research Lesson Study (LS). This is a professional development process that engages teachers to systematically examine teaching practices with the goal of becoming more effective teachers, to influence and encourage other PE teachers from around Singapore to adopt similar practice in their own schools.



### **DR. SUSILO BROJO**

Executive Board Member, ACCESS  
Vice Rector for Planning and Cooperation  
Affair Staff  
Faculty of Sports Science  
State University of Jakarta, Indonesia  
Email: Susilo\_777@yahoo.com

Assist Prof. Dr. Susilo Brojo completed his Master’s Degree in Physical Education in 2001 and Doctoral degree from Central China Normal University 2014 is presently working as senior lecturer in Department of Physical Education Faculty of Sports Science State University of Jakarta, and foreign affair staff. Since 2011, his is also as Executive Board Member ACCESS. He is now developing Sport in sport science faculty state University of Jakarta to be international standard and concern for Physical Education. On May 2015, he is as a host International Conference of Physical Education and Sport (ICPESS) as Organizing Committee.

### **Physical Education as a Tool to Improve the Movement of Children in Primary School**

In the development of this present time there have been major changes in civilization with the influence of rapidly evolving technology to take part in a child’s life. In this process, not all technological developments there is a positive influence. The fact this is happening now there is a major change to the children life’s, playing with the pressure of the speed of technological progress. The existence of traditional games has been replaced by a new game that is very interesting is the game advanced and easy-paced technological developments that make children less physically active. So in the end, a lot of physical problems that arise for children. This issue has become a major obstacle to optimal growth for children, especially children whose developments motion causes motion activity becomes less as overweight and obese there have been problem in the world. Physical education is an alternative solution to the problem that occurred. Physical Education as a basis to stimulate child development movement, motivate and accommodate the needs of children’s motor movements.



### **PROF. HERCULES CALLANTA**

Consultant Athletic Director, Lyceum of the Philippines University  
Former Dean, College of Human Kinetics, University of the Philippines, Diliman  
Email: hpcallanta@yahoo.com

Prof. Hercules Callanta is the current Consultant Athletic Director of Lyceum of the Philippines University (LPU). Before working with LPU, he served as Sports Director and also as Dean of the College of Human Kinetics in UP Diliman. He teaches subjects such as Biomechanics, Ergogenics in Human Movement Related Activities, and Measurement and Evaluation in Human Movement Science. He was team leader for the development of the Philippine Physical Activity Guidelines and the Healthy Lifestyle Exercise for the Elderly. He was a weightlifter and an avid badminton player. He is part of the Training Committee of the Exercise is Medicine, Philippines, Inc. He is currently finishing his Doctorate degree in Physical Education under the Philippine Normal University in partnership with Indonesia’s Universities Negeri Jakarta.



### **ASSOC. PROF. DR. ELENA CARRILLO**

Visiting Scholar, Harvard School of Public Health  
Sports Nutrition, Sociology and Nutrition in Social Exclusion  
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Assoc. Prof. Dr. Elena Carrillo is a Dietitian-Nutritionist. She has a PhD in Education and has performed research around a variety of topics mainly related to how socio-educational features can leverage health and educational inequalities. More specifically, he develops her research around healthy eating and youth obesity prevention using an ecological approach, and around educational governance networks, that connect social, health and educational organizations and empower communities to succeed in front of today’s comprehensive challenges. She has been domain coordinator for the development of reference budgets for the food basket in a EU funded project involving institutions from the 28 member state countries. She is an associate professor at the FCS Blanquerna, teaching Sports Nutrition, Sociology of food and nutrition, and Nutrition in Social Exclusion. She has obtained several grants and recognition to her work, including grants from the Spanish Government, awards to several presentations made in international conferences and also to the development of teaching material to promote healthy eating habits in teenagers. She is a Visiting Scholar at the Harvard School of Public Health.

### **Social Capital as a Relevant Social Determinant of the Lifestyle, Eating Habits and Weight Status of a Sample of Catalan Adolescents**

Social capital, described as the resources that can be accessed thanks to the membership in groups or networks, has been recognized as social determinant of health. However, its effect has been little investigated in relation to obesity and its health related behaviors and in adolescent population. The pathways through which it influences different health outcomes are not sufficiently

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described. Furthermore, one glaring gap in the social capital related literature is the family domain. Thus, the overall aim of this communication is to report the results of a research on the potential effect of social capital on the lifestyle, eating habits and weight status of a sample of Catalan adolescents from different socioeconomic contexts, with a specific focus on the family environment. Results show that the different constructs of social capital act separately and have allowed to characterize some of the several mechanisms through which they influence lifestyle and health behaviors in adolescents. In the framework of this research, higher levels of social capital in the family domain are the most protective factor for the health outcomes included in this investigation, and its influence on health outpace socioeconomic status as the main social predictor of health in our study. Further research should contribute to refine the role of social capital in different domains, especially the family context, as a social determinant of health in adolescents and in relation to other determinants of health.



**ASSOC. PROF. DR. RUNGCHAI CHAUNCHAIYAKUL**

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Dr. Rungchai Chaunchaiyakul is currently a Chairperson of Post-Graduate Programme in Sports Science, College of Sports Sciences and Technology Mahidol University, Thailand. He involves in 3 main health-related promotion programs of the country: a) as the manager for “Exercise is medicine, Thailand”, sponsored by ACSM; b) as the manager for “Sports Science Professional Qualification”, supported by Thailand Professional Qualification Institute (TPQI. Thai Gov. Certified Body) and c) a former secretary for “Thai without big belly campaign”, supported by Thai Health Promotion Foundation. He was a lecturer in Medical Physiology at the Faculty of Science, Mahidol University from 1994-2001 before joining College of Sports Sciences and Technology as the Deputy Dean for Research and Academic Relations from 2001-2004 and 2008-2016. He obtained his B.Sc. (Physical Therapy, from Mahidol University), M.Sc. (Physiology, from Mahidol University); and PhD (Exercise Physiology from University of Wollongong, Australia). He has been awarded as “Mahidol University Ambassador” in 2013 and “An Outstanding Lecturer” in the same year. His research interests include adaptations from hypoxic training, thermoregulatory physiology, supplements and sports drinks on performance, and fitness promotion in elderly. His academic work has been published in international peer-reviewed journals and has been invited as speaker in both international and national conferences. He is the Deputy President, in academic, of The Sports Science Society of Thailand since 2009. He was the organizing committee of The International Conference for Sports and Exercise Science (ICES) in 2009. He is a co-founder and the Executive Member of the Asian Nutrition Society for Sports and Health (ANSSH) since 2015.

### Garlic Supplements Diminish Exercise-Induced Oxidative Stress

Strenuous aerobic exercise is associated with oxidative stress and cell damaged. This is due to increasing in oxygen demand during prolonged aerobic metabolism leading to productions or leakages of free radicals from repeated intense metabolic cycles. Two reactive substances from skeletal and liver damages, included thiobarbiturate acid (TBA) and malondialdehyde (MDA), are focused. Garlic, a natural plant root-containing sulfur compounds, has long been recognized as herbal medicine since the ancient times. Its biological actions and clinical benefits include hypolipidemia, antiatherogenic, antihypertensive, antithrombotic, anti-carcinogenic and antioxidative properties. The most potent organosulfur constituent of Garlic is Diallyl Sulfide (DAS), which contains the ability to scavenge oxygen free radicals via modulation of antioxidant-related enzymes and non-enzymatic actions. Our results found that post-exhaustive exercise induces MDA in the greater extent from 6 to 72 hrs in lungs and livers but not in kidneys and heart. Daily oral feedings of DAS at 50 mg/kg body weights had significantly lower MDA, with higher levels of endogenous antioxidants, than untreated group. Overdose of DAS, of 200 mg/kg body weights, induced less protection. Garlic should be administered as food additive for those with high tendency of cell damaged.



**ASSOC. PROF. DR. CHEE KEONG CHEN**

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Dr. Chee Keong Chen is an Associate Professor in the Sports Science Unit, School of Health Sciences, Universiti Sains Malaysia (USM). He was the Head of the Sports Science Unit from 2006-2012 and currently the Head of the Sports Science Research Cluster, USM. He was a health and physical education lecturer before joining USM as a lecturer in 2005. He obtained his Bachelor of Education (Physical Education) from Universiti Pertanian Malaysia; Masters in Sports Science (Health & Fitness) from University of Essex, United Kingdom; and PhD in Sports Science from USM. He has been Malaysia in 2005. His research interests include effects of exercise awarded a postgraduate prize for his PhD thesis by the Nutrition Society of induced oxidative stress, antioxidant supplementation on sports performance, health and fitness among sedentary population. His academic work has been published in international peer-reviewed journals and has been invited as a speaker in both international and national conferences. He was a former international volleyball referee. He was the President of the Sports Science Society of Kelantan from 2007-2014. He was the organizing chairman of 4 international sports science conferences held in Kota Bharu, Kelantan, Malaysia. He is the Past President of the Asian Council of Exercise & Sports Science (ACESS). He was appointed as a visiting research fellow in the University of Essex, United Kingdom in 2013. He currently serves as an editorial board member and reviewer for several international and national journals.



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### Nutritional Requirements for Child and Adolescent Athletes

Adequate and proper nutrition is of utmost importance for the child and adolescent athletes. These young athletes require appropriate and adequate nutrition not only to maintain optimum health but also to optimize their sports performance. Thus, macronutrients, micronutrients and fluid intake for this category of athletes must also cater for their physical growth and development. On the other hand, it is also necessary for these young athletes to learn and practice what, when and how to eat and drink prior to, during and post physical activity in order to optimize their sports performance during competitions and for recovery purposes. Hence, a well-balanced diet consisting of adequate amount of macronutrients (carbohydrate, fat & protein) and micronutrients (various types of vitamins and minerals) is pertinent to provide sufficient energy for growth and sustaining physical activity. Similarly, adequate fluid consumption is just as important to ensure proper hydration to support physical growth and sports performance.



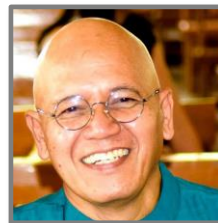
#### **PROF. DR. IAN CULPAN**

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Prof. Dr. Ian Culpan is the Director the New Zealand Centre for Olympic Studies and the former head of the School of Sport and Physical Education at the University of Canterbury, New Zealand. In 2013 he was a visiting professor at Charles University in the Czech Republic, visiting academic at the German Sport University of Cologne, Germany and Kristainstad University, Sweden. His research interests are in physical education/teacher education (PETE), Curriculum Development, Physical Education Pedagogy, Olympism and its pedagogy, and the social and educative value of physical education and sport where he has published widely on these topics. He has led and directed many national initiatives in: physical education, including national curriculum and qualifications development, and Olympic related matters. Professor Culpan served three years as the vice-president of Physical Education New Zealand (PENZ). He has been the national Journal Editor and is on the editorial board of 4 international journals. He is the immediate Past President of the New Zealand Olympic Academy, is the President (Oceania) for the Federation Internationale d'Education Physique (FIEP) and is a member of the Global Forum for Physical Education Pedagogy. Professor Culpan has twice been awarded the International Olympic Committee Trophy for Education and Sport (2000) and 150 years Pierre de Coubertin, Sport a School of Life (2013). He was the 7th person to be awarded the Sir Alexander Gillies Medal for Physical Education in NZ (2001) and is a Life Member and National Fellow of Physical Education New Zealand (PENZ), and for four years he co-coordinated the All Blacks Leadership Training programme. Professor Culpan has served on UNESCO's 2013 expert advisory group for developing Policy on Quality Physical Education.

### Saving Physical Education: Required Shifts in Conceptual Thinking and Pedagogies- Future Orientations

Physical education worldwide is under significant pressure and its future survival is by no means certain. If physical education is to survive this present crisis then serious and even radical reform is necessary. What configuration this reform might take will be a highly contested area. As David Kirk (2010) suggests; on one hand there will be a powerful voice from the profession, those who actual deliver programmes, will argue for more of the same so as to protect vested interests. On the other there is a call for radical reform to be led by academics collaborating and working with and alongside practitioners. This second option for reform will necessitate changes to school programmes, teacher education programmes and community service initiatives. This collaboration will require significant re-conceptualisations of the subject and necessitate visionary thinking which requires an entry into the realm of 'what is yet to come'. These presentations will exam possibilities for new directions and draw on some present attempts to plot a reformed future for physical education. It will highlight the importance of physical education: 1) needing to align itself with new ideas associated with contemporary transformation of schooling; 2) focussing on creating personal and collective meanings for its learners in order for them to transfer that learning to everyday life; 3) recognising and paying cognisance to society's perceptions of the valued aspects of physical culture; 4) collaborating with agencies and professional services in order to address emergent social problems. The presentation will provide argument for pedagogical shift in suggesting change and align itself with a criticality that takes physical education beyond traditional humanistic conceptualisations of the subject.



#### **PROF. HENRY C. DAUT**

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Prof. Henry C. Daut completed his Master of Science Degree in Leadership and Management in Sport minor in Sport Psychology in 1990 from the University of Oregon, USA as a Fulbright Scholar (1988-1990). He obtained his Professional Diploma in Physical Education in 1986 from the College of Sports, Physical Education and Recreation and Bachelor of Science in Agriculture – Agronomy in 1982 at Mindanao State University in Marawi City. He completed the TAFISA Certified Leadership Course for Sports in 2008 and became a certified lecturer of the course in the succeeding years. In 1986, he completed a course in Sport Management from the University of Life-United States Sports Academy consortium. He was elected Dean of the College of Sports, Physical Education and Recreation for two (2) terms (1997-2000; 2006-2008). He served as Sport Consultant at the Philippine Sports Commission for the Philippine Sports Institute (2007-08). He is the Head of the Philippine –Pan Asian Society of sports and Physical Education (2013 – present) and was a Foreign Professor at the University of Suwon, South Korea (2012-13; 2015-16). He was appointed Philippine President and representative of the World Recreation Education association in 2015.

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A sports for peace advocate, founder and Director of Project H.O.P.E. through Sports – a psychosocial intervention program for natural and man-made disaster affected children and youth in Mindanao. A consultant on curriculum planning and development and coaching education. A physical educator and coach since 1981 and member of various professional societies and organizations in sports and physical education.

### Framework for Sports Development in the Philippines

Philippines is one country where sport is as popular as the fiestas celebrated in almost every nook and cranny place in the country. Its passion for sport goes beyond the recreational play of basketball on the streets or under the shades of coconut trees in the barrios. It has become a national crusade to earn its very elusive first-ever Olympic gold in order to join other nations of gold winners in the most prestigious and highest level of sporting competition – the Olympic Games. While some countries who just started to participate in the Olympic Games have won at least one, the Philippines after more than 92 years, the pursuit for the Olympic Gold is still as elusive as ever. The question is not WHEN will we capture that first Gold but WHY have we not won one. It is not a question of time but the process of developing sports that will ultimately lead to sporting success. In a country where talent abounds, it seems that we have some problem on sport development. In a culture where sports is strongly attached to national pride and success, it looks like, we are getting nowhere in our pursuit for sports development that will ensure success not only in regional competition but more significantly the Olympic arena of sports. Can we learn from an old system of producing a golden harvest of plants and fruits and apply into sports? A closer look on how scientific farming can be applied into sports and sports development needs to be considered. The concept of Sports Farming System maybe the answer to how we can develop sports in the Philippines with better results. Following a scientific way of farming ensures productivity and good harvest. From soil selection, seed selection, fertilization, to harvesting and marketing we can use these principles and practices into sports. Applied in sports and sports development, we can develop and produce not just champions in sports but also winners in life.



#### **PROF. DR. GIYASETTIN DEMIRHAN**

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Prof. Dr. Giyasettin Demirhan is working at Hacettepe University Faculty of Sport Sciences. He earned his Master and Ph.D. Degrees in Curriculum and instruction from Hacettepe University, Ankara, Turkey. He is head of Department Physical Education and Sport Teacher Education and President of Turkish Sport Sciences Association. He is a member of FIEP World Director Board. . Also, he is a member of some international and national scientific associations like AIESEP, FIEP, SHAPE, ECSS, ISHPES and TSSA. His research interests are curriculum and instruction, teaching models and methods, sport pedagogy, teacher characteristics, critical thinking, attitude, instructional technology in PE and risk perception in outdoor-adventure sports. Giyasettin Demirhan published 21 articles in international refereed

journals and 41 articles in national refereed journals. Also, he has two books and 10 book chapters in physical education and sport pedagogy. He presented more than 85 papers in international and national scientific congresses and completed 12 scientific projects in his own research field. Giyasettin Demirhan was as keynote and invited speaker at many national and international scientific congresses. Among these scientific congresses include those organized by Asian Council of Exercise and Sport Sciences, International Association for Physical Education in Higher Education, Federation Internationale D'Education Physique and Turkish Sport Sciences Associations. Also, he organized many international and national scientific meetings. He has 103 citations in scientific journals which are indexed in SSCI.

### **The Effect of Physical Activity on Positive Attitude, Academic Achievement and Cognitive Performance**

Physical activity refers to all forms activity that requires physical effort, from simple house tasks to performance sports. This article focuses on basic and specific movement skills, exercises, and sport skills. In this context, the purpose of our study is to evaluate the effect of physical activities such as sports, exercises and physical education on the academic achievement, the cognitive performance, and the positive attitudes of students. Individuals who regularly participate in these physical activities will, in time, begin to display increasingly more favorable attitudes towards them. As result, positive attitudes towards physical activity will become a habit (or the norm) for these individuals. In addition, physical activities have no negative effect on the academic achievement and cognitive performance of students. For example, according to the results of studies conducted by Koca and Demirhan (2004), Hünük and Demirhan (2010), and Cairney et al. (2012); children who regularly play sports and take part in physical activities have higher attitudes scores towards sports and physical education. According to the results of Tomik's (2007) study, children who are members of a sports club have comparatively higher attitude scores towards sports and physical activity. Furthermore, many previously conducted studies have demonstrated that all forms of physical activity-from physical education to passive exercise-have a positive effect on the academic success of children, and on the development of their cognitive characteristics. Reliable results from other studies have also indicated that physical activity has no negative effect on the academic success of children (Tompsonski, et al., 2008).



#### **PROF. DR. J. HANS DE RIDDER**

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Prof. Dr. J. Hans de Ridder is a full professor and director of the School of Biokinetics, Recreation and Sport Science at the North-West University in Potchefstroom, South Africa. He is the founder Secretary-General of the BRICS Council of Exercise and Sport Science (BRICSCESS). He is also the Immediate Past President of the International Society for the Advancement of Kinanthropometry

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(ISAK) and an ISAK-accredited Level 4 criterion anthropometrist. He has been involved in the teaching of ISAK courses for many years which form part of the ISAK accreditation system that has operated worldwide since 1996. He was honored in 2014 with life membership from ISAK at the ISAK World Conference in Murcia, Spain. He is only the 5th person in the history of ISAK to receive this prestigious award. In 2002 and 2011 he was graced with awards by the S.A. Academy for Science and Art, namely the Stals prize and the Albert Strating prize for exceptional contribution to science and health. He was also the president of GoFPEP 2014 which was presented at the North-West University in Potchefstroom, South Africa. He is currently the Assistant Editor of the African Journal for Physical, Health Education, Recreation and Dance (AJPHRD). For the period 2004 to 2015 (last 11 years), he was an invited and/or keynote speaker on 16 occasions at conferences worldwide.

### Body Composition Measurement Related to PE and Sport Program in School

Anthropometric measurements and specifically skinfolds are the most appropriate for use in field settings to determine the body composition of children and adolescents. The major advantages of anthropometric techniques are, that they are non-invasive and the equipment is commonly portable and therefore suited to use in a wide range of settings. Over the last two decades, the prevalence of childhood overweight and obesity has increased at an alarming rate. A major concern is that children who are obese tend to become obese adults who have a relative high risk of developing diseases and disorders associated with excess body weight and body fatness. Because of these public health implications, the epidemic increase in childhood overweight and obesity has stimulated much interest in identifying accurate ways to assess the body composition of children in school, sport and clinical settings. Anthropometry is often the preferred approach, because it is relatively inexpensive and can be used as a field method in both urban and in rural situations. Field methods are commonly used in school, sport and clinical settings to estimate body composition of children for the purpose of monitoring changes during growth and development and classifying the levels of body fitness. Anthropometric measurements may also be used as markers of adiposity or of fat distribution in children and adolescents. However, anthropometry requires adequate training by an experienced professional and also quality control. The range of available with regard to body composition assessment methods is extensive and range from relatively simple and inexpensive field methods to more complex and expensive laboratory techniques requiring advanced equipment. The latter are therefore out of reach of most school teachers and coaches. It is also important to remember that BMI is only a crude index of body composition and/or obesity and should be used with care. It is therefore recommended that the BMI compilation table by Cole et al. (2000) that provides cut-off values for overweight and obesity up to 18 years of age is used. To determine the percentage body fat of children by means of skinfold equation, the Slaughter et al. (1988) equations are recommended.



### PROF. DR. KIM GRABER

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Prof. Dr. Kim Graber is a professor in the Department of Kinesiology and Community Health and Director of the Campus Honors Program at the University of Illinois. Dr. Graber completed her undergraduate degree at the University of Iowa, her master's at Columbia University Teachers College, and her doctorate at the University of Massachusetts at Amherst. Her research interests include children's wellness, legislative policy mandates, and the scholarship of teaching and learning. She has authored over 60 chapters/articles, presented at more than 100 national and international conferences, edited three monographs and two special features, co-authored three books as a member of the National Association for Sport and Physical Education (NASPE) Assessment Task Force, and co-authored a textbook on physical education and physical activity for elementary classroom teachers that was published by McGraw Hill. She wrote the invited chapter for the Handbook of Research on Teaching (4th ed.) and has also published in numerous journals including Medicine & Science in Sports & Exercise, Kinesiology Review, Journal of Allied Health, Journal of Teaching in Physical Education (JTPE), Research Quarterly for Exercise and Sport, Teaching and Teacher Education, and Elementary School Journal. Dr. Graber has been a member of the review boards for JTPE and Quest and is a reviewer for many additional journals. She is a Fellow in the National Academy of Kinesiology, and the Society of Health and Physical Educators (SHAPE America). Dr. Graber is a former President of the Research Council and the National Association for Sport and Physical Education. She also served as Chair of the Curriculum and Instruction Academy. She is a University of Illinois Distinguished Teacher/Scholar and has received the Campus Award for Excellence in Undergraduate Teaching.

### Active Lifestyles Through Physical Education and Physical Activity at the Secondary Level in the United States

At the secondary level in the United States, it is recommended that students engage in 225 minutes per week of physical education class. Although 80.4% of states responding to a survey require middle school physical education and 86.3% of states require high school physical education, only three states mandate the national recommendation (NASPE & AHA, 2012). This is unfortunate because research has demonstrated that those who are exposed to a high quality physical education program will be more likely to engage in physical activity in the future (Le Masurier & Corbin, 2006), and physical education is perceived as an opportunity to address the current obesity epidemic. Physical education at the secondary level has traditionally involved offering students different units of instruction in sports, games, dance, gymnastics, and fitness-oriented activities. In response to the obesity epidemic, more recently physical education has emphasized units of instruction that engage students in high levels of physical activity. Whereas physical education at the elementary level is often praised, physical

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education at the secondary level is heavily criticized for multiple reasons. The purpose of this presentation will be to provide an overview of physical education at the secondary level. Different curricular models will be discussed, and the reasons for criticism of the subject matter at this level will be addressed. In addition recommendations for reform will be provided and current initiatives to increase the amount of physical activity students at the secondary level receive will be introduced.



### **DR. MARIA LUISA GUINTO-ADVIENTO**

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Dr. Maria Luisa Guinto-Adviento is the research director and sport psychologist of the College of Human Kinetics of the University of the Philippines. As one of the pioneering sport psychologists in the country, she is a founding member of the Association of Sport and Exercise Psychology in the Philippines (ASEPP) and a forerunner of the Special Interest Group for Sport and Exercise Psychology at the Psychological Association of the Philippines (PAP). She also belongs to the Managing Council of Asian-South Pacific Association of Sport Psychology (ASPASP). Her extensive experience in providing psychological skills training and counselling to recreational and competitive athletes for more than two decades has made her a valuable resource person to a variety of teams, schools, and organizations. Her professional practice in the field of performance enhancement has further expanded her reach from the sporting arena to the corporate world where she mentors leaders and managers in developing the champion mindset in the work place. Her continuing research and practice in the development of the champion mindset has recognized her as a “Champion Scientist” and one of the Philippine’s eight “Heroes of Health and Fitness” in 2014.

### **Supporting Adherence for Good Exercise Behavior**

Although evidence abounds in support of the health benefits of regular exercise, getting people to move more, start and maintain a regular exercise program, and ultimately choose an active lifestyle remain a significant public health challenge. As a form of physical activity, exercise is considered as a form of leisure-based physical activity that is planned, structured, and repetitive, with the ultimate goal of sustaining or improving physical health and fitness. However, health benefits from exercise require medium to long-term adherence. Strategies targeting exercise adherence draw from a variety of social psychology models that recognize the biological, social and psychological influences that affect individual exercise behaviors. One of the most popular models favored by trainers and instructors is the Transtheoretical Model of Behavior Change that acknowledges the needs of exercise participants based on their respective stages of change. Understanding a person’s ambivalence or resistance to change within this framework provides a window into his or her mindset so that interventions may be appropriately

designed for increased exercise adherence. An examination of this model and its practical applications in designing exercise programs will be discussed in this session.



### **PROFESSOR EMERITUS**

### **YANG JA HONG, PHD**

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Dr. Yang Ja Hong is Professor Emeritus of Ewha Woman’s University, Seoul Korea and Guest Professor of Asahikawa University, Japan. A specialist in Adapted Physical Education and Activity she is the President of Korea Adapted Physical Activity Association for Aging and Executive Board Member of Special Olympics Korea. With her past involvement as Chief de Mission of Korean Delegation to various International Sports Competitions and Vice President of International Volleyball Federation (FIVB), Dr. Hong presently serves as an Advisor of the Korean Olympic Committee, Commissioner of Korea Council of Sports for All, and is a member of the 2018 Pyeong Chang Winter Olympic Game Organizing Committee. A multi-awardee for the advocacy on women and sports Dr. Hong is the Board Director of Asia Women & Sport Association (AWG), President of Korean Physical Education Association for Women Leaders of Physical Education and Sport, and Vice President of Asia Physical Education and Sports for Women. She served as Dean of the Human Movement and Performance College of Ehwa Woman’s University, and is still active in university sports as Executive Board Member of Korea University Sport Board (KOC, KUSB) and Education Committee (EduC.) Member of FISU. Highly recognized as a leader in the promotion of sports both in Korea and the world, Dr. Hong has received the Decorated Award of Contribution in Sports and Culture to Nation from the President of Korea in 1986, 2003, and 2011.

### **Development of Adapted Physical Activity for Disabled**

Physical activity as a remedial modality has been recognized since record history. Early man became aware that movement of the body through massage, passive manipulation, and active exercise had an ameliorating effect on various physical and mental disorders. This Lecture will review the historical stages and the leaders who contributed to the development of Adapted Physical Activity in the world, as well as in Korea. A focus on “The Principles of Adapted Physical Education in Elementary and Secondary Schools and Colleges” will provide the participants ‘the starter’s kit’ on “HOW to PE+” in APE/APA (eg. direct and related services, professional preparation/curriculum). Offering adapted physical education in all levels will assist the individual to improve function and make adequate psychological and social adjustments towards attaining one’s maximum growth and development within the limits of the disability, minimizing attitudes of defeat and fears of insecurity, and facing the future with confidence. It is the responsibility of the school to contribute to the fullest possible development of the potentialities of each individual entrusted to its care.

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### **PROF. DR. IVO JIRÁSEK**

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Prof. Dr. Ivo Jirásek is Vice-Dean for Research at Faculty of Physical Culture, Palacky University Olomouc, The Czech Republic. He specializes in philosophical aspects of movement culture (game and play, experience, body, movement), is interested in experiential and outdoor education, and topic of spirituality and spiritual health. He has published in numerous journals including *Quest*, *Journal of the Philosophy of Sport*, *Sport, Education and Society*, *Sport in Society: Cultures, Commerce, Media, Politics, Implicit Religion*, and *Acta Gymnica*. He is a non-delegate member of executive committee of European Association for the Philosophy of Sport, vice-president of International Society for the Social Sciences of Sport, editorial boards' member of 11 journals and book series in the Czech Republic, Poland, Italy, Serbia and Taiwan. He used to cooperate for 20 years with the Vacation school of Lipnice – Outward Bound (non-profit public courses in experiential education framework) and for 15 years with the Czech way – Outward Bound (company focused on outdoor management training). Some of his papers are available at [researchgate.net](http://researchgate.net), or [academia.edu](http://academia.edu) under name Ivo Jirásek.

### **Spiritual Health: Whose Business is it, in Physical Education?**

PE teachers and sport coaches are interested firstly in sport students' full capacity and top performance – records, if possible, and their personal development, including character. Can these values be in harmony with a holistic understanding of health? Here, I do not mean the topic of pain and suffering, nor injuries or even death in sport. I mean health in its holistically understanding, which means in its physical, mental, social and spiritual dimensions. The latter is the case addressed in this paper. There is a major problem with the spiritual dimension of health because of the unclarity of its substance - of the idea of spirituality. Spirituality is seen in the literature as complementary/ overlapping with religion, so that spiritual health should be grasped in terms of spirituality/religion. I shall argue that this is not a correct way to understand the matter, and shall argue for the following emphasis: spiritual health, in a non-religious approach, should be seen through five factors: an authentic mode of existence, a relationship with other people, a relationship with the world of nature, the question of the purpose and meaning of life, and transition and transcendence. But now: whose business is it to care for this phenomenon and this dimension of health in physical education and leisure sport? Is it a problem for the student himself, or somebody else? While the ethical concept of paternalism should be evaluated as an approach which cancels personal freedom, the concepts of autonomy and individual responsibility raise difficult questions regarding personal decision-making, and knowledge and understanding of consequences. While perhaps it is true that physical health should be the business of sport doctors and physicians, and whilst mental and social health should be reflected by psychologists, there seems to be only one profession that concentrates on the spiritual health of students do sports: sport chaplains. However, this is mainly a religious, not strictly spiritual, discourse. And this is the problem in secularized society! There is a duty upon sport philosophers to continue in the Socratic way of

'care for soul' (epimeleia tés psychés) and to remind teachers and coaches about their responsibility for the spiritual health of their students, including through physical education. Just as spirituality may be seen as a moderator of health and sport performance (through fair play, for example), so philosophy should be seen as a moderator of the spiritual health of students (through the care of teachers and coaches for students' souls).



### **PROF. G L KHANNA**

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Prof. G L Khanna is presently working as Professor and Dean Faculty of Applied Sciences, Manav Rachna International University, Faridabad, India and prior to this he worked as Senior Scientific Officer, in Sports Authority of India; He was the coordinator and Head Sports Sciences department. He also worked as Professor (M) Sports Science, in University of Science Malaysia and has played an active role in promoting sports sciences in India. He was member of steering committee of the Government of India for preparation of Indian Team for Commonwealth Games 2010. He was the Organising Chairman of XIVth Commonwealth International Conference of Sports Sciences held at India. He was Chairman of the Organising committee of 7th APCESS 2015. He has guided number of PhD students. He has acted as resource person for number of courses for medical doctors and had organized many Indian and International workshops, seminars, symposiums and conferences. He has provided scientific backup to various sportspersons and prepared many Indian sports persons for International competitions like Asian Games/Commonwealth/Olympics since 1982. He has received many laurels, Oration Awards-S.R. Maitra oration award, B.B. Sarkar Memorial oration award and AOK Health best poster award –Australia. He is member of International Institute of Health promotion. He is President of Asian Council of Exercise and Sports and Vice President of BRICS Council of Exercise and Sports Sciences. He was member of New York academy of science, USA. He is the Editor in Chief of MR International Journal of Applied Health Sciences.

### **Current and future Direction of Physical Education and Sports in India**

India has long tradition of Physical education. It is as old as Greece civilization. In ancient India Sports and Physical activity was a part of the development of Body. Its development was considered to be the means of the fulfilment of the religion. Body was also cultivated often with the conscious intention of sublimating the mind. The system of Yogasanas was also developed in ancient India for the well-being and balance of the physical body. In medieval India nearly every village school had a playground or two where sporting events such as 'wrestling, boxing, mallakhamba (pillar acrobatics), the shooting of arrows, and demonstrations of strength such as weight lifting' took place. Classical Dance forms were common forms of Physical activity. Martial arts as techniques meant for self-defence, building confidence, strength and stamina had a place of prominence in ancient India. In the year 1882 for the first time it was the Indian Education Organization that recommended physical training be promoted in the interest of youth in each class of School.

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In the year 1884 the question of making Physical Education as a compulsory subject was considered. Development of Physical education Institute started in the year 1914. Vidya Borthers founded Sir Hanuman Vyayam Prasarak Mandal, Amaravathi, basically to serve the course of Physical Education in India. The outstanding development of scientific Physical Education in India in Pre-Independence days goes to the Y.M.C.A. college of Physical Education, Madras founded in 1920 by H. C. Buck. Since its inception this college has been working tirelessly and selflessly to promote and systematize Physical Education in India. In the post-independent era, a number of reforms were taken up to promote Physical Education and sports in the country. However scientific development in PE system was not introduced. National Council of Education and research training put formed a revised curriculum for school education under the title National Curriculum Framework for School Education. This curriculum includes Health and Physical Education as one of the core subjects in all levels of school educations. This curriculum has not been implemented in most of the schools. Both yoga and physical education have not been given the due importance in the school curriculum and neither has their contribution to the health and overall development of the child been adequately acknowledged. With the passage of time the progress in physical education has not been able to keep a pace of the scientific and technological advancement. Due to the lack of Physical education in various Institutions the fitness level of India has been reported to be very low in all the age group. Indians have not been able to get the desired level of performance of sports in international competitions. With the changing lifestyle and lack of physical education, the lifestyle diseases like obesity, diabetes, cardiovascular diseases are on the increasing trend. India is known as the “diabetic capital of the world”. There is a need to relook at the policies of India so that physical education can be incorporated as an integral part of education. In India, focus of physical education should be shifted towards promoting health and sports should be outcome of the improved health, India also should be able to develop traditional games and sports– yoga and dance activity to promote physical activity and health. A systematic programme of physical education should be included from elementary levels in all educational institutions across the country. Adequate steps are required to introduce the technological and scientific advances in physical education and sports. Beyond schools, also the sports and physical culture should be encompassed to revive the traditional and cultural values of India. These developments will help Indians to curb the lifestyle disease, promote health and sports in India.



**ASSOC. PROF. DR. OLEKSANDR KRASILSHCHIKOV**

Vice-President, International Physical Activity Projects (IPAP)  
Co-Director, Exercise & Sports Science International Consultancy (ESSIcon.com)  
Exercise and Sports Science Programme, School of Health Sciences Universiti Sains Malaysia Malaysia/Ukraine  
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Assoc. Prof. Dr. Oleksandr Krasilshchikov is an associate professor in the Exercise & Sports Science Program at Universiti Sains Malaysia since 2002. Teaching experience includes the Kiev State Institute of Physical Culture as a lecturer, senior lecturer, and associate professor from 1982 to 1993. His applied science experience, 1994 to 2002, involved work with the Sports Authority of India as a training methods expert in charge of talent identification schemes and developing scientific support to the national teams in more than 10 different sports. He has been a recipient of Teaching Excellence Award in USM in 2006, best paper awards at the International Conferences in 2008 and 2013. He has authored 70+ journal articles, four book chapters and two books on exercise and sports training methodology. He has served as a reviewer for the Asian Journal of Exercise & Sports Science, the European Journal of Sports Science, and the Lung International Journal. His membership in professional bodies includes the European College of Sports Sciences, the Asian Council of Exercise & Sports Science, and the National Association for Physical Education & Sports Science of India.

**Enhancing the Efficiency of Talent Recognition by Improving School Physical Education**

Talent Development is by default linked by many to the development of potentially talented children in sports-related organizations after promising individuals get involved in regular training, when the field is narrowed and talented children are retained in a sports specific environment. Such assumption completely leaves out the obvious development of a talent before it has been noticed (detected) by a scout or a coach. So the golden mine of opportunities existent and available through various types of physical activities before children get involved in sports, remains completely unutilized. Hence the questions on how the talent evolves, in what environment and through what structures remain largely unanswered. It sounds fair to say that talent development begins much earlier than talented children are detected by sport and training related observers. Hence the term Pre-Talent Detection Talent Development (Krasilshchikov, 2011) which covers the development of talented children before their involvement in sports, requires close attention. Typically, such development should happen through the means of PE within school environment. Pre-Detection Talent Development should be considered as talent activation and cater for increased number of children with unfolded movement potential through properly adjusted physical activities before they actually get exposed to Talent Detection. Eventually, as soon as the talent is detected by sports coaches and placed in the sports environment, Post-Talent Detection Talent Development begins. Post-Detection Talent Development ideally should cater for those successfully identified and linked to particular sports from that moment on. But it isn't always happening this way and un-successful or possibly not accurately talent identified children often quit

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originally chosen sports. For such situations, Post-Detection Talent Development should also cater for Talent Migration (transfer) in case original Talent Identification wasn't precise enough or growth and development pattern of identified children drifts away from the path expected during the time when Talent Identification was originally administered.



### **DR. JENS OMLI**

California Polytechnic State University  
San Luis Obispo, California, USA

Dr. Jens Omli has traveled the world learning from exceptional coaches and administrators in North America, Europe, South America, Asia, and Africa and has had the privilege to train and mentor

more than a thousand sport coaches. In addition to serving on the Kinesiology faculty at Cal Poly, San Luis Obispo, Dr. Omli is the president and co-founder of the International Sport Connection, a 501(c)(3) not for profit organization based in California, which has used sport to connect hundreds of thousands of vulnerable children with caring adult mentors. Dr. Jens Omli earned Bachelor's degrees in psychology and philosophy from Westmont College, a Masters in Athletic Counselling from Springfield College, and a Ph.D. in Kinesiology with a Sport and Exercise Psychology emphasis from the University of Minnesota, where he stayed on as a postdoctoral fellow at the world-renowned Institute of Child Development. Dr. Omli has published sport psychology papers in international journals and has taught undergraduate and graduate classes in a variety of topics, including Sport and Exercise Psychology, Applied Sport Psychology, Sport Sociology, Motor Development, Social and Emotional Development, Youth Sport, Sport Coaching, and Sport Leadership; Youtube versions of his lectures have been viewed in more than 160 countries.

### **Physical Education and Sport Coaching: Making a Living Changing Lives**

Exceptional sport leaders throughout the world have demonstrated that physical educators and coaches can leverage their positions to promote personal growth in children and adolescents—especially those coming from difficult circumstances—and can add value to sport and physical education experiences of participants and outcomes for communities. We will discuss how these extraordinary leaders in conflict-affected areas of Africa and South America use sport and physical education environments to promote community development as well as the mechanisms of change underlying these personal transformations. We will then consider the reasons why unusually influential leaders are those who start small and view the people they serve on an ideographic rather than nomothetic level. By prioritizing relationships, and putting people ahead of programs, coaches and physical educators can accelerate the development of motor skills and leadership skills, while increasing individual and group performance. And by aligning intended outcomes with appropriate time investments, coaches and physical educators can provide inclusive environments that provide value across age groups and skill levels.



### **DR. SHARON PHELAN**

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Dr. Sharon Phelan lectures in Performing Arts and Physical Education at the Institute of Technology, in Tralee, Co. Kerry. She has also worked as a professional performer with Siamsa Tire (national folk theatre of Ireland), as Physical Education teacher and as National Facilitator in Physical Education and Dance with the Department of Education. Sharon was commissioned to complete the first Dance Syllabus in second level education in Ireland by the National Council for Curriculum and Assessment. She has published internationally, focusing on dance from cultural and educational perspectives. In 2014, her book, 'Dance in Ireland: Steps, Stages and Stories' was launched by Cambridge Scholars Press. Current areas of interest include supervision of research at masters and at doctoral levels, the use of distance learning in Dance and Physical Education in third level and another book focusing on dance-in-education from an all-inclusive perspective.

### **Dance: A Tool through which Active Healthy Living can be Facilitated in Schools**

Dance is part of Physical Education Curricula in Primary and Second Level Schools in Ireland. There, it is approached holistically, from physical and socio-emotional perspectives. This paper will explore dance as a tool through which students can learn the rudiments of active healthy living from psychological and physical perspectives. Initially, the paper will highlight the importance of dance from psychological perspectives. Through dance, students can explore inner emotions and feelings. Subsequently, they release these, through their bodies, as they perform unique dance compositions. From this perspective, students experience dance as a means through which they can reduce levels of stress and anxiety. Also, through dance, Physical Education teachers are provided with an opportunity through which they can equip students with anatomical and physiological knowledge. As the students dance, they recognise they must learn to maintain their bodies at optimum levels to facilitate maximum body expression and to avoid dance-related injuries. Thus, they learn to implement correct breathing techniques, body alignment and fitness principles. All these are transferable into their everyday life. Finally, the paper will conclude with a simple case study. This study will illustrate how students can benefit psychologically through Contemporary dance and physically through Irish dance. Inadvertently, this case study will emphasize the importance of Physical Education teachers employing a variety of dance forms to promote Active Healthy Living.

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### **KIA WANG PHUA**

Principal  
Fuhua Primary School, Singapore  
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Kia Wang PHUA is Principal of Fuhua Primary School, Singapore SMART School of the Future. With a 75 year history with humble beginnings, the school is the West Zone Centre of Excellence for Info-Comm Technology (ICT) in Teaching and Learning. The school is collaborating closely with National Institute of Education, Nanyang Technological University, Singapore, in researching pedagogies in various subjects, including Physical Education. Mr. Phua's first appointment as Principal was at MacPherson Primary School where he led the school in achieving various coveted National Sustained Achievement Awards in Aesthetics, Sports and Physical Fitness and also the Character Development Award. The school was nominated for the National Education Lee Kuan Yew Award, having obtained the Outstanding Development Award in National Education. In addition, the school was also awarded the People Developer Standard, the National Arts Council's Arts Education Excellence Award and the Health Promotion Board's Cherish Gold Award. For his work in the education service, Mr. Phua was conferred the Public Administration Medal twice in 2007 and 2015 by the President of the Republic of Singapore. Mr. Phua has presented papers at several International Conferences and was invited as Distinguished Speaker at the Global Forum on Physical Health Pedagogy at USA, Germany and South Africa.



### **ASST. PROF. JOSEPHINE**

**JOY B. REYES, MPE**  
Faculty, Sports Science Department  
College of Rehabilitation Sciences  
University of Santo Tomas, Manila  
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Josephine Joy B. Reyes is presently a faculty of the Sports Science Department of the College of Rehabilitation Sciences at the University of Santo Tomas. Concurrently, holds a consultancy position as Head of the Sports Physiology Unit of the Sports Science Center of the Philippine Sports Commission. Formerly, the Chair of the Sports Science Department for the period 2002-2013; was a member of the research core group of the Center for Health Research and Movement Science from 2004-2013 and previously the Program Director of the Loyola Schools Physical Education Program at the Ateneo de Manila University from 1999-2002. She finished her Masters in Physical Education at the University of the Philippines, Diliman. It is also in the same University where she acquired her Bachelors degree in Physical Education and Certificate in Sports. Recently, she was appointed as representative for the Philippines of the International Society of Performance Analysis of Sports Asia, a member of the following associations: Sport Management Council of the Philippines, Philippine Association for Sport and Exercise Science, Philippine Association for the Study of Overweight and Obesity Inc., National Research Council of the Philippines, Philippine Sports for All Association Inc. and Sports Medicine Association of the Philippines. She continually updates herself annually and has attended conventions and trainings locally and internationally.

She has also presented oral and poster paper presentations in Hong Kong and Australia and published a number of completed researches in peer-reviewed journals. With her substantial input in research productivity, the University presented her an International Publication award on August 2012.

### **An Overview of Performance Analysis in Sports**

One of the most difficult but important skills that should be acquired by a coach is the ability to see what is happening within a match and then be able to respond accordingly. Performance Analysis of Sport (PAS) is a relatively new discipline although very popular within professional sports across Europe and has become increasingly more accessible to coaches across many levels of sport. Essentially, performance analysis (PA) is about creating a valid and reliable record of performance by means of systematic observations that can be analyzed with a view to facilitating change. Authors define it as the investigation of actual sports performance, with the aim to develop an understanding of sports that can enlighten decision-making, improve performance and define the coaching process. In the same manner, it is widely accepted as enhancing a coach's ability to identify, diagnose and assist in the correction of technical and tactical problems.

Sports scientists, coaches, and athletes are continuously looking for ways to provide a slight, legal advantage in athletic performance. The use of performance indicators to code key behaviors from a match and assess the performance of an individual, a team or elements of a team statistically describes a combination of raw performance data, known as action variables, that describes performance. The utilization of performance analysis could be considerably increased if its practitioners such as the coaches or analysts agree and implement such conventions in the future. With the rapid growth of PA as a discipline and career, there is a need for the International Society of Performance Analysis of Sports Asia (ISPAS) to assume more formal responsibilities, in particular its accreditation processes and professional training. Optimally, there is an acknowledged demand for further development of this discipline in an applied and cooperative way.



### **DR. HANNA VEHMAS**

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Sport Management and Health  
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Dr. Hanna Vehmas has worked since 1999 as a teacher and a researcher in Sport sociology and Sport Management in the Department of Sport Sciences. Since 2009 she has worked as Senior Lecturer of the International Master's Degree Programme in Sport Management and Health Promotion at the Faculty of Sport and Health Sciences. In addition to her teaching responsibilities at the University of Jyväskylä, Dr. Vehmas has visited a number of foreign universities as a visiting lecturer. Her research interests and activities focus on sport participation and the societal role sport and physical activity, sport and health related tourism, sociology of sport and leisure.



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### Significance of School Sport and Physical Education in Finland – Sociological Interpretations

Finland is a small Northern European country which has over the years ranked high in both PISA studies and in international sport participation rates. A nation with only about 5.5 million inhabitants is often looked at as a model country in education and in having its citizens physically active. Nearly all children and youth participate in school sport despite their health, motivation and PA levels. School sport is defined in Finland relatively broadly including all physical activities during school days such as PE classes, breaks, club and other after school activities and sport events, and sometimes even ways to school by walking or bicycling.

This presentation aims to describe and sociologically interpret to which aspects the assumptions about high level education and sport participation in Finland are based on, and how they can be sociologically interpreted. An application of Pierre Bourdieu's concept of habitus will be introduced as offering a model of approaching significance of school sport from four different angles. These are structural determinants, individual action and motives, cultural meaning structures and function of education, sport and physical activity in society. Bourdieu's application offers an interpretation of the so called sporting habitus, which contributes to understanding why educational systems and physical cultures are different in different societies. This then contributes to approximating the abilities and potential to benchmark good practices from other countries and societies.



#### **BILL VELASCO**

Mr. Bill Velasco is a 30-year broadcast veteran and award-winning journalist and TV producer. He was nominated for Asian Television award (2014) for the National Geographic Channel documentary 'Pinoy Hoops: A National Obsession'. He is currently the creator, producer, director, writer and host – "PBA: A Nation's Passion", the first

documentary in the Philippine Basketball Association (for release in 2017). Mr. Velasco is a well-known columnist and contributor to The Philippine Star. Among his accomplishments is creating and hosting of "Hardball", a sports talk show airing on the ABS-CBN News Channel which has been running since 2007 and which recently garnered the Best Sports Program at the 14th Gawad Tanglaw Awards in April of this year. He is also the creator, producer, director, writer, and host – "The Hit List" (Facing Pacquiao)," an international boxing documentary to be released in 2017. His citations include being a finalist in the 2014 Asian Television Awards; being the FMA (Filipino Martial Arts) Journalist of the Year in 2011.



#### **ASSOCIATE PROFESSOR LORDINIO**

##### **A.VERGARA**

Director, Institute of PE, Health, Recreation and Sports  
Philippine Normal University  
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Prof. Lordinio A. Vergara is currently the Director of the Institute of Physical Education, Health, Recreation, Dance, and Sports and concurrent Head of the Center for Culture and Sports Development of Philippine Normal University. He holds the degrees Master of Arts in Sports and Recreation Management and Bachelor in Secondary Education major in Physical Education both attained from Philippine Normal University in 1997 and 2004 respectively. At present he serves as Technical Committee Member for Physical Education and Sports and Wellness Management of the Commission on Higher Education who is in-charge on the development of Policies and Standards for the Physical Education Teacher Education Program in the country. He also served as Curriculum Writer and Trainer of the Department of Education K-12 Physical Education Curriculum. He is also currently an Executive Council Member and Secretary of the Dance Committee of the National Commission for Culture and the Arts. His expertise includes Teacher Education Curriculum Development, Philippine Traditional Dances and Games, Leisure and Recreation Education, and Sports Pedagogy. In 2009 and 2015, Prof. Vergara was awarded as First Prize Winner for Oral Research Paper Presentation in the Pan Asian Society International Conference in Physical Education and Sports held in Nanjang China and International Conference in Physical Education and Sports sponsored by the Ministry of Sports in Tehran, Iran respectively. He co-authored various Physical Education textbooks used in the Basic Education and develops modules for Teachers in the K-12 PE Curriculum. In 2009, he received the Outstanding Young Leader Award for Culture and Arts given by the United Nations Association of the Philippines, the highest award given to Young Leader in promoting UN's programs and activities in the Philippines. Prof. Vergara is also the President of Philippine Association of State Universities and Colleges Association of Cultural Directors and member of the Board of Sports Management of the State Colleges and Universities Athletic Association – National Capital Region. Currently, Prof. Vergara is finishing his Doktor Pendidikan Olahraga (Doctor of Physical Education and Sports) under the PNU Faculty Development Scholarship Program in Collaboration with the Universitas Negeri Jakarta, Indonesia.

#### **The Development of Outcomes-Based Physical Education Teacher Education Curriculum: The Philippine Normal University Model**

The PNU Strategic Development Plan 2012-2022 of the university is the guidepost in the development of the Outcomes-Based Physical Education Teacher Education Curriculum of the Institute of Physical Education, Health, Recreation, Dance, and Sports. In Academic Year 2010-2011, the then Physical Education Department now known as the Institute of Physical Education, Health, Recreation, Dance, and Sports made a revision of the BSE-PE curriculum aligning to CHED Memorandum order No. 23 series of 2011 and the Enhanced Basic Education Program (K-12) of Department of Education. Following the university call to translate the curriculum into the demands of the current educational reforms like Outcomes-Based Education and the K-12, the Institute of Physical Education, Health, Recreation,

## INVITED SPEAKERS

Dance, and Sports went through the processes of developing an innovative curriculum called Outcomes-Based Physical Education Teacher Education Curriculum (OBPETEC).

The rationales behind the development of this curriculum are the following:

- A curriculum that will respond to the call of NCTE to pioneer innovative curricular program
- Curriculum aligned with CHED CMO no. 23 series 2011
- A curriculum addressing the need for a more relevant teaching and learning processes in preparation for the specialized skills for PE and Health Education in the K-12 Basic Education Curriculum
- A double specialization of PE and Health Education that will address the need for a specialist who is empowered, physically educated, health literate, and a reflective practitioner able to deliver the necessary competencies of teaching.

This paper presents the processes conducted by the Faculty of IPEHRDS and documents its experiences in crafting the first of a kind curriculum responsive to the demands of the educational reforms of the country.



### PROF. DR. ERIKA ZEMKOVA

Department of Sports Kinanthropology  
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Prof. Dr. Erika Zemková completed her Masters Degree in Professional Coaching in 1994, and a Doctoral Degree in the scientific and academic branch of Sports Kinanthropology in 1999. In 2004, she received advanced IIa Scientific Qualification Degree at the Slovak Academy of Sciences. In 2007, she became associate professor of Sports Kinanthropology, and in 2013 full professor of Sports Kinanthropology. In 2008, she graduated at the Institute of International Relations and Law Approximation of the Faculty of Law at Comenius University in Bratislava. During the past 15 years, she has received fellowships for conducting research at foreign universities, including the Ronald and Eileen Weiser Professional Development Award (2009), Fulbright Award (2005–2006), Aktion Osterreich – Slowakei Stipendium (2005), NATO Expert Visit Award (2005), CIMO Fellowship (2003), as well as for teaching activities through the Erasmus Program (2004–2013) and visits based on bilateral agreements between Universities (2012 and 2013). Coventry University Research Committee awarded her a Visiting Professorship in Physical Education and Sport at the Faculty of Health and Life Sciences at Coventry University (2012–2015). Her scientific and academic work was noted for merit by the Faculty of Physical Education and Sports (2011 and 2012). For two and a half years (2012–2015) she was a vice-director of the Hamar Diagnostic Center at the Faculty of Physical Education and Sports. She has served on the grant review board of the Scientific Grant Agency of the Ministry of Education of the Slovak Republic and the Slovak Academy of Sciences (2005–2012). Since 2014 she has been an

independent expert for the evaluation of research proposals for the European Commission under Horizon 2020. She is also a member of scientific council of the Faculty of Physical Education and Sports (2008–present) and a member of various professional societies (1997–present).

### The Use of Technology in Physical Fitness Testing of School Age Children

Fitness testing is a common part of the curriculum in many schools. So far, several testing programs have been designed for school age children. In Europe, the standardized test battery was devised by the Council of Europe and has been used in many European schools since 1988. The Eurofit Physical Fitness Test Battery is a set of nine tests covering flexibility, speed, endurance and strength. However, after more than two decades its usage, the test battery should get a makeover. Despite many advantages of field tests, these do not sufficiently reflect different aspects of physical performance relevant to particular age and are not sensitive enough to developmental changes specific to gender. Physical fitness testing that uses computer based diagnostic systems provide more reliable data and standardized conditions allowing comparisons to be made for repeated measurements. Therefore, the move from assessing physical performance by means of a series of field tests to those based on objective measurement tools would be a crucial step forward. In doing so, we proposed a testing battery that uses current technological advances in physical fitness testing of school age children. This is supported by web-based access to test protocols, standards for testing, data management, reporting software and so forth. In comparison with former tests, the updated test battery is also designed to assess youth health related fitness with emphasis on their personal goals. Such a novel model of overall physical fitness testing of young population, that can be carried out in the playing field or gym using portable diagnostic systems, will be presented.

## FUTURE LEADERS/VOLUNTEERS



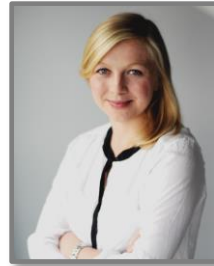
### ÖZGÜR YAŞAR AKYAR

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Özgür Yaşar Akyar is graduated from Computer Engineering Department. After working for Ministry of Youth and Sports for three years he decided to continue his academic career at the Faculty of Sports Sciences at Hacettepe University (HU), Beytepe Campus since 2014. He is currently working as a research assistant at HU. His research interests include: coaching pedagogy, social skills development, instructional design, experiential learning. He is representative of Research Assistants to the board of Faculty. Apart from his academic work he is also active volunteer in various NGOs, as well as future leader program and co-founder of Association of Renaissance Institute ([www.renaissanceinstitute.eu](http://www.renaissanceinstitute.eu)). He conducts training courses as part of Erasmus + Program of European Commission as a member of pool of trainers of Turkish National Agency.

#### Assessment of Negotiation Styles with ENACT Online Self-Assessment Tool for Holistic Coaching

The interpersonal and social skills involved in leading individuals can also be referred to as element of effective leaders, teachers and coaches (Becker 2009; Jones et al.2010; Rieke et al, 2008) Although this concept has not been operationalized enough to be measured yet (Cote and Gilbert, 2009) we believe importance of researches which aim at identification of those social skills and examining use of technological tools. The intent of this qualitative study is to examine negotiation styles of candidate sports coaches by using ENACT negotiation styles online assessment tool. Qualitative method is chosen in order to better understand ENACT online self-assessment tool in comparison to candidate sport coaches' real life situations. As a result of face to face interviews with candidate sport coaches regarding differences and similarities between real life negotiation and ENACT negotiation scenarios, it is found that views of candidate sport coaches gathers under three themes as a1) effort for goal achievement a2) relation a3) social skills and gathers under three themes as b1) technical features, b2) content of scenarios b3) result-evaluation regarding further improvement ENACT online self-assessment tool. Besides this it is also aimed to explain results which are obtained by two different data collection tools by giving real life examples of each interviewed participants. As a result of this it is discovered that participant's views gather under five codings such as Interactions, Reality, Entertainment-Attractive, Better Reflection, and Time. ENACT is able to create interactive environment rather than simply asking users to remember their past experiences like in pen and paper psychological tests. It has potential to allow testing users to get more accurate measures because test takers are requested to act, not to remember and also being a game, Enact represents a more engaging assessment environment.



### KAROLINA CHLEBOSZ

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Karolina Chlebosz received her master degree in physical education from University School of Physical Education in Poznan, Poland in 2013 and master degree in psychology from Adam Mickiewicz University in Poznan, Poland in 2011. Previously she completed high school in Bydgoszcz, Poland. Currently, she is a Ph.D. student in University School of Physical Education in Poznan. She is Country Representative of European Network of Young Specialist in Sport Psychology. Her research interests lie in integrated approaches in the fields of psychology, physical activity, sports, exercise science and health to promote active living and extend knowledge about mental impact in the sport performance. Karolina is an author of publications in scientific and sports journals in English and Polish and is an active conferences participant, mostly in Europe as well as a triathlete, marathon and mountain runner.

#### Mental Preparation of Triathletes: Practical Implications of Research Findings

Triathlon is a very demanding sport that is increasingly popular among amateur athletes. A triathlete must mentally assess their physical ability across 3 sports against their competitors, the environment and, most of all, themselves. The mental preparation required for a triathlon is often minimized, but its importance should not be underestimated. Appropriate mental planning should be carried out during training. The need for nutrition, race planning, visualization, imaging, and possible changes in conditions should be all anticipated. This study presents the sport of triathlon and discusses what triathletes' motivations to train and to compete are, as well as the challenges, fears and needs they are facing. Moreover, the present study examined the effects of a mental skills training package on competitive triathlon performance and evaluated the utilization and impacts of the mental skills during performance.



### MESUT KARLIK, PT

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Mesut KARLIK received bachelor degree in Physical Therapy and Rehabilitation Department of İstanbul University, Turkey in 2009. Previously he completed primary school in Malatya and high school in Sivas. He enrolled to Physical Education and Sports Department of İstanbul University in 2011. He is having master degree thesis on a validation study about proprioception measurements. He is working with disabled people in a private clinic as a physiotherapist. Also he is working with Turkish National Football Teams as a physiotherapist. He is an active conference participant and an author for researches about physiotherapy and physical education sciences; in Turkish and English.

## FUTURE LEADERS/VOLUNTEERS

### Sports Physiotherapy Services of Turkish National Youth Football Team

Football is the most famous sports in Turkey as most of the world. Since 1923 Turkish Football Federation, as the members of FIFA and UEFA, organises and administrates all professional football organisations in Turkey. This administration also includes health organisations. Especially UEFA initiatives and suggests members to build Health Committees. Health committee makes scientific researches, actively works with 16 Turkish National Football Teams and collaborates with football clubs on all over Turkey. This committee works on protective health and plans rehabilitative treatments on need. Physiotherapists are the one important part of this committee. This presentation explains the duties of physiotherapists before, during and after the sports. Moreover, tells standards of physiotherapists, protective preparations and physiotherapy techniques in Turkish National Football Teams.



#### MONA LIZA A. MAGHANOY

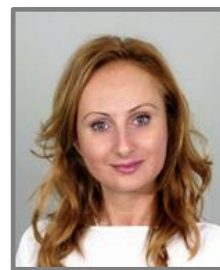
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Mona Maghanoy is currently finishing her thesis for a Master's degree in Psychology specializing in Clinical Psychology at the College of Social Science and Philosophy (CSSP) at the University of the Philippines (U.P.). She received her Bachelor's degree in Sports Science from the College of Human Kinetics (UP-CHK) in the same University in 2004. In 2007, she received her degree in nursing from Southeast Asian College. She is a registered nurse of the Philippines. Mona is a faculty member of the Department of Sports Science at UP-CHK. She teaches undergraduate courses in Human Biomechanics, Exercise Physiology as well as Sport Psychology. She also handles PE classes in Team-Building and Philippine Games. Her research interests are in the field of sports psychology for collegiate-level athletes and recreational athletes. Her research endeavors have been on Imagery, Athletic Coping Ability, Mental Toughness and more recently, Positive Emotions in the context of Sport Performance. She has presented her papers in numerous international and local conferences. Apart from teaching, she is also involved with mental skills training for student-athletes in the University. Her work also includes being a point person for organizing three national conferences on sport pedagogy and being a representative of the college in the Exercise is Medicine, Philippines coalition.

### Psychological Skills in Competitive-Level Dragon Boat Paddlers

Dragon boat is a flat-water sprint paddling sport that involves 20 paddlers sitting side by side with a drummer in front and a steersman at the back. Furthermore, it requires an athlete to exert maximum effort within 180 to 270 seconds while being attuned to boat movement, lead command and paddling biomechanics of 19 other paddlers. The sport involves physical and mental synchronization in order to ensure optimal competitive performance. This study looks into the athletic coping skills and mental toughness of competitive -

Psychological Performance Inventory. However, there is no significant difference in mental toughness components between males and females. The same was found in looking at athletic coping ability through the results of the Athletic Coping Skills Index-28. In general, mental toughness was found to be significantly positively correlated with Athletic Coping Ability. Regression analyses also show that mental toughness scores on Confidence and Achievement motivation predict Athletic Coping ability. Results indicate that in addressing the psychological aspects of this sport, a mental skills program may be designed to target Mental Toughness by enhancing the correlated areas in Athletic Coping ability. In addition to the study presented, a sample of Psychological Skills Training Program designed for a competitive-level team shall be presented, highlighting the areas where some components of mental toughness and athletic coping ability were addressed for optimal performance during competition.



#### ZORNITZA MLADENOVA

Graduate assistant & Ph.D. Student  
Department of Tourism, Alpinism,  
Orientation, Snow Sports and Sports  
Animation  
National Sports Academy "Vasil Levski",  
Bulgaria  
Email: z.mladenovaz@gmail.com

Zornitza Mladenova is now studying for PhD degree as a graduate assistant in the area of Leisure, Sport animation and Tourism at the National Sports Academy "Vassil Levski", Bulgaria. Previously she completed French Language High School in Sofia, Bulgaria. She enrolled at the Department of Tourism, Alpinism, Orientation, Snow Sports and Sports Animation, National Sports Academy "Vassil Levski", Bulgaria in year 2010 where she in 2011 acquired the master degree of Sport animation. Currently, she is lecturer of tourism and sport animation at the Department of Tourism, Alpinism, Orientation, Snow Sports and Sports Animation, National Sports Academy "Vassil Levski", Bulgaria. Zornitza Mladenova's research interests lie in integrated and marketing approaches in the fields of sports tourism, special events and development of the university sport. She was Vice President of the Student Council of National Sports Academy "Vasil Levski", Bulgaria. From 2007 to 2010 she was President of the Commission for the development of student sport in the Republic of Bulgaria In 2008 she was Chairman of the Organizing Committee and Founding member of the First National Students Games – "Sports - part of the global culture". And in 2009 she was Chairman of the Organizing Committee and Founding member of the First National Student Winter Games - "Sport against Violence and Drugs". She has published papers related with the sport tourism and the university sport.

### National Winter Universities Games "Snow Sports in the Culture of New Generation"

As stated by the World Commission on Culture and Development, "Culture is the fountain of our progress and creativity and must be carefully nurtured to grow and develop." The current era of globalization, with its unprecedented acceleration and Intensification in the global flows of capital, labour, and information, is having a homogenizing influence on local culture.

## FUTURE LEADERS/VOLUNTEERS

Sport is the most ubiquitous feature of popular culture which crosses language barriers and slices through national boundaries, attracting both spectators and participants to a common language of passion, obsessions and desires. And consequently sport is one of the main weapons in the fight against global problems of our civilization such as the hypodynamia, the stress and the nervous strain, which in combination with harmful habits are a prerequisite for obesity, diabetes, hypertension and other diseases. Sport is also a solution to another global problem the lack of spirituality and the growing aggression and alienation which effects on the attitude of the young people.

The first edition of the National Winter Universities Games was in 2009 under the motto "Sport against the Violence and Drugs", which was organized by students of the National Sports Academy. This is a logical continuation of the first Universities games in 2008 as a successful social project which became a tradition and held annually attracting more than 4000 students from 30 universities in Bulgaria. The aim of this study is to present the organization of such sports events like a winter games and the influence under the students of different universities – the future intellectual potential of the civilization.



**ASSIST. PROF. DR. BILJANA POPESKA**  
Faculty of Education, Goce Delcev  
University-Stip, Republic of Macedonia  
E-mail: Biljana.popeska@ugd.edu.mk

Assist. Prof. Dr. Biljana Popeska received her Ph.D. in physical education from University in Skopje, Faculty of Physical Education, Republic of Macedonia in 2011. She enrolled at the Faculty of Physical Education, University in Skopje in year 2000 where in 2004 acquired the bachelor degree and in 2009 acquired the master degree of PE. In 2004 she enrolled the Faculty of Philosophy, Institute of Pedagogy at University in Skopje and acquire bachelor degree in pedagogy in 2007. Currently she is Assistant Professor at the Faculty of Educational sciences at Goce Delcev University in Stip, coordinator of students sport and sport and recreation curriculum at Goce Delcev University. Her main research interests is physical education and motor development in children, integrated and holistic approaches in the physical activity, leisure and health in children and population of students. Biljana is an editor of three manuals for students', author/co-author of over 50 publications in professional and scientific journals in English and Macedonian and active conference participant. She also is an aerobics instructor, promoting physical active and healthy lifestyle.

### University Outdoor Sports in Republic of Macedonia

Sport at the universities is a logical consequence in the educational system in the process of sport education of the youth. Different sport programs and contents applied with university students have positive impact not just on their motor development, health and wellbeing but more important, toward their habits for active and health life style. At Universities in Macedonia, university sport is realized in different forms. From five state Universities, sport as an obligatory university curriculum is realized only at two. At all Universities, outdoor activities for students such as hiking and cross running are the only form of sport activity of the students. They are mainly realized once or twice a year, as traditional manifestations

(day of sport) attended obligatory by the students from the first year of study and optionally by the students from all other years of study from all faculties at the University. University leagues are the main sports event organized between all state Universities. Outdoor activities organized at Goce Delcev University in Stip are one of most preferred and attended sport activities by the students. From variety of outdoor sport, as a part of university sport programs, students mainly practice hiking realized on every two weeks, activity which is compulsory for all students; cross country running realized as a competition between students and winter sports practiced only by student's choice and their free will. According the summarized results from several studies, students prefer individual outdoor activities that are not competitive; practiced both as a part of university curriculum and as activity in the leisure time. These activities help them to reduce stress, increase their physical condition, mental ability and positive emotions. They also suggested bicycling, rolling as well as summer and winter sports to be implemented as university curricula in all years of study.

### DIANNA THOR



Lecturer and Ph.D. Student  
Physical Education & Sports Science  
National Institute of Education  
Nanyang Technological University,  
Singapore  
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Dianna Thor received her Master Degree in Sports Science (Exercise Physiology) from Nanyang Technological University, Singapore, in 2012. She is currently a lecturer in the Physical Education and Sports Science academic group and for Sports Science and Management, Nanyang Technological University, Singapore. She has taught classes in physiology of exercise, measurement and evaluation and practical classes such as fitness and conditioning and athletics. She is involved in many areas of research, especially in the area of effort sense, exercise prescription and sports performance. Currently, she is actively teaching, supervising BSc sports science students and trainee PE teachers, as well as, pursuing her PhD degree simultaneously. As an athlete herself, Dianna has taken part in numerous long distance races, and has played in the Nation's Women's Soccer League in one of the top clubs. Her recent notable run was winning gold medals for 800m and 1500m in the women's masters' category of the 2014 Singapore National Games.

### Outdoor Education for Students in Singapore Schools

The Physical Education Syllabus in Singapore is prescribed by the Ministry of Education and has been revamped in 2014. With this new syllabus, outdoor education has become a mandatory component and students will have to go through experiential learning through outdoor education. This is an attempt to enhance the health and wellness of students in Singapore and to cultivate their spirits of adventure in the process. Some of the outdoor activities students are encouraged to be involved in include kayaking, rock-climbing and abseiling. With the inclusion of outdoor activities in outdoor education, students will be engaged actively and holistically, bringing about more health benefits and valuable active experiences for them. This presentation will provide an insight on the development of outdoor education in Singapore schools and highlights the outdoor sports that students are involved in.

## WORKSHOPS

PHYSICAL EDUCATION LECTURE WORKSHOPS	
<b>Designing PE for Health and Wellness through Games and Play</b>	Asst. Prof. Jo-anne Grecia jggregia@gmail.com
<b>Action Research in Physical Education</b>	Asst. Prof. Rachele Peneyra rupeneyra@yahoo.com
<b>Inclusion: Implications for Leisure Education and Adapted Physical Education</b>	Prof. Gilda Uy (UP Diliman) and Prof. Dr. BogJa Jeoung (Gachon University, Korea)
<b>Fitness Testing For PE</b>	Asst. Prof. Jonathan Cagas and Asst. Prof. Wisdom Valleser jycagas@up.edu.ph
<b>Teaching Motor Skills to Visually-Challenge Students</b>	Mr. Norman Garcia

SPORTS SCIENCE LECTURE WORKSHOPS	
<b>Pulse Express: Wellness Monitoring Tool</b>	Mr. Jeff Pagaduan jcpagaduan@gmail.com
<b>Strength &amp; Conditioning Trends</b>	Mr. Julio Veloso jmvveloso@gmail.com
<b>Motor Learning in PE</b>	Prof. Dr. Angelita Cruz aj_cruz@yahoo.com
<b>Current Trends in Sports Injury Prevention and Treatment (Rehabilitation)</b>	Dr. Isagani Leal Medical Director Center for Musculoskeletal Science-Asia (CMS-Asia) Quezon City, Philippines
<b>Exercise is Medicine</b>	Assoc. Prof. Hercules Callanta Asst. Prof. Marla Mallari-Cuerdo Assoc. Prof. Dr. Rungchai Chaunчайyakul

SPORT MANAGEMENT LECTURE WORKSHOPS	
<b>Fundraising for Athletes</b>	Mr. Mike Reyes
<b>School or Community-Based Sports Events</b>	Ms. Geraldine Bernardo, MBA Lecturer 6 geraldine.bernardo@dlsu.edu.ph Twitter/IG: sportphil_mgmt
<b>Entrepreneurial Side of Sport</b>	Mr. Michael Rainier Chua, MBA mikeymchua@yahoo.com
<b>Best Practices in Tournament Management</b>	Assoc. Prof. Oscar Santelices oskies@yahoo.com

MOVEMENT WORKSHOPS	
<b>Aikido by Makiling Aikido</b>	Ian Lawrence Logan ilnlogan@yahoo.com
<b>AquaZumba by Zumba Philippines</b>	Natalia Uy Chan tal_uy99@yahoo.com
<b>Arnis by Sangkil Karasak-Lightning Scientific Arnis International (LSAI) &amp; KaliArnis Martial Arts Foundation</b>	Nathan Dominguez and Richard Gialogo
<b>Crossfit Alpha Strength</b>	Aaron Alfred T. Dela Cruz aaronalfreddc@gmail.com
<b>Dance Therapy</b>	<b>Asst. Prof. Albert Dimarucut</b> College of Human Kinetics University of the Philippines dimarucut@hotmail.com
<b>Dodgeball by Dodgeball Philippines</b>	Benedict Camara benedict.camara@gmail.com
<b>Handball by Philippine Handball Federation, Inc</b>	Joanna Franquelli
<b>High Intensity Interval Training (HIIT)-Circuit Training by 360 Fitness Club</b>	Chappy Callanta chapsuey@gmail.com
<b>Floorball by Floorball Philippines</b>	Ralph Andrew Ramos raramos24@gmail.com
<b>Mountain-Biking by PhilCycling</b>	Mr. Parabanne Mendoza Mr. Led Saulo
<b>Netball by Philippine Netball Federation</b>	Leanna Espina leanneespina@yahoo.com
<b>Starting in a Triathlon by Triathlon Association of the Philippines</b>	Anthony Lozada blsspovertri@gmail.com
<b>Sports Massage</b>	<b>Jae-mo Jang</b> Keimyung University
<b>Yoga by Yoga Philippines</b>	Joseph de Asis jdeasis79@yahoo.com

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<b>Security and Documentation</b>	Prof. Rachelle Peneyra Prof. Bert Madrigal Prof. Marvin Sabado



# **Session Chairs, Lecture and Movement Workshops**

## ICSPHW SESSION CHAIRS



**PROF. DR. LEILANI GONZALO**  
Department of Physical Education  
College of Human Kinetics  
University of the Philippines Diliman

**PLENARY SESSIONS 1 and 2**  
(DAY 1: 9:30 AM to 11:30 PM)

Dr. Gonzalo is the former Dean and former Graduate Studies Program Director of the College of Human Kinetics. Her expertise lies in Dance and Cheerdance. She has presented in different local and international conferences.



**ASSIST. PROF. JONATHAN Y. CAGAS**  
Department of Sport Science  
College of Human Kinetics  
University of the Philippines Diliman

**PLENARY SESSION 3**  
(DAY 1: 3:00 PM – 4:00 PM)

Prof. Cagas is the current chairperson of the Department of Sport Science of the College of Human Kinetics. He completed the European Master in Sport and Exercise Psychology program at the University of Jyväskylä and University of Leipzig in 2013. His areas of interests include research methods, motivation, and yoga studies.



**PROF. GILDA L. UY**  
Director, Graduate Studies Program  
College of Human Kinetics  
University of the Philippines Diliman

**PLENARY SESSION 4, 5 and 6**  
(Day 2: 12:45PM – 4:00 PM)

Prof. Uy is a professor of Leisure Science, Physical Activity in Healthy Lifestyle Promotion and Active Ageing. She is also the Program Development Associate on Wellness and Healthy Lifestyle for all the 8 campuses of the University of the Philippines System and a Steering Committee Member of the National Coalition for the Prevention and Control of Non-Communicable Diseases of the Department of Health. She earned her BS Education (major PhysEd/ minor HealthEd) at UPD and Master of Education (Comparative PhysEd/Leisure Studies) from the Yokohama National University as a Japan Government scholar. She has special trainings in Exercise Gerontology (Japan), Post-Disaster Intervention through Sports (Germany) and was a Visiting Professor at the Woosong University, Daejeon Korea. Recently, through her representation in the ASAPE, the Philippines has been accepted as member of the Asian Society of Adapted Physical Education.



**ASSIST. PROF. ALBERTO DIMARUCUT**  
Department of Physical Education  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSION 1A: Left Hall**  
(DAY 1: 12:45 PM - 2:15 PM)  
**Active Lifestyle Starts in School**

Currently a PhD student in the College of Social Work and Community Development, Alberto's research is focused on applications of Dance Movement Exploration (DME) (Dance Movement Therapy DMT), specifically for vulnerable populations in communities. With a MSc HMS (Leisure Studies, UPD-2014), Diploma in DMT (2009) and Associate in Dance (2010) (Wesley Institute, Sydney), and work experiences as dance therapist in Australian facilities, he promotes DMT-DME for healing and team building among challenged groups, religious congregations, educators and corporates in the Philippines.

A former DanceSport competitor {Distinguished Talent (Dance) Australian Government (2003); High Distinction Award in Arts (Dance) Australia (2010); Australian Representative, World Championships, Moscow (2003)} Alberto is an accredited WDC Adjudicator and a Professional Member DTAA. Recently Mr. Dimarucut, as Coach-Director, brought the UP Ballroom Formation Dance Team to its Double Championships (Standard and Latin) during the UAAP Formation Dance Competition last September 3, 2016.



**ASSIST. PROF. RACHELE U. PENEYRA**  
Department of Physical Education  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSION 1B: Center Hall**  
(DAY 1: 12:45 PM - 2:15 PM)  
**Asian Perspectives in PE:  
Model School Program Presentation**

Prof. Peneyra is the current College Secretary of UP-CHK. She is Certified Security Professional of the Philippine Society for Industrial Security, Inc. (PSIS) Federation of Industrial Security Organizations of the Philippines, Asian Professional Security Association (APSA). She is also an Instructor of Lightning Scientific Arnis International/Lema Scientific Kali Arnis System. Her current research interests are in the field of Sport and Society.



**ASSIST. PROF. FRANCIS CARLOS DIAZ**  
Department of Physical Education  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSION 1C: Right Hall**  
(DAY 1: 12:45 PM - 2:15 PM)  
**The Philippine Perspective on Physical  
Education and Sport Development**

Prof. Diaz is currently the chairperson of the Department of Physical Education of the College of Human Kinetics. He has also served the college as a past Varsity Program Director and coached the UP Varsity Softball Team for 23 years. Prof. Diaz was just recently reinstated as part of the coaching staff of the RP Blugurls team as they embark on a 4-year preparation to qualify and play in the 2020 Tokyo, Japan Olympic Games. He co-chairs this year's ICSPHW Finance Committee.



**PROF. DR. BIN WANG (CHINA)**  
Dean, School of Physical Education and Sport  
Central China Normal University  
People's Republic of China

**LECTURE SESSION 2A: Center Hall**  
(DAY 1: 4:00 PM 5:30 PM)  
**From PE to Sports to Life**

Dr. Wang earned his Ph.D. in Applied Psychology from Beijing Sports University in People's Republic of China. He completed his post-doctoral work in Organizational Behavior and Human Resource Management from the Institute of Psychology, Chinese Academy of Sciences from 2002 to 2004. In 2007, He was a visiting scholar of Organizational Behavior in the School of Industrial and Labor Relations at Cornell University in the United States. Dr. Wang's research interests lie in the field of Sport Psychology.

## ICSPHW SESSION CHAIRS



### **PROF. DR. GURMEET SINGH (INDIA)**

Former Chairman and Director Sports  
Department of Physical Education  
Panjab University-Chandigarh, India

**LECTURE SESSION 2B: Left Hall  
(DAY 1: 4:00 PM 5:30 PM)  
Health Promotion Perspectives**

Prof. Dr. Singh completed his degree in arts in 1993 and then did his diploma in sports coaching in Athletics in 1995 from the famous National Institute of Sports, Patiala, and then he did his master's in physical education with honors from Panjab University, Chandigarh in 1997. He became a lecturer in physical education in Panjab University, Chandigarh in 1998. He completed his doctoral in philosophy in 2004. He is teaching sports training, athletics specialization, kinesiology, and biomechanics to master level students. At present, he is an associate professor in the Department of Physical Education Panjab University, Chandigarh. He is also a fitness trainer of Mr. Rajpal Singh, an Arjuna Awardee and former Captain of Indian hockey team. Prof. Singh's area of research is sports training and positive psychology. He has given so many presentations at national and international level. Under his supervision, ten Ph.D. thesis has been completed and he also guided so many master level theses. There are around many publications of Dr. Singh in national and international journals. He has been a keynote and invited speaker at many national and international conferences and workshops.

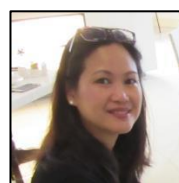


### **ASSOC. PROF. OSCAR YOSHIHIRO SANTELICES**

Department of Sport Science  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSIONS 3B: Right Hall  
(DAY 2: 10:00 AM – 11:30 AM)  
Stepping up the Practice of PE and  
Sport Pedagogy**

As a faculty of the University of the Philippines, he is also the Chairman of the Varsity Sport Office and the Coach of the Table Tennis Team with numerous National and UAAP Championships. He is also a member of the Executive Board of the Asian Council for Exercise and Sport Science. He also hosts a radio program "Sport and Science. He is a former no. 1 national table tennis player in the country and has coached the national team in various international competitions. He is a sport science researcher and a recipient of the International Publication Awardee of the University of the Philippines.



### **ASSOC. PROF. MARLA CUERDO**

Department of Sport Science  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSIONS 3C: Left Hall  
(DAY 2: 10:00 AM – 11:30 AM)  
Body Basics**

One of the pioneers of indoor sport climbing in the Philippines, she was former National judge and VP for Luzon of the Sportclimbing Association of the Philippines, Inc. (SCAPI). She is currently on a break from teaching to pursue her Ph.D. in Sports Science (major in Sports Nutrition) from the College of Sports Science and Technology, Mahidol University, Thailand. She expects to finish her degree by the end of 2018. Her teaching repertoire includes Biochemistry of Exercise and Sport, Sport Ergogenics, Sportclimbing P.E. and Badminton P.E. She is an Exercise is Medicine Clinical Fitness Professional, an EIM Philippines Lecturer and a Level 2 ISAK Anthropometrist. Interest in research includes studies on: sportclimbing athletes, anthropometry, badminton athletes, collegiate athletes' beverage intake behaviors and hydration related to performance and recovery.



### **ASSIST. PROF. MARVIN SABADO**

Department of Sport Science  
College of Human Kinetics  
University of the Philippines Diliman

**LECTURE SESSION 2C: Right Hall  
(DAY 1: 4:00 PM 5:30 PM)  
Psychology and Physical Activity**

Prof. Sabado is a faculty member of the UP-CHK. He served in the college as college secretary from 2003 to 2012. He is also the Assistant Director for Test Administration of the UP Office of Admissions from 2011 to present. He teaches Exercise Physiology.



### **DR. MARIO IMSON (PHILIPPINES)**

Professor, University of the Cordilleras  
Philippine College of Orthopedic Surgeons

**LECTURE SESSIONS 3A: Center Hall  
(DAY 2: 10:00 AM – 11:30 AM)  
Innovations in Physical Education Delivery**

Dr. Imson is a practicing orthopedic surgeon with a sub-specialty in Sports Medicine. He graduated from the University of the Philippines (UP) with Bachelor of Science in Physical Therapy and obtained his medical degree from the University of the East – Ramon Magsaysay Memorial Medical Center. He is currently a fellow of the Philippine College of Orthopedic Surgeons and the Sports Medicine Association of the Philippines. He is the section head of the Physical Medicine and Rehabilitation Clinic of the Baguio Medical Center. He worked as a sports physician of UP and in the professional basketball league of the Philippines. He is responsible for setting up the sports injury clinics at the UP and the University of Baguio. Dr. Imson was the dean of the College of Physical Therapy of the De La Salle University and later the University of Baguio. He has given lectures in sports medicine in many local and international conferences. Dr. Imson is one of the founding members of the Asian Council of Exercise and Sports Science (ACCESS). He served as president of ACCESS in 2009 to 2011 and has been a member of the Executive Board since 1999.

## ICSPHW LECTURE/MOVEMENT WORKSHOPS

### **PHYSICAL EDUCATION**

**PE Topic 1: Designing PE for Health and Wellness through Games and Play** This lecture-workshop focuses on the theory and practice of games and play in PE as means to improving health and wellness, highlighting the benefits and wonders of games and play, exploiting games and play in the curriculum and other venues, advocating time devoted to games and play through recess and lunch times, and modifying built environment to encourage games and play.

**Asst. Prof. Jo-anne Grecia**  
jggrecia@gmail.com

Prof. Jo-ann G. Grecia is currently the Head of the Sports Development Desk and PE Professor at the University of Asia and the Pacific (UAP). She is currently writing her dissertation entitled "PE lang 'yan! (It's just PE!): Construction of School Knowledge" for her Doctoral Degree in Anthropology/Sociology of Education at the College of Education, University of the Philippines-Diliman. She finished her Master of Science in Human Movement Science and Bachelor of Physical Education at the College of Human Kinetics, University of the Philippines-Diliman in 2008 and 2004, respectively. She is also currently a PE Professor at the graduate level in Philippine Normal University (PNU). She also serves as an external consultant and resource person, reviewer, and writer for the Department of Education (DepEd) and Commission on Higher Education (CHED). She is an advocate of Philippine Games and has been teaching Philippine Games since 2004. She has organized and facilitated several Philippine Games tournaments in schools and local government units (LGUs), and has conducted seminar-workshops on Philippine Games for the National Conference on Sport Pedagogy (NCSP) from 2012 to 2014, Foreign Service Institute (FSI) of the Department of Foreign Affairs (DFA), national trainings for DepEd, Alternative Classroom Learning Experience (ACLE) in UP Diliman, and several UP organizations. She has also been featured in several TV shows and radio programs and like I Juander, ID (Investigative Documentaries), State of the Nation with Jessica Soho, and DZUP as resource person in Philippine Games.

### **PE Topic 2: Action Research in Physical Education**

**Asst. Prof. Rachelle Peneyra**  
College of Human Kinetics, University of the Philippines Diliman  
rupeneyra@yahoo.com

Prof. Peneyra is the current College Secretary of UP-CHK. She is a Certified Security Professional of the Philippine Society for Industrial Security, Inc. (PSIS) Federation of Industrial Security Organizations of the Philippines, Asian Professional Security Association (APSA). She is also an Instructor of Lightning Scientific Arnis International/Lema Scientific Kali Arnis System. Her current research interests are in the field of Sport and Society.

**PE Topic 3: INCLUSION: Implications for Leisure Education and Adapted Physical Education** This lecture-workshop aims to introduce trends in Leisure Education and Adapted Physical Education. Providing the participants with a more practical approach to the applications of adapted physical activity in different settings, this session hopes to create a deeper understanding and realization of the Keynote speech of Dr. Doll-Tepper on "Inclusion in Physical Education and Sport: Implementing the UN Convention on the Rights of Persons with Disabilities". Specifically, Dr. Jeoung will provide the participants Korean perspectives on Adapted Physical Education and sports, tests and measurements by type of disability, APE instructor certificate of qualifications for people with disabilities, and an introduction to "Sitting Volleyball" for a practical experience. The session will culminate in the launching of the Philippine Society of Adapted Physical Activity/ Education.

**Prof. Gilda Uy**  
Graduate Studies Program, College of Human Kinetics  
University of the Philippines Diliman  
sumigildauy@yahoo.com

Gilda Lasat Uy is a Professor of Leisure Science, Physical Activity in Healthy Lifestyle Promotion and Active Ageing, and Director of the Graduate Studies Program, College of Human Kinetics, University of the Philippines Diliman. She is also the Program Development Associate on Wellness and Healthy Lifestyle for all the 8 campuses of the University of the Philippines System and a Steering Committee Member of the National Coalition for the Prevention and Control of Non-Communicable Diseases of the Department of Health. She earned her BS Education (major PhysEd/ minor HealthEd) at UPD and Master of Education (Comparative PhysEd/Leisure Studies) from the Yokohama National University as a Japan Government scholar. She has special trainings in Exercise Gerontology (Japan), Post-Disaster Intervention through Sports (Germany) and was a Visiting Professor at the Woosong University, Daejeon Korea. Recently, through her representation in the ASAPE, the Philippines has been accepted as member of the Asian Society of Adapted Physical Education.

**Prof. Dr. Bog Ja Jeoung**  
Department of Exercise Rehabilitation & Welfare  
Gachon University, Korea  
bogja03@daum.net

Bog Ja Jeoung is a Professor of Exercise Rehabilitation & Welfare and Director of the Convergence Exercise Rehabilitation Center in Gachon University. She is active in various professional organizations as: Vice-President of Korea Journal of Physical Activity & Exercise; Board Member of Korea Society of Exercise Rehabilitation; Director Technical of SOK(Special Olympics Korea); Board Member and Press Commission of Korea Volleyball Association; Board Member of Communication of Asian Volleyball Association; Assessment Committee Member of Korea Sports Promotion Foundation; Executive Board Member of Korean Volleyball Association for Intellectual Disability; Former Board Member of Korean Association of Soccer for Cerebral Palsy; Former Board Member of Sports & Development committee in KPC (Korea Paralympic Committee)

### **PE Topic 4: Fitness Testing For Physical Education**

Fitness testing is a significant component of assessment in physical education. Most developed countries have nationally-recognized fitness testing batteries which schools use to monitor health and fitness levels of the students. These fitness testing batteries have undergone rigorous validation process which has been published in peer-reviewed academic journals. In the Philippines, the DEPED Fitness Testing Battery which was originally designed for the Special Program for Sports is now being endorsed to be used in PE for Grades 9 to 12. The purpose of this lecture-workshop is to describe the tests included in the DEPED Fitness Testing Battery and to discuss the results of pilot study conducted during the January 2016 DEPED National Training on Fitness Testing. Recommendations on revisions in the test battery will be presented.

**Asst. Prof. Jonathan Cagas**  
College of Human Kinetics, University of the Philippines Diliman  
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Prof. Cagas is the current chairperson of the Department of Sport Science of the College of Human Kinetics. He completed the European Master in Sport and Exercise Psychology program at the University of Jyväskylä and University of Leipzig in 2013. His areas of interests include research methods, motivation, and yoga studies.

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### Asst. Prof. Christian Wisdom M. Valleser

*College of Human Kinetics, University of the Philippines Diliman  
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Prof. Valleser is a faculty in the College of Human Kinetics. He got his Master's Degree in Human Movement Science specializing in Exercise Science from UP Diliman in 2013.

He is a certified ISAK Level 1 anthropometrist with research interests in student-athletes, fitness testing, resistance training and injury profiling.

### PE Topic 5: Teaching Motor Skills to Visually-Challenge Students by Mr. Norman Garcia

## SPORTS SCIENCE

**SS Topic 1: Pulse Express: Wellness Monitoring Tool** Heart rate variability (HRV) refers to beat to beat intervals which is an acceptable measure in monitoring arterial dysfunction. Pulse Express is a mobile-app based technology that uses photoplethysmography in estimating HRV.

### Mr. Jeff Pagaduan

*jcpagaduan@gmail.com*

Jeff Pagaduan is the co-owner of Mobi Pro Systems, a sports technology start-up in the Philippines. He finished his MS in Applied Sport and Exercise Science at Staffordshire University, UK. He is also the president of the Philippine Association for Sport and Exercise Sciences. Lastly, he is the project leader of Pulse Express.

**SS Topic 2: Strength & Conditioning Trends** Julio Veloso will be talking about the Basics of Functional Training for Athletes and the General Population. He will be presenting his philosophies, methodologies, and programs that have helped him get his clients and athletes performing at the top-level, as injury as possible. In his almost 15 years as a S&C Coach, no athlete has torn his or her ACL while training with him.

### Mr. Julio Veloso

*jmvveloso@gmail.com*

Julio Veloso is a Strength and Conditioning Coach with over a decade of experience training athletes in all levels. He is the head coach and co-founder of Movement Performance MNL, a performance training and therapy center in Makati. He is currently also the S&C Coach of the Phoenix Fuel Masters in the PBA. Julio finished his Bachelors in Sports Science in the University of the Philippines and his Masters in Sports Performance in the University of Sydney. He has undergone mentorship programs under world-renowned coaches Mark Verstegen of Athletes Performance/EXOS and Mike Boyle of MBSC.

**SS Topic 3: Motor Learning in PE** This lecture workshop shall discuss the different factors that influence the acquisition and control of motor/sport skills and some effective strategies to enhance them. It will focus on practical ways how to provide proper instructions, organize practice, and use feedback to facilitate motor skill learning of students/learners during Physical Education class/training session. This session is beneficial to sports and exercise educators, instructors and practitioners who would like to gain knowledge about motor learning, enhancement of learned skills, and even re-acquisition of skills.

### Prof. Dr. Angelita Cruz

*aj\_cruz@yahoo.com*

Angelita Cruz is currently a full-time assistant professor in the Department of Physical Education at Keimyung University College of Physical Education in South Korea. She finished her baccalaureate

degree in Sports Science and master's degree in Human Movement Science major in Exercise Science from the University of the Philippines Diliman. She completed her Doctor of Philosophy in Physical Education major in Motor Learning and Control at Keimyung University. She was a former part of the Philippine Badminton Association Grassroots Development Program Secretariat and Tournament Organization Committee conducting badminton clinics in various areas of the country and organizing local and international badminton championships respectively. Her research interests include racket sports-related studies, motor skill control and learning and cognitive representation development, leadership in sports and exercise, health and fitness, and sport management. She tries to stay active doing her favourite physical activities such as running, hiking, cycling, weight training and playing badminton with friends or together with her students.

### SS Topic 4: Current Trends in Sports Injury Prevention and Treatment (Rehabilitation)

Sports and recreation injuries is one of the major public health burden in many developed countries, with 3.1% of all adults or 5.6% among those engaging in regular recreational physical activity reported to have received medical treatment for non-fatal sports injuries during the preceding year (German National Health Survey). Sports injuries ranked as the second most common type of injury after domestic accidents (3.7%), most common of which are sprains, dislocations and ligament ruptures. This Lecture-Workshop will, therefore, focus on the trends in sports injury prevention and treatment. On the preventive aspect studies on the positive effects of distinct exercise programs targeting the enhancement of proprioceptive, neuro-muscular, and sensorimotor abilities, as well as neuromuscular training as multi-intervention programs with a combination of balance, weight, plyometric, agility, and sport-specific exercises, running exercises, stretching, strengthening, and use of different orthoses like insoles, external joint supports, and tapings, will be discussed. The retro-active analysis of 291 patients with Disc Bulges (Disc Herniations) based on MRI results (one year record at CMS-Asia-January 2015-December 2015) will be presented to introduce Dr. Leal's SKELETOMETRICS-"Theory and technique of human endoskeletal measurement in relation to its spontaneous bodily response to gravity". It is focused on the cause and effect of endoskeletal asymmetry such as leg length discrepancy (LLD) and its effect in the development of common spinal disorders such as scoliosis, back pains, neck pains, temporo-mandibular joint problem, shoulder pain and its preponderance to sports injuries. Recommendations on furthering research on skeletometric approach as an adjunct to traditional technique and a principle to treat and prevent musculoskeletal pain and sports injuries will be drawn from the workshop.

### Dr. Isagani Leal

Medical Director, Center for Musculoskeletal Science-Asia (CMS-Asia)  
Quezon City, Philippines

With very strong foundations in Clinical Psychology and Nursing (B.S.) this young Doctor from Cotabato earned his degree in Doctor of Medicine from the Manila Central University College of Medicine before proceeding to his Post Graduate Training on Musculoskeletal Rehabilitation Medicine (May 2004-October 2008) at the Tel Aviv University-Sackler School of Medicine, Sheba Medical Center, Tel Hashomer, Israel. Dr. ISAGANI LEAL's passion and dedication to his profession,, brought him to establish the Center for Musculoskeletal Science-Asia (CMS-Asia). His study on "Visco-supplementation and PRP for Cartilage Regeneration: A Pilot Study" (2014) and an on-going research on "PRP: An Alternative treatment for Uncomplicated Labral Tear" leads him to the applications of Platelet-Rich Plasma (PRP) in sports injury prevention and treatments. Due to his great interest in sports and in assisting athletes in improving their performance Dr. Leal is presently involved as Member- Board of Medical Directors, International Boxing Association (AIBA), Lausanne, Switzerland (July 20, 2014 up to the present); Sports Physician- Gilas Filipinas, Talk and

## ICSPHW LECTURE/MOVEMENT WORKSHOPS

Text PBA Team, Meralco Bolts, Rain or Shine, Philippine Boxing Team, Far Eastern University Athletics; and Consultant- Philippine Sports Commission.

### SS Topic 5: Exercise is Medicine

Exercise Is Medicine Philippines (EIMP) aims to promote the importance of physical activity in the prevention and treatment of diseases. And while it is well accepted that physical activity is good for most people, EIMP also recognizes that physical activity may carry significant risks for a small minority of asymptomatic people, as well as those who already have known health conditions. It is therefore highly recommended for an individual to undergo a pre-participation screening and risk stratification process prior to undertaking a physical activity program. Included in this process are: 1) Self-guided methods such as the Physical Activity Readiness Questionnaire (PAR-Q) or the modified AHA/ACSM Health/Fitness Facility Pre-participation Screening Questionnaire; 2) CVD risk factor assessment and classification by qualified health/fitness, clinical exercise, or health care professionals; and 3) Medical evaluation including a physical examination and stress test by a qualified health care provider. As vital as the pre-participation screening and risk stratification process is, it should not cause any unnecessary hindrance in adopting a physically active lifestyle since: (a) much of the risk associated with exercise can be mitigated by adopting a progressive exercise training regimen; and (b) there is an overall low risk of participation in physical activity programs. In fact, in the event that pre-participation screening and risk stratification prescribes additional medical examination for individuals at moderate risk, the majority of these individuals can begin a low to moderate physical activity program such as walking without consulting their physician.

#### Assoc. Prof. Hercules Callanta

*Executive Committee Member and Program and Training Committee Head, Exercise Is Medicine Philippines*

#### Asst. Prof. Maria Mallari-Cuerdo

*Program and Training Committee Member, Exercise is Medicine On-Campus Faculty-In-Charge*

#### Assoc. Prof. Dr. Rungchai Chaunchaiyakul

*Chairperson, Post-Graduate Programme in Sports Science, College of Sports Sciences and Technology Mahidol University, Thailand.*

## SPORTS MANAGEMENT

### SM Topic 1: Fundraising for Athletes

#### Mr. Mike Reyes

Michael Mari "Mike" V. Reyes is a graduate of the AB Humanities with a Major in Management at the University of Asia & the Pacific. He is a licensed football coach by the Asian Football Confederation (AFC-FIFA). He is involved in different entrepreneurial start-ups from food and beverage, to sporting ventures and has long been active in the sports scene. He has competed for the Philippines internationally in different tournaments, as a member of the Philippine National Futsal Team. As a competitive sportsman, Mike co-founded Team Socceroo Football Club, together with his brothers to answer the call of sports development in his community. He has grown the football club from a grassroots development program, into a semi-professional and later on entering a professional league, the UFL. Through his programs, he has addressed certain issues in communities through sports engagements. One of which is the Mission Tacloban, which is to address the psychosocial trauma of the community through football. One of his pioneering programs is the successful arrival of the World-class football club - FC Barcelona youth program in the Philippines which he has brought in the Philippines. He believes in teaching values through sports and has contributed to creating a culture of "values before victory". He is currently busy organizing tournaments, coaching the youth, and

transforming great sports marketing ideas and campaigns into action through his company Ignite Sports Group.

### SM Topic 2: School or Community-Based Sports Events

Improving sport competitiveness and wellness requires developing a very wide base of sport participation from the community and the school levels. There are over 44,000 barangays and almost the same number of Public Schools nationwide; each with a mandate and funding to promote sports programs and activities. This workshop will equip the participant with an overview of sports event organization appropriate for the barangay and schools setting; and also includes topics such as sustainability, volunteerism, creation of action plans, and basic budgeting.

#### Ms. Geraldine Bernardo, MBA

*Lecturer 6, De La Salle University  
geraldine.bernardo@dlsu.edu.ph*

Geraldine "Dina" Go-Bernardo is a graduate of B.S. Physical Therapy from the University of the Philippines and holds a Master's Degree in Business Management at the Asian Institute of Management (AIM). She is involved in various business pursuits in manufacturing, logistics and services. Her foray into sports began when she became a National Athlete and Team Captain of the Philippine Women's Dragon Boat Team. Dina became the Chairperson of the Philippine Olympic Committee Athletes Commission and was also appointed as the 1st female Executive Director of the Philippine Sports Commission (PSC) during the Aquino presidency. Dina holds posts at the Asian Association of Sport Management (AASM) and the Asian Council of Exercise and Sports Science (ACCESS); thus founding the local chapter, Sport Management Council of the Philippines ([www.sportphil.com](http://www.sportphil.com)). She is a recipient of various international training seminars and was the first Filipina accepted into the inaugural class of the Global Sports Mentoring Program for emerging women sports leaders under the U.S. State Department and espnW. She currently teaches Management of Organizations and Sport Management at the De La Salle University. Her recent projects include the use of sport in post-disaster areas and the use of adaptive sports for the PWD.

### SM Topic 3: Entrepreneurial Side of Sport

Sports Entrepreneurship: Your Sport to a Start-up? Are you ready to start-up your game? What you need to know into turning your sports passion into business. How Trisports.ph is doing it.

#### Mr. Michael Rainier Chua, MBA

*mikeysmchua@yahoo.com*

Mr. Chua was a Swim Team Coach for the International School Manila (ISM). He created swim programs to fine-tune swim techniques and prepare the team to their best for local and international swim meets. He was an American Council on Exercise (ACE) Certified Personal Trainer and offered his services at Fitness First Philippines. He created and implemented fitness and conditioning programs to clients in order to achieve their fitness/sports goals. He was in charge for the Leisure Center of Altira Macau. The leisure center contributed exceptional mark to achieve 5-star rating in lodging and spa in the Forbes Travel Guide for 2009 and 2010. He was with Galaxy Macau as Assistant Manager- Resort Services. He was involved with continuous service training for a 40-crew team member which provides great experiences to an average of 800 daily guests. The scope of his work area included the skytop wave pool (Asia's largest) together with 3 other pools and our state of the art gymnasium. Currently, he is teaching as a senior lecturer at the University of the Philippines, Diliman College of Human Kinetics. Classes he teaches include Ergogenic Aids for sport performance and Sport Management for the graduate program. In 2013, he co-founded Trisports Solutions, Inc., a corporation dedicated in growing the multisport events and sport tourism as well in the Philippines.

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**SM Topic 4: Best Practices in Tournament Management**

Tournament management encompasses three managerial responsibilities: Personnel, Program and Facilities. In order to organize an efficient tournament, new trends in tournament management such as software and online registration are used to save a lot of time in terms of choosing the different types and selection of tournaments, drawing of lots and seeding of players. Volunteer management will also be discussed in the lecture. Sample software will be demonstrated and a workshop will be held on the use of the software.

**Assoc. Prof. Oscar Santelices**

*oskies@yahoo.com*

As a faculty of the University of the Philippines, he is also the Chairman of the Varsity Sport Office and the Coach of the Table Tennis Team with numerous National and UAAP Championships. He is also a member of the Executive Board of the Asian Council for Exercise and Sport Science. He also hosts a radio program "Sport and Science. He is a former no. 1 national table tennis player in the country and has coached the national team in various international competitions. He is a sport science researcher and a recipient of the International Publication Awardee of the University of the Philippines.

**MOVEMENT WORKSHOPS****AIKIDO by Makiling Aikido****Ian Lawrence Logan**

*ilnlogan@yahoo.com*

**AQUAZUMBA by Zumba Philippines****Natalia Uy Chan**

*tal\_uy99@yahoo.com*

**ARNIS**

This workshop will discuss the basic double stick techniques used in Arnis which can be taught in schools. These techniques can also double up as excellent drills to develop coordination, speed and muscle endurance. Participants will also learn sport specific exercises to improve dexterity and arm strength. Aside from the techniques, the workshop will also tackle the basic terminologies used in Arnis. Basic hand positions with single and double weapons will also be learned.

**ARNIS by Sangkil Karasak-Lightning Scientific Arnis International (LSAI)**

Richard Gialogo is a PhD in Education Leadership and Management candidate, a Full-time Faculty member and Director of the Loyola Schools Physical Education Program of the Ateneo de Manila University and a Faculty member of the College of Human Kinetics of the University of the Philippines. He is a consultant of the Department of

Education and member of the Technical Working Group (TWG) and Curriculum Writer for the Special Program in Sports (SPS) implemented in the DepEd K-12 curricula. He was a National Coach for 5 years under the Philippine Sports Commission (PSC) and a past National Sports Association (NSA) Board Director under the Philippine Olympic Committee (POC). He drafted the Arnis Bill which eventually became Republic Act 9850 declaring Arnis as the National Martial Art and Sport of the Philippines. An 8th Degree Blackbelt (Lakan Walo) in Arnis, he is currently the President of the Kali Arnis Martial Arts Foundation, Inc., the only foundation in the Philippines which is dedicated to the promotion, propagation and preservation of Filipino Martial Arts. Mr. Richard Gialogo is also a Vice-President of the World Martial Arts Union (WoMAU), an international NGO with operational relations with UNESCO based in South Korea

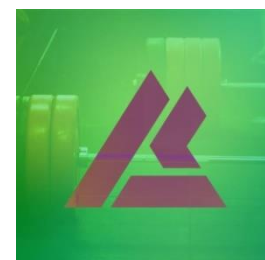
**ARNIS by KaliArnis Martial Arts Foundation**

Nathan Dominguez is a martial arts professional. His many endeavors in the field include serving as Program Developer and Resource Person for Women's Self-Protection Technology. He is also involved in rescue operations and humanitarian aid.

**CROSSFIT by Alpha Strength****Aaron Alfred T. Dela Cruz**

*aaronalfreddc@gmail.com*

Aaron Dela Cruz is currently taking his Masters in Human Movement Science in the College of Human Kinetics, University of the Philippines Diliman. He is a Crossfit Endurance and Crossfit Level 1 Trainer. He is also a professional life and wellness coach. He is the proprietor, head coach and program head of Alpha Strength Pioneer.

**DANCE THERAPY****Asst. Prof. Albert Dimarucut**

*College of Human Kinetics, University of the Philippines Diliman*

Creative Arts Therapy is the way to go in movement education. Dance Movement Exploration (Dimarucut's DME) is one of its newest approaches in teaching physical activity especially in the school setting. This activity workshop is designed to extend knowledge, understanding and practice of teaching ballroom dance across the domain of functional human behaviour. The contexts and principles of the program will be based in equipping the teacher with fundamental skills to support their students in learning the skills of ballroom dance vis-a-vis knowing the SELF in adapting in their everyday situation. The activity will have three parts: 1) the beginning (assessment), 2) the middle (dance), and 3) the end (evaluation).



COLLEGE OF HUMAN KINETICS

## ICSPHW LECTURE/MOVEMENT WORKSHOPS

### DODGEBALL by Dodgeball Philippines

Benedict Camara  
benedict.camara@gmail.com

The workshop is a basic introduction to Modern Dodgeball rules, and standards which are quite different from the old-fashioned dodgeball. This course will show participants the benefits of the sport to children how these can transform certain children's lethargic and negative perceptions towards PE and exercise into something exciting and positive.



Mr. Benedict Camara is the founder and President of the Philippine Dodgeball Association, an internationally-recognized national governing body for dodgeball in the Philippines. He is also the President of the Asian Dodgeball Federation and a board member of the World Dodgeball Federation.

### HANDBALL by Philippine Handball Federation, Inc

Handball is a team sport played between 2 teams with 7 members each. The objective of the game is to be able to pass the ball and throw it into the opponent's goal. Handball is one of the fastest game sports and provides a venue to develop coordination, athleticism, creative techniques and strategic interactions. It also fosters an atmosphere conducive to building camaraderie and team spirit.



Joanna Franquelli, Coach Jana in the Philippine handball community, is head coach of the Philippine Handball Federation since 2012. She introduced the sport to more than 100 Schools, Colleges, and Universities all over the country through intensive, in-depth, and exciting seminars and courses. She is the Local expert of the IHF Handball at School Program. Coach Jana established the Philippine Handball League in 2015 that saw the participation of more than 33 teams and a record of 426 athletes, coaches, and officials. She also formed the 1st Women's National Handball Team, 1st National Women's Beach Handball Team, and the 1st National Men's and Women's Junior Teams. In 2014, the Women's Beach Handball Team and Men's Junior Teams have recorded international victories in the Asian Beach Games and the IHF Trophy respectively, a milestone in Philippine Handball. She is a member of the Asian Handball Federation (AHF) Committee on Youth and School Handball and has been nominated as member of the technical committee for the 2014 and 2016 Asian Beach Games, the 2015 Asian Women's Olympic Qualifying Tournament, the 2016 Asian Men's Club League, and the 2016 Asian Men's Youth Championships. She was a Physical Education Instructor at the University of Asia and the Pacific from January 2011 to October 2014. From the period of October 2014 to June 2016, she held designations as Consultant, Assistant Vice President, OIC-Dean of Student Development and Services, and Chief Executive Staff at the University of the City of Manila.

### High Intensity Interval Training (HIIT) – Circuit Training by 360 Fitness Club

Chappy Callanta  
chapsuey@gmail.com

Circuit Training is a form of resistance training, which aims to develop muscular strength and endurance by using high-intensity exercises structured to be part of a "circuit". A circuit is a group of resistance-training exercises that are done in a sequence with minimal rest intervals designed to provide a complete work-out in a relatively

shorter amount of time. This workshop will cover the basics of structuring a Circuit Training Program and provide the experience to participants.

Chappy Callanta is a graduate of Sport Science from College of Human Kinetics, in UP Diliman. He is a Certified Strength and Conditioning Specialist (NSCA-CSCS) and a partner and program director/head coach of the 360 Fitness Clubs. He is also an international master trainer for Powerplate Vibration Training, Trigger point myofascial therapy, and SMRT-Core Training.



### FLOORBALL by Floorball Philippines

Ralph Andrew Ramos  
raramos24@gmail.com

Floorball is played between two teams with 6 players with one goalkeeper using a lightweight plastic stick to shoot a plastic hollow ball in the goal. Floorball is very simple and easy to play: you only need a stick, ball, and rubber shoes.



Floorball Philippines was founded on April 4, 2011. It is the 53rd member country of the International Floorball Federation (IFF) and the national governing body of Floorball in the Philippines.

### MOUNTAIN-BIKING by PhilCycling



This workshop introduces the basics of mountain bike/cycling which progresses to advance skills for trail riding and racing. It also gives a preview of the MTB as a professional sport.

The Integrated Cycling Federation of the Philippines or PHILCYCLING is the only cycling organization that is recognized and sanctioned by the Philippine Sports Commission (PSC) and Philippine Olympic Committee (POC). It is also the national federation accredited with the International Cycling Union/Union Cycliste Internationale (UCI) – the governing body of cycling worldwide. The mission of Philcycling is to develop national cycling athletes to compete in national and international races and oversee sanctioned races in the country. Presently there are four cycling disciplines that are under the national federation namely: mountain bike, road cycling, BMX, and Track Cycling. Over the years, local athletes have garnered medals for these different disciplines in international races and had a representation in the Olympic Games through BMX. It is our vision to develop the athletes in different disciplines and contribute to pride for our flag through cycling.

Mr. Parabanne Mendoza or "Bans" is an MTB Skills Trainer. He was a member of the MTB National Team in the Downhill event and is now part of the MTB Commission of PHILCYCLING. His contribution to the local scene includes development of racetracks to level up the riding skills or mountain bikers as he sees and experience in the world level of racing. He handles bike clinics and skills training for beginner and advanced riders to make one trail riding experience safer, more efficient, and more enjoyable.



## ICSPHW LECTURE/MOVEMENT WORKSHOPS

Mr. Led Saulo or known to the cycling community as "Coach Arjuna," started as a member of the national team before becoming a coach for the national squad. On important races in the country, he stands as a Technical Delegate and design tracks for the Cross-country event. He is also the only MTB Coach that has led a road cycling team to victory in one of the road stage racing in the country.

#### NETBALL by Philippine Netball Federation (Siklab Pilipinas National Netball Team)

Leanne Espina  
leanneespina@yahoo.com

The Siklab Pilipinas National Netball team was the newest addition to the Philippine sports teams in the year 2014 and is managed by the Philippine Netball Federation. Being a new sport in the country (was introduced by Netball Singapore August 2014) players of the team were composed of former basketball and volleyball players from different universities. The first National Team roster was formed November of 2014 with Leanne Espina and Sae-Ann Gallegos-Aquino as co-captains. The first international tournament that the team participated in was the 28th South East Asian Games in Singapore last June 2015.



#### STARTING IN A TRIATHLON by Triathlon Association of the Philippines

Anthony Lozada  
blsspowertri@gmail.com



#### SPORTS MASSAGE

By Jae-mo Jang  
Keimyung University

Jae-Mo Jang is currently a doctoral student at the College of Physical Education, Keimyung University. He received his education and practical training in sports massage and chiropractic also from Keimyung University. He is presently the conditioning trainer for the Daegu City and Keimyung University Athletics Team composed mostly of long distance track and marathon athletes. For this sports massage workshop, participants will learn fundamental sports massage techniques for various parts of the body that can be implemented in different sports and exercise settings.



#### YOGA by Yoga Philippines

Joseph de Asis  
jdeasis79@yahoo.com

Yoga Philippines was established in 2005 when Joseph de Asis opened his yoga studio in his Alabang residence. He started introducing friends to yoga and began offering several classes. Over a period of six years, Joseph has expanded his yoga offerings both at his studio and had also conducted yoga classes in private residences where family members practice yoga together. This expansion has primarily been the result of recommendations and endorsements made by Joseph's students to their friends. In the last couple of years, Joseph has added additional experienced Yoga teachers and Group exercise instructors to his team in order to accommodate more yoga practitioners and other group exercise enthusiasts who would like to experience the Yoga Philippines approach.



Joseph de Asis is the founder and the director of Yoga Philippines. He started practicing Yoga in 2000. Joseph took his Ashtanga Teacher Training Course with R. Alexander Medin in 2007, Advance Anatomy in Ashtanga Yoga Course with Neil Barker in 2009, Prayama and Ashtanga Course with Paul Dalaghan in 2015 and Intermediate Ashtanga Yoga with ManjuJois in 2015. Joseph is also certified in Basic and Advance Instructor's Course for Group Exercise and in Basic and Advance Personal Trainer's Course by the Association of Fitness Professionals of the Philippines. He is a current student of KPJAYI India and Human Kinetics at the University of the Philippines. He has been teaching since 2003 and continues to unfold the beauty of Yoga practice.

# **ABSTRACTS**

# **ORAL PRESENTATION**

**ABSTRACT 01****Survey of Injuries in Physical Education Judo Students:  
A Retrospective Analysis****Catherine Joy Lariosa***College of Human Kinetics, University of the Philippines,  
Diliman, Quezon City, Philippines***Reylin S. Maciejewski***College of Physical Education, Keimyung University,  
Daegu, South Korea*

To date, most epidemiological studies in martial arts or combat sports involve injuries incurred in competition or practice. No published study has been done yet on judo sustained by students while participating in physical education (PE) classes. The aim of this study was to assess profile of injuries among PE judo students. Participants (n= 600) were male (n= 273) and female (n=327) college students who have taken up judo as a PE class under the supervision of the first author. An injury form questionnaire validated both on item (I-CVI=1.0) and scale levels (S-CVI= 0.97) were used and sent via an online survey. The response rate was 48.2% after 3 weeks. An injury was defined as any situation that required assistance, medical or otherwise, from the instructor, or that affected quality of participation or performance. Injury rates are expressed per 1,000 athlete-exposures (A-E). An A-E is one athlete (or student) participating in one class session in which there is a possibility of getting injured. Confidence intervals around the rates were computed as well as odds ratios. A total of 180 injuries at a rate of 9.4 per 1,000 A-E (95%CI: 8.0 – 10.7) were reported by PE judo students from 2011 to 2016. There was no difference between male (10.0/1,000 A-E) and female (8.9/1,000 A-E) when it comes to injury rates (OR= 0.8, 95%CI: 0.6 - 1.2;  $p > 0.05$ ). Both the upper body (42.2%) and the lower body (46.1%) in both males and females were significantly at a higher risk compared to the head and neck region (11.1%) at the 0.05 critical alpha level,  $t(599) = 30.0$ ,  $p = 0.00$ . The ankle was found to be most susceptible to injury at a rate of 1.6/1,000 A-E (95%CI: 1.0 – 2.2) followed by the finger (1.0/1,000 A-E; 95%CI: 0.6 – 1.5), and the foot (0.8/1,000 A-E; 95%CI: 0.4 – 1.2). Sprain (30.6%) was reported to be the most common injury type followed by abrasion (14.4%), contusion (13.3%), and strain (11.7%). Male students were a higher risk of getting injured during sparring compared to the females (OR= 2.26, 95%CI: 1.3 - 3.8;  $p = 0.00$ ). Being thrown (31.1%) and falling/impact on the surface (26.1%) were the most common injury mechanisms for all injured students. Almost half of the injured students (46.1%) were able to continue their participation in class without any exercise modification, 11.1% had to discontinue for at least a week, and 9.4% had to stop participating for more than a week. Most injuries were acute injuries (86.1%) and no student reported the need for any surgical procedure. The injuries reported in this study were comparatively lower than other studies on other PE sports covering shorter periods. Compared to injuries incurred in judo competitions, those sustained in PE classes were more varied in terms of body parts involved and injury types incurred. This retrospective study provides a good initial assessment of injuries sustained in PE classes. However, prospective designs should be conducted to obtain a more accurate data for this population.

*Keywords:* judo, injuries in PE class, martial arts**ABSTRACT 02****Biomechanical Aspect of Outdoor Rowing for  
Injury Prevention****Dr. Shazlin Shaharudin***Sports Science Unit, School of Medical Sciences  
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Rowing is a unique endurance-strength sport which emphasize on both aerobic and anaerobic energy contribution. Due to its high intensity in repetitive motion, injury is prevalent among rowers which include pain at the knee joint and lower back, rib stress fracture and tendinitis. The relationship of the biomechanics of outdoor rowing and its common injuries among rowers will be discussed. From the biomechanical standpoint, the training and technique of rowing and the design of its equipment have been improvised to lessen the development of these common injuries. Furthermore, indoor training on rowing ergometers contributed to significant amount of training hours. Therefore, the kinematic differences of outdoor and indoor rowing will be examined. Additionally, her current research regarding motor control of indoor rowing across various physiological tests will be discussed which involve the ability of skilled rowers to modulate muscle synergies compared to novice.

*Key words:* rowing, biomechanics, injury prevention**ABSTRACT 03****Common Injuries of Collegiate Tennis Players****Ken Ewing L. Narvasa****Christian Wisdom M. Valleaser***Department of Sports Science, College of Human Kinetics  
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As one of the world's most popular sports, many have been involved in tennis from young kids, professional players, to senior recreational players. The purpose of the study was to gain knowledge on Filipino tennis players' injuries and contribute to the pool of knowledge on Filipino athletes. A total of 110 collegiate varsity players, with an average age of 20 years ( $\pm 1.7$ ), 60 males and 50 females were included in the study. This sample accounts for 100 percent of all collegiate tennis players who participated in a particular University Athletic Association of the Philippines (UAAP) season. There were 658 injuries recorded with an average injury rate of 5.98 injuries per person. The findings revealed that the most commonly injured anatomical region is the lower extremity, with the ankles recorded to be the most commonly injured part all of which were sprains. The most common injury type recorded among the population is tendinitis, which accounted for over one-third of all injuries reported followed by sprains and strains. Other injury types were reported but with fewer frequencies. The results are mostly consistent with existing literature on tennis-related injuries. The findings also have injury prevention as well as strength and conditioning implications on collegiate tennis players.

*Key words:* tennis, injuries, collegiate athletes

**ABSTRACT 04****Injuries in Novice Jiu Jitsu Practitioners****Christian Wisdom M. Valleser***Department of Sports Science, College of Human Kinetics  
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Sports, especially combat sports, carry an inherent risk of injuries compared to purely exercise-based physical activities. Reports on combat sports injuries mainly focus on injuries obtained during competition and the incidence may not be as severe when done recreationally. Jiu Jitsu is a unique martial art style which emphasizes takedowns, throws, joint locks and choke holds to immobilize, control or submit an attacker. The purpose of this research is to evaluate the common injuries in recreational, novice Jiu Jitsu practitioners. A descriptive epidemiology using a self-inventory of injuries was utilized in this study. The subjects participated in 32 twice-per-week, one-hour No-gi Jiu Jitsu lessons spanning a total of 17 weeks. There was a 77% incidence of injuries among the participants. Those injured had an average of 3.9 injuries each. The data revealed that of all reported injuries, abrasions, wounds/cuts and strains occurred most frequently while the anatomical regions at risk the most were the feet and knees. Despite the high incidence of injuries, they were all considered to be minor, acute injuries with none requiring serious medical attention or causing the participants to discontinue the course. The recreational practice of Jiu Jitsu is generally safe with an inherent risk for minor injuries that can be further managed with good coaching and personal protective equipment.

*Key words:* injuries, novice, jiu jitsu

**ABSTRACT 05****Fitness Constructs among  
Young Male and Female Adults****Merites M. Buot, Selwyn B. Robles***Department of Human Kinetics, College of Arts and Sciences,  
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The perceived impact of fitness may differ from one person to another, considering their perceptions, degree of importance assigned to the concept and practice, and their understanding of its importance. Considering the fluidity of social interaction, meanings of fitness may vary in relation to context and age of a person. Therefore, the constructs of fitness among young students might affect the process of coming up with the best fitness program because of these constructs' volatility. This study aimed 1) to determine the association of the categories of a physically fit young adult with their attitude toward exercise (i.e., whether they like or hate exercise) and 2) to determine the relationships between fitness goals and gender.

A quantitative method was used in this study, wherein 300 questionnaires were distributed among randomly selected respondents who were enrolled in a general physical education (PE1) course during the first semester of academic year 2012–2013. The chi-square test for independence was applied to two categorical variables from a single population in order to assess whether paired observations on two variables were independent of each other. Weight loss and increased muscle definition in the categories of reasons for liking exercise have  $p$ -values greater than  $\alpha = 0.05$ , indicating an association between the two constructs and gender. On the other hand, with the 6 constructs pertaining to reasons for disliking exercise, "body sweat" was calculated to have a  $p$ -value=0.007 and a Cramer's  $V$  value of 0.2160, indicating moderate association between gender and disliking exercise because of body sweat. In the cases of weight loss and toned muscles, gender influenced the choice of fitness goals.

*Keywords:* environment, fitness, gender, social constructs, toned muscle, weight loss

**ABSTRACT 06****Conceptualizing a Fit Body in  
Philippine Beauty Pageantry****Samantha Purvor***College of Human Kinetics, University of the Philippines Diliman*

Sport is often said to be a reflection of society that dramatizes and reinforces the values important in a culture (Coakley, 1986). Similar to sports, a beauty pageant is a competition with set criteria based mainly on the physical beauty of its contestants and often incorporates personality, talent, and answers to judges' questions as criteria for winning. The beauty contest stage is where the identities of local, ethnic, regional, national, and international are made public and visible. Another similarity of pageantry to sports is the dedication to preparation and performance. As for the competition period in sport would be the peak performance of the athlete, the same would apply for a beauty pageant contestant, as they must also be in their peak performance during their competition. As I actively participated in beauty pageantry, many requirements were demanded within a short amount of time before and in between each competition. Particularly, they required a certain look regarding the body type but could not fully expound on describing the body to any of the contestants. Nevertheless, with all the experience that I have garnered, I can say, again, coming from a sports science perspective that my trainers lacked the proper tools to explain the required body for pageantry. Furthermore, I realized that they opted to look at the end result without fully considering the process that is required to attain a fit and beautiful body. This became the driving force to analyze how a fit body is conceptualized in the realm of Philippine beauty pageantry.

*Keywords:* beauty pageant, fitness, Philippine pageantry

**ABSTRACT 07****Psychosocial Problems in School vis-a-vis  
Therapeutic Physical Education****Ma.Rosita Ampoyas-Hernani Ph.D***Cebu Normal University  
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The Philippine educational system, encounters the same problems other countries are facing today. Even the best and competitive schools in the country and abroad, cannot deny that drug addiction, bullying, early pregnancy, suicide, child abuse and family issues or students who are vulnerable and at risk are salient concerns. The study aims to determine and analyze the psychosocial problems reported in schools in order to design an intervention program to address these problems. The study seeks to answer the following questions; what are the reported cases of psychosocial problems in school, what are the perceived psychosocial problems by the teachers and students, what are the schools' intervention programs, what gaps were identified in the implemented program, how may an intervention program be designed in order to address the gaps. Descriptive research utilizing qualitative and quantitative design had been employed in the study. The study was conducted in selected secondary public and private schools. The convenient sampling was used in determining the schools, and snowball sampling was used to determine the number of respondents. Frequency count and simple percentages, thematic analysis and triangulation had been used in order to obtain the information from data. Ethical considerations and confidentiality had been considered in the report on the findings. The study revealed that bullying is the highest reported case among other psychosocial problems followed by broken family or family with issues, cyber addiction, teenage pregnancy, gambling, and substance addiction, parents who have problems with drugs, alcoholism, child abuse, and suicide as the last. The study concluded that the schools' intervention program which was implemented in addressing students' psychosocial problems need thorough evaluation and assessment to redesign implementation procedures. The researcher recommends that policy makers use the Physical and Health Education curriculum with enhanced therapeutic activities in helping the students with psychosocial problems.

*Keywords:* psychosocial problems, intervention programs, therapeutic physical education

**ABSTRACT 08****Post-Civil War Athletic Performance of  
School Children in Eastern Province of Sri Lanka:  
A Collaborative Action Research****E.GP.I. Dharmathilake and  
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Sri Lankan people suffered terribly by the civil war between Sri Lankan army Vs Liberation Tigers of Tamil Elam (LTTE) in all over the country in last three decades. This study was mainly focus to develop athletic performances of school children in

war affected area at the National level athletic competitions. Even after the completion of civil war in 2009 the National level performances of school athletes in the Eastern Province was significantly very low according to the available data sources. Therefore, this study planned and made intervention to develop performance of purposively selected athletes sample consisted of 125 from this Province. This was a collaborative action research of University of Peradeniya and the Provincial Education Department of Eastern Province. This study mainly focus to develop performances in Short distance and Long distance running events, Relays (4x100m, 4x400m) and jumping events at the annual National Games. Reflection on intervention shows that a series of intervention programs affected remarkable development through this action- plan. These programs included performance based field training by national level coaches and continues task oriented extrinsic motivation programs. Before the intervention Eastern province won only 2 medals at the National games in 2014. However, the results show that they won 25 medals after the implementation of collaborative action research in 2015. Results of this study reflects that proper planning and scientific training can be developed athletic performance of students of war affected remote areas in Sri Lanka as a good practice.

*Keywords:* post-civil war athletic performance, action research, performance based field training

**ABSTRACT 09****Meal Planning and Nutritional Supplements for  
Male Physique Athletes in Taiwan****Dr. Margaret Jip Kuo***Department of Tourism and Leisure Management  
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The interaction between diet and exercise are important for physique athletes. Therefore, the current survey was performed to assess information regarding the meal planning and use of nutritional supplements which among male physique athletes in Taiwan. This preparation phase of competition typically lasts from 12-20 weeks, which involves achieving the lowest body fat. This requires detailed nutrition programming and expertise to get the optimal diet, including energy balance, the timing and amount of protein, carbohydrate and fat. Sixteen male physique athletes completed a questionnaire which conducted to examine the source of information, meal planning and usage of nutritional supplements. All the physique athletes ingest protein and carbohydrate following exercise to attain a positive protein balance and maximize their skeletal muscle adaptive response. The prevalence of supplement use was 65% and 6 different products were used. Athletes reported taking supplements to improve strength and power, and for muscle gain. The most frequently used supplements overall were multivitamin (90%), whey protein (78%), creatine (68%), vitamin C (64%), vitamin B complex (55%), caffeine (48%), fish oil (46%) and aerobic drinks (16%). Before using a product, 77% sought information, usually from the media, internet, a store nutritionist, coaches, friends and fellow physique athletes. However, many did not know where to obtain reliable information and 28% were also unaware that supplementation can have adverse effects. CONCLUSION: Supplements should be used to compliment a good nutrition program, not

compensate for a poor nutritious diet plan. Although the supplement use is common among the athletes, many do not have accurate information about these products. Hence, there is an urgent need to provide athletes nutritional education and scientifically sound guidance by leading sport organizations is required.

*Keywords:* meal planning, supplements, nutrition, physique athletes

#### ABSTRACT 10

##### **Through the Lenses: A Journalist's Wellness Compass Through the "Anatomy of Nutrition" and Media Engagement**

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This presentation aims to observe the rarity and novelty of health journalism in Asia. Through a journalist's experience and knowledge, it points out the dire need to boost media engagement in order to heighten awareness about prevalent illnesses, diseases and epidemics impacting health, especially children's wellness. It is time we understand what is truly harming our children. By dissecting the 'anatomy of nutrition', this presentation also aims to guide media representatives, parents, educators alike to gain a deeper understanding of the root and non-physical causes of health issues and diversify media coverage through education and awareness.

As evident through the presenter's experience, the media could fill in the gap by serving as the bridge in articulating and disseminating information to enhance influence through repeated exposure. To achieve this outcome, the community at large must take the initiative to engage the media to communicate their need and desire for coverage and support. The main objective is to raise awareness that the need for mass education and a paradigm shift of the current norm curriculum are critical to the desired change.

While the media can play a more pro-active role in raising awareness, foundation education begins on school grounds. Educators and schools have a more important task to guide and shape the thoughts and behavior of children, parents and society through the integration of non-rogue alternative curriculum subjects. It is through this multi-lateral communication and collaboration that we could achieve a rippling effect that would set the prelude to disease-free communities formed by well-rounded and truly healthy, self-fulfilled purposeful individuals.

It is established through the presenter's experience as a health advocate on and off camera that journalists could play a proactive duo role in promoting health. Stakeholders must though firstly adopt the media as both student and teacher. Ongoing engagement and education, both internal and external, are the only catalyst to change.

*Key words:* nutrition, media engagement, health journalism

#### ABSTRACT 11

##### **Beverage Intake Behaviors of Collegiate Athletes: A Focus on Caffeine and Its Effect on Hydration and Performance**

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**John Paul Jalandoni**

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A proper hydration plan including sensible beverage choices by collegiate athletes will help ensure optimal physical and cognitive performance in training and in competition. Caffeine intake is common among collegiate athletes therefore this study looked into collegiate athletes' performance, hydration status and perceived recovery after taking 3 mg/kg or 6 mg/kg of bodyweight dose of caffeine. This was done as part of a larger study looking at beverage intake behaviours, hydration and performance of collegiate athletes. Eight male collegiate athletes ( $19.25 \pm 1.16$  years old, height  $173 \pm 4.96$  cm. and weight  $65.19 \pm 11.17$  kg.) participated in this study. A placebo controlled, single blind repeated measures design was used. Performance (leg power and anaerobic endurance), hydration and perceived recovery were measured. Significance level was set at  $p < 0.05$ . Placebo treatment displayed significantly higher countermovement jump than 3 mg/kg of body weight caffeine treatment ( $p = .002$ ), while no significant difference was found in Yo-Yo IR2 test scores among treatments ( $p = .189$ ). No significant difference was found for athlete's perceived recovery while a significant difference was found in their sweat rate between the 0 mg/kg BW dose and 6 mg/kg BW dose ( $p = .047$ ). 3 mg/kg BW or 6 mg/kg BW caffeine ingestion did not affect performance and perceived recovery status following anaerobic exercise. A 6 mg/kg BW dose of caffeine however led to increased sweat rate when consumed prior to anaerobic activity. Hydration status 24 hours after ingestion was not affected, indicating no lasting dehydrating effect.

*Keywords:* collegiate athletes, caffeine, performance, hydration, perceived recovery

#### ABSTRACT 13

##### **Development of a Performance Evaluation Tool for Physical Education Teachers**

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This paper was conducted to develop a performance evaluation tool suited to the standards and objectives of physical educators and to determine the level of performance of 29 physical education teachers from six (6) SUCs in Region 10. It also examined the degree of relationship between the variables and how they differed when they were grouped according to school using mean, standard deviation, simple percentage, chi-squared, pearson r, t-test and ANOVA as statistical tools. The study revealed that the P.E. teacher

respondents' performance as rated using the performance evaluation tool designed for physical education teachers was rated very high. Most of the teachers-respondents were female, younger, instructors by rank and new to work experience. Almost half of them graduated with the degree of Bachelor of Secondary Education major in Physical Education, however, only 7 had master's degree in physical education. Based on the findings of the study, it is inferred that the performance evaluation tool designed for physical education teachers is reliable, valid and acceptable. Generally, teachers' profile affects the level of performance. SUCs may organize an association for physical education that would serve as a working committee to scrutinize and examine the tool. This way, other schools can also utilize the tool. The school administration may adopt the performance evaluation tool for physical education teachers so that the teachers will be given a high-quality feedback based on suitable assessments of their instruction as measured against an upright standard for what is known to be effective.

*Keywords:* development, performance evaluation, physical education

#### ABSTRACT 14

##### **Physical Education Fiesta (P.E.Iesta): A Performance-Based Activity**

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Physical Education Fiesta is a performance-based activity that provides opportunities for student development and creative expressions. This study aimed to assess P.E.iesta as a performance-based activity of the University of Northern Philippines during the School Year 2015-2016. Specifically, it determined the profile of the teacher and the student; described the level of assessment of P.E.iesta regarding academic aspect, social relevance, planning and implementation, and program characteristics; and ascertained the significant difference between the assessment of students and teachers on P.E.iesta. Using descriptive research design and purposive sampling, 400 students and 17 teachers participated in the study. Tabula's (2014) survey questionnaire was adopted to elicit the data. Results revealed that: 1) Majority of the student-respondents is 17 year old males, specializing in Business Administration and Accountancy. Similarly, majority of the teacher-respondents belong to 51-60 age bracket, married males with 1-10 year teaching experience and permanent; 2) Both respondents assessed P.E.iesta as an excellent approach in teaching Physical Education; and 3) No significant difference existed between the level of assessment of the student-respondents and teacher-respondents on P.E.iesta. Thus, P.E.iesta is a commendable approach to Physical Education learning since it is a performance-based activity. In this light, P.E.iesta should be continuously utilized by Physical Education practitioners to maximize the development of the students' cognitive, affective and psychomotor skills. Furthermore, wide dissemination of this activity to the different offices of the university should be made to avoid disruption of classes. Moreover, the props and costumes to be utilized by the participants should be made of

indigenous materials to refrain from spending excessively in the conduct of P.E. iesta. Finally, a replication of this study should be made to validate the results.

*Keywords:* performance-based activity, physical education, PE fiesta

#### ABSTRACT 15

##### **Effectiveness of Skills-Based Approach in the Learning of Volleyball Skills among College Students**

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One key to successful teaching of physical education is using of a variety of approaches and methodologies. Skills-based approach helps learners enjoy learning thru prior acquired skills in sports and other physical activities. This paper analyzed the effectiveness of Skills-Based Approach in learning of volleyball skills among college students. Quasi-experimental method was employed in the analysis of the effectiveness of the two instructional approaches. T- test of dependent and independent variable was used to assess the improvement of the two groups of students performance on the different volleyball skills, serving, passing and setting. Findings of the study reflect that the experimental group (S-BA) had fair to good performance in serving, passing and setting skills, respectively. Furthermore, the experimental group recorded a significant increase in mean gain score along the three skills. Based from the result of the study, the Skills-Based Approach is effective in improving the identified volleyball skills among college students.

*Keywords:* approaches, learning, performance, volleyball skills

#### ABSTRACT 16

##### **Games Approach and Traditional Approach in Teaching Volleyball**

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The purpose of the study was to compare the effectiveness of two different approaches in teaching volleyball: traditional approach (TRD) and games approach (GAM) Participants (n = 52) were divided into two groups corresponding to the two different teaching approaches. AAHPERD volleyball skill test and GPAI test were used to determine game performance and game components, namely, decision making (DM), skill execution (SE), and adjustment (AD). Paired t-test was used to compare data within and between GAM and TRD groups. Post-test scores for the AAHPERD volleyball skills test showed statistical difference within TRD group for service (p < 0.05), service skill (p < 0.05), and set-up (p < 0.01), while GAM group showed statistical difference for passing (p < 0.001) and set-up (p < 0.001), and no statistical difference for the service

skill. Between GAM and TRD, there were no statistical differences during pre and post-tests. With the use of the GPAI testing, post-test scores showed statistical differences for the GAM group in DM, SE, AD, and GP. However, the post-test scores for the TRD group only showed statistical difference in AD, while DM, SE, and GP did not have any statistical difference. T-test between GAM and TRD groups revealed a statistical difference in the DM component only. There were no statistical differences for SE, AD, and GP in pre-test. Post-test scores between the two groups showed no statistical difference in the game components and game performance. The game approach method has a huge impact on learning in reference to the gathered and analyzed data. Both traditional and games approaches have been found to have positive effects on the learning of volleyball skills and games among students. There were more observed increasing game components, and their game performance, using the games approach method.

*Keywords:* games approach, volleyball, physical education, teaching games for understanding.

#### ABSTRACT 17

##### **Anthropometric and Physical Fitness of Junior High School Students in West Java Indonesia**

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The purpose of this study was to evaluate anthropometric and physical fitness of junior high school students in Indonesia. Methods: this study was conducted at 240 girls and 280 boys with total numbers of 520 students in West Java. Data was collected by test and measurement on anthropometric including standing height, sitting height, body mass, and spam arm; physical fitness tests including sprint 40m, shuttle run, vertical jump, basketball throw, tennis ball catch and throw, and multistage fitness test. Data was analyzed using mean and standard deviation. Results: the results of this study were found that mean of standing height was 151,29±6,55 cm (girls) and 156,31±9,86 cm (boys), sitting height was 79,58±5,10 cm (girls) and 81,81±5,14 cm (boys), body mass was 43,48±8,29 kg (girls) and 44,51±10,26 kg (boys), spam arm was 153,12±7,28 cm (girls) and 159,67±11,09 cm (boys) for anthropometric. Mean of sprint 40m was 8,14±0,95 seconds (girls) and 7,27±4,97 seconds (boys), shuttle run was

23,78±2,06 seconds (girls) and 21,12±2,26 seconds (boys), vertical jump was 31,49±9,12 cm (girls) and 39,79±10,82 cm (boys), basketball throw was 3,32±0,64 m (girls) and 4,07±0,86 m (boys), tennis ball catch and throw was 4,00±3,87 times (girls) and 9,00±4,89 times (boys), and multistage fitness test was 34,26±2,21 ml/kg/min (girls) and 42,12±4,31 ml/kg/min (boys) for physical fitness. Conclusion: It can be concluded that the students of junior high school in West Java Indonesia need to be improved for their physical fitness.

*Keywords:* anthropometric, physical fitness, students, junior high school

#### ABSTRACT 18

##### **Students' Health Related Fitness Performance in Physical Education 1**

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Physical education is designed to enhance the fitness level of the students. The researcher conducted a study among the randomly selected 1st year students in the three state colleges and universities in Caraga region, namely Caraga State University, Agusan del Sur State College of Agricultural Technology and Surigao del Sur State University in their performance in the Health Related Fitness Components. The study aim to determine the level of health related fitness of the students and also the effectiveness and quality of the activities conducted in physical education 1. Hence, the main goal of physical education is to achieve fitness. This study employed a descriptive-correlation design to determine the implementation of physical fitness activities in physical education 1 and students' performance in the pre-test and post-test along the variables of health related fitness components. The result showed that the physical fitness activities were satisfactorily implemented as rated by students, chair/dean and themselves. There was a significant difference in the pre-test and post test scores of the students' performance level along the variables of health related fitness components, except for muscular strength and body composition. The researcher concluded that though there was a significant difference in the pre-test and post test score, it was reflected that there were still considerable number of students whose fitness category belongs to poor and very poor. An action plan was made by the researcher and it should be implemented to enhance the implementation of physical fitness activities in physical education 1. The physical fitness performance of the students should be a part in the grading system. Through this, the students would spare time for fitness activities so that they will value the importance of being physically fit.

*Keywords:* physical education, health-related fitness components, physical fitness activities



**ABSTRACT 19****A Study of Body Mass Index and Leisure Time Activities among School Students of Haryana State**

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Physical inactivity and reduced physical fitness contribute to the rising burden of chronic diseases in India keeping this in view the present study was planned with the aim to find out the differences on BMI and Leisure time activity. For the purpose of the study total sample consisted of Two thousand Two Hundred and Ten (N=2210) subjects, which include Eight hundred five (N=805) Government and Fourteen hundred five (N=1405) Private students who were studied at various government and private schools of Haryana state during the session 2014-15. The age of the sample were ranged between 13 to 19 years. All the subjects for the present study were selected by using random sampling technique. To measure height and weight Stadiometer and weighing machine was used respectively and the Godin Leisure-Time Exercise Questionnaire (GLTEQ) developed in the year 1997 was used to assess physical activity. Results showed significant differences across the sample. The results were further discussed on the basis of previous researches.

*Keywords:* body mass index, leisure time activity

**ABSTRACT 20****The Effect of PE 2 Adventure Courses in the Development of Self-Concept**

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This study aimed to determine if PE Camping and Orienteering classes of the University of the Philippines contributes to the change of self-concept of PE students who took those PE2 courses. Students were selected through random sampling. The survey was designed to be a match-up pair, where respondents answered the Tennessee Self-Concept Scale (TSCS) questionnaire, before and after activities. TSCS is a questionnaire designed to examine six basic areas of an adult's life namely physical, moral, personal, family, social and academic self-concept. Factor analysis with Promax rotation was used to summarize the questions in the survey into few variables. Friedman tests were also used to test the joint significance of the mean factor difference and to list marginal significance. Based on the objectives of this study, it was expected that there will be a 6-factor model but based on the data, 10 factors seemed to be adequate. The findings indicate that there is a significant difference between the pre-test and post-test self-concept gain scores measured by TSCS suggesting that there was a change in self-concept in the students as a result of student participation in PE2 Outdoor Adventure courses. Based on the Promax 6-factor model, it can be concluded that after camping activities, there are positive significant changes in the social values of the students. Furthermore, the improvement in their social perception, pessimism and antisociality, and image-based social acceptance were also found to be significant.

*Key words:* adventure courses, camping, self-concept

**ABSTRACT 21****Innovative and Effective Teaching Styles of Dance Educators in the Philippines**

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This paper offers suggestions of how the teaching of dance becomes more effective and innovative. An interview among dance experts and authorities and a descriptive qualitative open ended questionnaire were administered to a simple random sample of 121 dance educator-respondents who participated during the 27th Annual Dance Educators Convention Seminar of the Dance Education Association of the Philippines (DEAP). Dance educator-respondents predominantly used the 'expert' teaching style while 'delegator' teaching style as the least employed. Results also showed that the 'formal authority' (F= 7.807, p= .001), 'personal model' (F= 4.702, p= .011), and 'delegator' (F= 5.779, p= .004) teaching styles differed significantly when grouped according to level taught. The dance teachers in elementary grade levels predominantly use the 'facilitator' teaching style while the secondary grade levels dance educators mostly utilize 'formal authority', 'personal model', and 'delegator' teaching styles. Dance educators in the tertiary grade levels exhibit more of a 'formal authority' among other teaching styles. Dance educators engage themselves in various professional activities such as participation in professional growth and development like trainings and the like, research, utilization of technology, pedagogical enrichment, dance programs and performances. Strengthening values and attitudes, and becoming more student-centered should also be given importance to meet the demands of the students. Some of the innovations suggested in teaching dance are the used of (1) motion capture (moving pictures/images or animation), (2) visual records e.g. cd and dvd dance tapes, (3) written and aural records e.g. aquinotation, andinotation, labanotation, benesh system, dance musical scores (4) exposure in dance performances, (5) dance culminating activities which are outcomes based-education, (6) dance production based like concert, and (7) beyond dance ancillary such as teaching of dance set design, optics, acoustics, dance properties making, selection and/or production of costume.

*Key words:* dance, dance educator-respondents, dance education, innovativeness and effectiveness

**ABSTRACT 22****A "Teacherless" Method of Teaching 12 Basic LAPUNTI Arnis Strikes**

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Physical education teachers usually teach *arnis*, the Philippines' national martial art and sport, to college students through traditional direct-input methods, primarily face-to-face instruction combining lecture and demonstration. Such behavioristic modes of instruction usually bear the character of

training rather than teaching, are teacher-centric, and often presume the learners to be passive and empty buckets into which the teacher — presumed to be a sage and expert — pours knowledge. Yet, physical education teachers have recently begun venturing into learner-centric and constructivist approaches that stimulate active learning, allow deeper assimilation of knowledge, and shift the teacher's role to that of a guide on the side. This study compared the effectiveness of the lecture-demo method (a teacher-centered approach) and the printed self-instructional module method (a constructivist approach) in teaching 12 basic strikes associated with the LAPUNTI (Labangon, Punta Princesa, and Tisa) Arnis School. Forty-seven (47) students of the University of the Philippines Cebu participated in the four-week study. Successful learning was measured through a post-test-only rubrics-scored test, the results of which were statistically analyzed and compared to determine the effectiveness of both methods. No significant difference existed in the scores between the experimental and control groups, indicating that the self-instructional module method was just as effective as the lecture-demo method.

*Keywords:* arnis, LAPUNTI, learner-centric approach

### ABSTRACT 23

#### Physical Education Learning Process Difference between Papua and West Papua Province in Indonesia

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This research was an attempt at finding out the physical education learning process different between Papua and West Papua in Indonesia that be classified into survey.. There were 42 physical education teachers to be population and sample, and twenty one teachers were from Papua and West Papua Province. The Regent from Papua were Nabire , Peg. Bintang and Kaimana. The Regent/Town from West Papua were Sorong Town, Sorong and Raja Ampat Regent. Each Regent/Town are consist of seven teachers. The physical education learning process to be independent variables. This research had been done twelve monts in 2015 year. The results in Papua Province; there is significant different physical education learning process between Nabire and Peg. Bintang (Sig .007 <math>\alpha</math>0.05), between Nabire and Kaimana (Sig.003 <math>\alpha</math>0.05) and there is not significant between Peg. Bintang and Kaimana (Sig. .231 >  $\alpha</math>0.05). In West Papua Province, there is not significant between Sorong Town and Sorong Regent (Sig. 0.94 >  $\alpha</math>0.05), there is significant between Sorong Town and Raja Ampat (Sig. 001<  $\alpha</math>0.05) and there is significant between Sorong Regent and Raja Ampat (Sig. 000<math>\alpha</math>0.05). The results between Papua and West Papua; there is not significant between Nabire and Sorong Town (Sig. .604 >  $\alpha</math>0.05), there is not significant between Nabire and Sorong Regent (Sig. .200<math>\alpha</math>0.05), there is significant between Nabire and Raja Ampat (Sig.002<math>\alpha</math>0.05), there is significant between Peg. Bintang and Sorong Town (Sig. .004<  $\alpha</math>0.05), there is significant between Peg. Bintang and Sorong Regent (Sig.000<math>\alpha</math>0.05), there is not significant between Peg. Bintang and Raja Ampat (Sig. .356 >  $\alpha</math>0.05), there is significant between Kaimana and Sorong Town (Sig. 001<math>\alpha</math>0.05), there is significant between Kaimana and Sorong Regent$$$$$$

(Sig.004<math>\alpha</math>0.05) and there is not significant between Kainama and Raja Ampat (Sig. 522> $\alpha</math>0.05).$

*Keywords:* physical education, learning, teacher

### ABSTRACT 24

#### Goal Orientation in Relation to Intrinsic and Extrinsic Motivation in Physical Education

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The study examined the relationship between goal orientation and self-determined motivation in Physical Education of college students from three major private universities in Angeles City, Philippines. This cross-sectional study comprised a random sample of 114 college students, male (n=47) and female (n=67), with a mean age of 16.89 (SD=2.01). Participants completed the Perception of Success Questionnaire (POSQ; Roberts et al., 1998) and the Sports Motivation Scale (SMS; Pelletier et al. 1995). Descriptive and correlation statistical analyses were conducted. Findings reveal that students' ego orientation was found moderate while the task orientation of the students was found high. The intrinsic and extrinsic motivation of the students was found to be moderately high, with intrinsic motivation scoring higher which indicates more self-determined motivation. Both ego and task orientation are associated with extrinsic and intrinsic motivation. However, a stronger link existed between ego and extrinsic motivation while a stronger link existed between task orientation and intrinsic motivation. This study may provide baseline data that authorities in Physical Education (PE) may use in identifying relevant curricular programs and teaching approaches that could assist efforts in fostering motivation to participate in lifelong physical activities.

*Keywords:* motivation, ego-orientation, task orientation, self-determination

### ABSTRACT 25

#### Comparison of Speed and Leg Power among Sepak Takraw Players and Foot Ball Players of India

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Sepak" is the Malay word for kick and "takraw" is the Thai word for a woven ball, therefore sepak takraw quite literally means to kick ball. The choosing of this name for the sport was a compromise between Malaysia and Thailand, the two powerhouse countries of the sport. Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal football is played by over 250 million players in over 200 nations, and has the highest television audience in sport, making it the most popular sport in the world. The Purpose of the study is to find the Speed and Leg Power among Sepak Takraw Players and Foot Ball Players of the Hyderabad District

in India. The Sample for the Study consists of 20 Sepak Takraw Players and 20 Foot Ball Players of Hyderabad District between the age group of 18-20 Years. To assess the speed the 50 M Run Test and to assess the Leg Power the Sargent Jump Test is conducted by the Technical Officials. The results of the study shows that the Sepak Takraw Players are good in Leg Power and Foot Ball Players are good in Speed. Sepak Takraw combines ball skills with the agility and acrobatic moves of gymnasts and the instinctive reflexes of competitive badminton Players. Speed is required in football when trying to beat an opponent to a 50/50 ball, to lose defender, to get in to space, to support an attack, to dribble round an opponent or to chase back and close down an attack. If you lack speed then you will be unable to maintain possession of the ball, win it back, or take on your opposite player effectively. This happens continually throughout the game as you repeatedly sprint over varied distances. It is concluded that the Sepak Takraw Players are having more Leg Power because they require good jumping ability to hit the ball and football players are good in speed because they require good speed to dribble and maintain the possession of the ball.

*Keywords:* leg power, speed, jumping ability etc.

#### ABSTRACT 26

##### **Comparative Study of Speed and Agility among High Jumpers and Long Jumpers of Osmania University**

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**Yerraguntla Emmanuel Shashi Kumar**

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The high jump is a track and field event in which competitors must jump over a horizontal bar placed at measured heights without the aid of certain devices. The Fosbury style is main style in the High jump. The long jump is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take off point. The Hitch Kick is the main style in long jump. This event has been an Olympic medal event since the first modern Olympics in 1896 and has a history in the Ancient Olympic Games. The purpose of the study is to find the speed and agility among High Jumpers and Long Jumpers. The sample for the present study consists of 20 Male High Jumpers and 20 Male Long Jumpers of Osmania University. The 30 M Run is used to assess the Speed and Shuttle Run is used to assess the Agility. The results of the Study shows that Long Jumpers are having good Speed and High Jumpers are having the good Agility. The Long Jumpers generally requires training in a variety of areas. These areas include Speed work, jumping, over distance running, weight training, plyometric training, bounding and flexibility. The High Jumpers generally requires training to improve the technique, speed work, plyometric training, bounding etc to improve all the motor qualities. Both High Jumpers and Long Jumpers requires good technical and conditioning training to excel in the performance. It is concluded that Long Jumpers are having good speed and High Jumpers are good agility. Coaches must give Coaching to

the High Jumpers and Long jumpers to improve their motor qualities to excel in the performance.

*Keywords:* speed, agility, motor qualities

#### ABSTRACT 27

##### **Effect of Plyometric Exercises for development of Speed among Foot Ball Players of Osmania University**

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The purpose of the present study to find out the effect of plyometric exercises for development of Speed among Foot Ball Players of Osmania University, Hyderabad. The sample for the present study consists of 40 Male Foot Ball Players of Osmania University, Hyderabad out of which 20 are experimental group and 20 are controlled group between the age group of 17-21 Years. Plyometric exercises such as hopping, bounding, depth jumps, box jumps etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for eight weeks. Pre Test and Post Test were conducted in 30 M Run among the Experimental Group and Control Group. Paired t-tests were used to analyze the data. The Results of the Study shows that due to the plyometric training the mean of Experimental group has come from 4.39 to 4.03 from pre-test to post test. The controlled group mean has increased from 4.25 to 4.88 due to the general training. Plyometric training involves quick, powerful, jumping and bounding movements which helps in increasing the speed among football players. Plyometric training must be given to football players with a good training background and under the supervision of a coach or trainer. A Warm up should be through to ensure that the muscles are warm and ready to perform at such plyometrics, otherwise it leads to the injuries among the football players. It is concluded that due to the plyometric training the football increased in the speed. The football players must have a good base level of fitness, especially strength, balance, speed, endurance before they begin the plyometric training program

*Keywords:* plyometric training, speed jumping, bounding

#### ABSTRACT 28

##### **Effect of Plyometric Training for development of Speed among High Jumpers of India**

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Plyometrics, also known as "jump training" or "plyos", are exercises based around having muscles exert maximum force in as short a time as possible, with the goal of increasing both speed and power. The objective of the study is to determine the effect of plyometric exercises for development of speed among High Jumpers of Karnataka. It is hypothesized there will be effect of Plyometric training for development of Speed

among High Jumpers. The purpose of the present study to find out the effect of plyometric training for the development of Speed in High Jump. The sample for the present study consists of 40 Male High Jumpers of Karnataka out of which 20 are experimental group and 20 are controlled group. Plyometric exercises such as hopping, bounding, depth jumps, tuck jumps, box jumps, etc. were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training in High Jump for eight weeks. To assess the Speed Pre Test and Post Test were conducted in 50 Meters Run by the qualified technical officials of athletics to the experimental group and controlled group. This study shows that due to the plyometric exercises there is a improvement of High Jump experimental group in speed and High Jump controlled group is decreased in performance ability and speed due to the general training. High Jumping is all about explosive power. Explosive power is a combination of speed, muscular endurance and muscular strength, all of which can be developed through plyometric exercises. It is concluded that due to plyometric training there will be improvement in speed among High Jumpers

*Keywords:* plyometric exercises, speed, explosive power

#### ABSTRACT 29

##### **A Tale of Two Cities: Centralized Sports Medicine Service for National Level Athletes in Singapore and Hong Kong**

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A long term rival duo in Asia, Singapore and Hong Kong share similarities in elite national athlete talent identification, training arrangement and funding models thus sports medicine support service. With close proximity of training base camps of different sports, a centralized excellence centre for sports science and medicine support can fully utilize the resources catering various sports at different seasons. The presentation will provide background information of sports medicine centre at Sports Institutes in Hong Kong and Singapore, which includes the clinical service, referral system and major games preparations. Both centres keep close relationships with athletes, coaches, national sports associations (NSAs). There will be a glance through the clinic attendance in sports medicine centre and athlete's village in major sports games, together with anecdotes among sports medicine support staff, athletes, coaches and other officials. Reflections can be drawn whether the current model is the best practice, and how the future directions of sports medicine service can support more medallists to the podium.

*Keywords:* sports medicine, talent identification, elite sports

#### ABSTRACT 30

##### **Strength Training Injuries: Current Trends in Diagnosis**

**Dr. Mario Imson**  
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Injuries sustained by athletes during the strength development phase of their training are one of the most common injuries that we encounter. Because most athletes with this type of injury are not totally incapacitated and remain functional they are then one of the most misunderstood injuries and thus are commonly mistreated. The presentation highlights muscular and joint soft tissue injuries and their unique characteristics. With consideration on the predisposing factors and mechanism of the injuries, the current modalities in diagnosis and treatment, including rehabilitation management with correlation from the author's clinical experience are presented in this presentation. Preventive aspects of the injuries are likewise high-lighted in the paper.

*Keywords:* strength training, injuries, sport medicine

#### ABSTRACT 31

##### **Impact of Independent Athletics Meets in the Philippines: The Blue Knights Track League Experience**

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From its humble beginnings in November 2014, Blue Knights Track League in Davao City, Philippines provide an alternative event for the Athletics community of Davao Region and other areas in Mindanao. It is rooted on its vision of providing independent and consistent program for Athletics. Starting from five teams in Davao Region, now the event reaches to different regions in Mindanao such as Cagayan de Oro City and SOCKSARGEN Region. Looking on the models of European Athletics, the primary factor of leading countries in Athletics in the international scene is having an active, vibrant, and strong community which is also self-sustaining on its initiatives and programs. This kind of model motivated the proponents to stage its own program thus the community organizes and provides better sporting experience especially in the grassroots program. That's why the purpose of this study is to narrate the experience and values of Blue Knights Track League to be looked on as role model in sustaining an independent Athletics event and program that compliments existing local, regional, national, and even international competitions. Through the initiative of its proponents, it further enhances the pool of Athletics in the communities and showcasing national athletes to the community through its skill-sharing and exchange programs through its partnership with leading Athletics communities in the European Union. The significance of telling the story of Blue Knights Track League can provide a baseline data and model in helping other communities form their own independent grassroots programs in line with the initiatives from both public and private sectors. Thus it gives another perspective on how Athletics should be run and managed in the Philippines.

*Keywords:* developmental sports, sport management, athletics

**ABSTRACT 31****Sport Psychology Consultation for the Philippine Boxing Team****Marcus Jarwin Manalo***College of Human Kinetics, University of the Philippines Diliman*

This is part of the reflective practice of a sport psychology consultant who worked with the Philippine Boxing Team in the recent Olympic cycle. It highlighted the lessons learned from the consulting experience. The experiences were categorized in terms of (1) gaining entry, (2) assessment tools, (3) service delivery, and (4) psychological skills training. Utmost importance was placed on establishing trust and rapport with the boxers and coaches. Limited use of psychological inventories as a form of assessment for this particular population was recognized. The impact of service delivery was facilitated by a collaborative working relationship with the coaches and by observation of training sessions and competitions. Strategies used in preparing for competitions included: (1) relaxation, (2) imagery, (3) goal setting, (4) anxiety management, (5) positive self-talk, and (6) refocusing techniques. Common challenges and concerns of boxers were reported and additional realizations from the consulting process were also discussed.

*Keywords:* sport psychology, boxing, elite sports

**ABSTRACT 33****Model Outside Class Activities for Primary Students to Create Values of Fair Play and Creativity****Gerry Gunawan**

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**Dr. Hernawan, SE M.pd***Jakarta State University*

Fair play is an aspiration or ethos that a sport or activity will be enjoyed with proper consideration for fairness, ethics, respect and Creativity is the act of turning new and imaginative ideas into reality. This character is important for growing children to be people who have ethics and morals in society. These characters can be grown with outside class activities. This research is focused on modeling in research and development, with objectives to: (a) formulate models outside class activities that integrate the values of fair play, and creativity to understanding the values; (B) empirically tested models that can be improved and developed; (C) formulate instrument assessment for outdoor class activities in the values of fair play and creativity. The study was conducted in three elementary schools in Bekasi, Indonesia, performed on sixth grade students (120 students). This research is using Research and Development method and for testing uses Action Research to improve model. The model of R & D study are as follows: (1) Compose test; (2) Implementation Test; (3) Revised product; (4) Evaluation; (5) Dissemination models. The main instrument is the researcher and the data obtained through observation. To maintain the objectivity, the observer is using observation sheet and camcorder. Data in the form of qualitative data that consists of 16 field notes, 2 interview notes and 2 discussion

notes. Results: (1) The values of fair play are from 4 dimensions, 14 indicators and 33 sub-indicators, there are 31 sub-indicators, 2 sub-indicators that do not appear are exercising without expecting praise and don't injure opponents. Appearance is certainly not all at once in a single session but gradually. Teachers are giving praise to show the expected behavior and (2) Creativity: in this category, indicators and sub-indicators are all show up. Everything is gradually show up.

*Keywords:* fair play, creativity, outside class activity, student

**ABSTRACT 34  
(Future Leader/Volunteer)****Mental Preparation in Triathletes:  
Practical Implications of Research Findings****Karolina Chlebosz**

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Triathlon is a very demanding sport that is increasingly popular among amateur athletes. A triathlete must mentally assess their physical ability across 3 sports against their competitors, the environment and, most of all, themselves. The mental preparation required for a triathlon is often minimized, but its importance should not be underestimated. Appropriate mental planning should be carried out during training. The need for nutrition, race planning, visualization, imaging, and possible changes in conditions should be all anticipated. This study presents the sport of triathlon and discusses what triathletes' motivations to train and to compete are, as well as the challenges, fears and needs they are facing. Moreover, the present study examined the effects of a mental skills training package on competitive triathlon performance and evaluated the utilization and impacts of the mental skills during performance.

*Keywords:* mental preparation, triathlon

**ABSTRACT 35  
(Future Leader/Volunteer)****Sports Physiotherapy Services of  
Turkish National Youth Football Team****Mesut Karlik, PT**

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Football is the most famous sports in Turkey as most of the world. Since 1923 Turkish Football Federation, as the members of FIFA and UEFA, organises and administrates all professional football organisations in Turkey. This administration also includes health organisations. Especially UEFA initiatives and suggests members to build Health Committees. Health committee makes scientific researches, actively works with 16 Turkish National Football Teams and collaborates with football clubs on all over Turkey. This committee works on protective health and plans rehabilitative treatments on need.

Physiotherapists are the one important part of this committee. This presentation explains the duties of physiotherapists before, during and after the sports. Moreover, tells standards of physiotherapists, protective preparations and physiotherapy techniques in Turkish National Football Teams.

*Keywords:* sports physiotherapy, national youth, football

**ABSTRACT 36  
(Future Leader/Volunteer)**

**Outdoor Education for Students in Singapore Schools**

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The Physical Education Syllabus in Singapore is prescribed by the Ministry of Education and has been revamped in 2014. With this new syllabus, outdoor education has become a mandatory component and students will have to go through experiential learning through outdoor education. This is an attempt to enhance the health and wellness of students in Singapore and to cultivate their spirits of adventure in the process. Some of the outdoor activities students are encouraged to be involved in include kayaking, rock-climbing and abseiling. With the inclusion of outdoor activities in outdoor education, students will be engaged actively and holistically, bringing about more health benefits and valuable active experiences for them. This presentation will provide an insight on the development of outdoor education in Singapore schools and highlights the outdoor sports that students are involved in.

*Keywords:* outdoor education, physical education

**ABSTRACT 37**

**Effect of Endurance Training with Weighted Vest on the 3000-Meter Running Time of High School Boys**

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The purpose of this study was to determine the effect of different approaches, particularly Endurance Training (E), Endurance and Strength Training (EST) and Endurance Training with weighted vest (EWW) to the 3000-meter running time of adolescent boys. Twenty-six (N=26) young male participants underwent interventions in between two observations. Pre-test included a 3000-meter time trial in mass start, 20-meter Multistage Test and Body Fat Analysis using a handheld device. Results showed significant difference between pre-test and post-test scores of EWW in the 3000-meter running time. Despite no exhibited significant change

among EST and E group, all scores from three methods were directed towards decreasing running time. Change in VO<sub>2</sub>max among the three groups is significant only for groups with strength-training protocols.

*Keywords:* endurance training, strength training, running time, VO<sub>2</sub>max

**ABSTRACT 38**

**A Study of Endurance Ability among Foot Ball Players and Hockey Players in India**

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Aerobic endurance is the amount of oxygen intake during exercise. Aerobic endurance is the time which you can exercise, without producing lactic acid in your muscles. Football refers to a number of sports that involve, to varying degrees, kicking a ball with the foot to score a goal. Hockey is a family of sports in which two teams play against each other by trying to maneuver a ball or a puck into the opponent's goal using a hockey stick. The purpose of the present study is to find out the aerobic endurance among male football and male hockey players of Gulbarga University in India. The sample for the present study is 30 male football and 30 male hockey players from various colleges of Gulbarga University in India. The data were collected separately from football and hockey players. The subjects were made to run 12 minute run (Cooper Test) for endurance. This study shows that football players are having the better endurance compared to hockey players.

*Keywords:* aerobic endurance, football, hockey

**ABSTRACT 39**

**The Effects of Interval Training on Three Selected Physical Fitness Components of School Basketball Players in Sri Lanka**

**WMDI Wijesuriya**

**K.S.H.M.V.W.W.Senevirathne**  
*University of Peradeniya, Sri Lanka.*

I have 10 years' experience as a basketball coach and 19 years' experience as a physical education teacher as well as a teacher in charge in basketball. During this period, according to my experiences and the experiences on the training methods of other coaches, as well as the encouragement and a result of sharing the experience with one of my lecturer at the university, I observed that many training methods and training schedules can be used for basketball players on many occasions. I believe that continuous training method is more suitable for professional basketball players and above 19 years basketball players whereas interval training method is more suitable for below 19 years of age basketball players because I

have experienced that the basketball players who are trained with continuous training method from the beginning, face many injuries and leave the game of basketball later on. Achilles tendon and Anterior Cruciate Ligament injuries are common in these players. Therefore, the main objective of my research was to identify the effects of interval training method, instead of continuous training method to uplift the three selected physical fitness component that helps to upgrade the abilities of basketball players. And also it is expected to convince basketball coaches believe in the interval training method to be used from the beginning to train a basketball player instead of the continuous training method. I have done this research, hoping to bring the skilled basketball players to the national level, rather than stopping their journey in between due to incorrect training methods and schedules. A descriptive interventional study was conducted to identify the effects of interval training on three selected physical fitness component (aerobic fitness, hand grip strength, speed and agility) of school basketball players. The EUROFIT test battery was adopted for this study. The sample consisted of forty six school basketball players representing Kandy District schools; they were under 17 and included both genders. The study was done in the basketball courts of the participant's school settings. When selecting the sample some criteria were considered such as; those who have played basketball for at least one year, those who had not serious disease conditions during the last three months, those who attended practices regularly, etc. Students who followed training schedules in any other sport, those who declined to participate in this study and those who were unable to follow the interval training schedules in the given dates were excluded from the study. This study revealed that there was an overall improvement of three selected physical fitness factors that were measured in the study with interval training on school basketball players. However, there was a statistically significant difference in the parameters such as aerobic power, hand grip strength, speed and agility test. Most of the girls and the boys, who had not reached the expected performance level before the Interval training, were able to reach the appropriate performance level after the Interval training process. Three selected physical fitness factors relevant to the basketball players such as aerobic power, hand grip strength, speed and agility can be improved by using interval training method, for both girls and boys under seventeen years of age

*Keywords:* basketball, interval training, EUROFIT test battery

#### ABSTRACT 40

##### **Effect of 1- and 3-Set Training Volumes on Lower Body Strength and Power in Untrained Individuals after a 3-Week Training Period**

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The purpose of this study was to identify and to compare the effect of a 1- and 3- set deadlift training program on lower body strength and leg power. Forty-two (N=42) untrained female college subjects (Mean Age = 14.60) were assigned to either 1-set or 3-set training program. Comparisons were done through tests with level of significance at  $p = 0.05$ . When a

significant difference was found, effect size was then assessed using Cohen's  $d$ . There was a significant difference in the 1 RM and Leg Power (Standing Long Jump) for the 1-set group as well as for the 3-set group. In comparing the 1- and 3- set groups, the standing long jump produced a significant difference while none was found in their 1RM. Since the training duration was only for three weeks, results might have been primarily due to neural adaptations. The data suggests that either one or three sets can produce small improvements in strength even during the first three weeks of training. Further investigation is needed to determine when the dose-response volume to training will begin.

*Keywords:* training volume, lower body strength, power, untrained individuals

#### ABSTRACT 41

##### **Coach-Athlete Relationship and Athletes' Performance Satisfaction: The Mediating Effects of Hope and Athlete Engagement**

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This study aimed to investigate how coach-athlete relationship (CAR) influenced performance satisfaction among athletes, and the mediating role of hope and athlete engagement in the relationship between CAR and athletes' performance satisfaction. Data for the present study were collected from 483 Chinese athletes. The results of the structural equation model showed that CAR was positively correlated with hope ( $r=0.33$ ,  $p<0.01$ ), athlete engagement ( $r=0.41$ ,  $p<0.01$ ), and performance satisfaction ( $r=0.36$ ,  $p<0.01$ ). Furthermore, CAR could positively predict performance satisfaction through (a) direct effect ( $\beta=0.21$ ,  $p<0.01$ ), (b) the mediating effect of hope ( $\beta=0.17$ ,  $p<0.01$ ), (c) the mediation effect of athlete engagement ( $\beta=0.04$ ,  $p<0.01$ ), and (d) the serial multiple mediation effects of hope and athlete engagement ( $\beta=0.05$ ,  $p<0.01$ ). The results suggested that through improving the quality of CAR, the level of hope and engagement among athletes could be increased, and then their performance satisfaction could be enhanced.

*Keywords:* coach-athlete relationship, satisfaction, athletic engagement

#### ABSTRACT 42

##### **Relationship between Perceived Coaching Behavior and Intrinsic Motivation in Filipino College Athletes**

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Self-Determination Theory argues that perceived coaching behavior can influence intrinsic motivation among athletes. In this study, it was hypothesized that certain coaching behaviors are associated with athletes' reported level of intrinsic motivation. One hundred sixty-two ( $n=162$ ) student-athletes

from one large public university were asked to complete a questionnaire packet that measured perceived autonomy support, controlling coaching behaviors, and intrinsic motivation. Results of linear regression showed that perceived autonomy support positively predicts intrinsic motivation while judging negatively predicts intrinsic motivation. Examining the beta weights suggests that intrinsic motivation of student-athletes is significantly diminished with increased judging behavior. Findings imply that Filipino coaches should minimize judging and increase autonomy support in order to develop intrinsic motivation.

*Keywords:* self-determination, coaching behaviors, intrinsic motivation

#### ABSTRACT 43

##### **Perceived Personality, Responsibility, and Competence of Pre-service Physical Education Teachers**

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Physical Education plays an essential role in the full-length of formal and holistic education of the learners. This study examined the personality, responsibility, and competence of the pre-service physical education teachers as perceived by the mentors and mentees and its relationship. Descriptive correlational research design and researchers' made instrument was utilized in gathering, interpreting and analysing the data. The sampling frame was the complete enumeration of the mentors and mentees of the study. The result showed high level of personality, responsibility and competence of pre-service teachers in their practice teaching as evaluated by the mentors. Consistently, mentees' perceived personality, responsibility and competence conforms to that of mentors' perceptions, which is high. Furthermore, there is a high significant relationship between the mentors' and mentees' evaluation in the personality, responsibility and competence of the pre-service physical education teachers. In conclusion, the pre-service physical education teachers acquired the necessary characteristics and skills in teaching physical education ready to be fielded in real and actual teaching world. Despite positive results, it is further recommended in this study to intensify the training of the pre-service teachers in ensuring production of quality physical education graduates.

*Keywords:* mentors and mentees evaluations, pre-service physical education teachers, personality, responsibility and competence

#### ABSTRACT 44

##### **Selected Factors in Relation to State Anxiety among PE 1 Students in MSU-Marawi**

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This study centered mainly on selected factors of age, sex, scholarship status, and ethnicity in relation to state anxiety of students in Physical Education 1 classes at the College of Sports, Physical Education and Recreation in Mindanao State University – Marawi Campus during the 1st semester A.Y. 2015 – 2016. Descriptive statistics was used in the form of frequency and percentage distribution while for the relationship between variables, Pearson r was employed. There were 150 male and female respondents selected through quota sampling procedure. The study utilized a questionnaire composed of two parts to gather data. The first part was for the profile of the respondents while the state anxiety was measured through the Physical Education State Anxiety Scale (PESAS) developed by Barkoukis (2007) with subscales on cognitive processes, somatic anxiety, and worry. Based on the results, it was found out that majority of the respondents were 16 – 17 years old. Majority were female respondents while in terms of scholarship status, majority were classified as paying students. Majority were Muslims. It was also revealed that majority of the respondents displayed very low cognitive processes or the symptoms related to information processing during their PE classes. Most of these students were assessed with low somatic anxiety or bodily symptoms. In terms of worry or the negative expectations about performance and the consequences of potential failure, majority were rated moderate. Majority were assessed very low as to the overall state anxiety. Age and sex correlated significantly with cognitive processes and overall state anxiety. Scholarship status, on the other hand, had significant relationship with somatic anxiety and worry. Based on the findings of the study, it is recommended that PE classes, in general, in MSU-Marawi should be continued to be student-friendly, enjoyable, and fun, to cater to the needs of the students, regardless of age, sex, scholarship status, and ethnicity, so as to lessen state anxiety.

*Keywords:* age, sex, scholarship status, ethnicity, state anxiety



**ABSTRACT 45****Indigenous Games and Ethnic Community:  
Aiming for Social Inclusion****Dr. Rebecca M. Alcuizar**

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**Prof. Ramon Ferrais; Prof. Cherlita C. Cudal;  
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The importance and benefits of participation in sports and play, particularly in ethnic community or marginalized communities has less been recognized in a variety of disciplines. Hence, this research that was conducted in the ethnic group (Higaonon) of Iligan City, Philippines, provides the field of sports development with a unique impression of indigenous games and sports to explore the social and personal impact of sports to the wider community. The Higaonon traditional sports and games will benefit people in urban areas with increase in knowledge regarding the personal and social impacts of traditional games and sports while providing a different lens and methods from which to explore this study. This research conceptualized and employed two indigenous methods, observation and interview, among the Higaonon children and elders in Rogongon, Iligan City Philippines. The impact of Higaonon traditional games were explored using these two methods. This research draws an attention to people in urban areas in order to make visible the taken-for-granted assumptions about Indigenous games of Higaonon. Identities on their traditional games and sports should be known to other communities, the place and meaning of games and sports in their lives. During the conduct of the study, Higaonon children played their traditional games and shared stories related to their identities as Higaonon and the challenges they face, particularly in an urban environment. The elders expressed their sentiments and aspirations that someday their indigenous games will be recognized specially in schools. In this way, people in the community will learn more about their identities through indigenous teachings that depicts their culture as well. The traditional games of the respondents tell about their identity focused on their culture, beliefs and traditions.

*Keywords:* indigenous game and sports, ethnic community, social inclusion

**ABSTRACT 46****Piestang Ilug: Renewing ties through games between  
Mag-Indi Ayta and Kapampangans in Porac, Pampanga****Rachelle U. Peneyra**

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While games are popularly viewed as mere past times, games can also function to foster deeper understanding between cultures. Coming from the education sector, specifically Physical Education, we the authors have seen how an anthropological perspective in the study of games has contributed to the assertion of Mag-Indi Ayta identity. Games of Mag-Indi Ayta in Porac, Pampanga were documented (in Sangalang-Aseron and Peneyra, 2014) and the process reawakened a sense of asserting Mag-Indi Ayta identity (Peneyra and Jocano, 2014). This sense of identity assertion expanded to the Mag-Indi Ayta's hosting a series of an Ayta version of a 'sportsfest', and later on participation in "Fiestang Ilug" where Mag-Indi Ayta games were exhibited along with Kapampangan games. "Fiestang Ilug" was originally meant to feature environmental issues regarding the Malele River; and games and farming rituals were exhibited for both Aytas and Kapampangans and guests to participate in. Inherent in games is the element of competition, with the declaration of a winner as an outcome. However in the game exhibitions in Fiestang Ilug, the focus was not on comparisons between winners among Aytas and Kapampangans, but more on the sense of community being fostered between two cultures that share a space in the rivers of Porac. For us physical educators, this perspective on the function of games as coders of culture, and as medium of cultural exchange and understanding is timely and critical for fostering a sense of identity among our students, ourselves and our field.

*Keywords:* indigenous games, anthropological perspective in physical education

**ABSTRACT 47****Implementation of Republic Act No.9850 as the  
National Martial Art and Sport of the Philippines****Robert Alvin A. Yap**

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Republic Act No. 9850 is an Act Declaring Arnis as The National Martial Art and Sport of the Philippines. Arnis, also known as Eskrima, Kali, Garrote and other names in various regional languages, such as Pananandata in Tagalog; Pagkalikali, Ibanag; Kabaraon and Kalirongan, Pangasinan; Kaliradman, Bisaya; and Didja, Ilokano, is an indigenous Filipino martial art and sport characterized by the use of swinging and twirling movements, accompanied by striking, thrusting and parrying

techniques for defense and offense. This is usually done with the use of one (1) or two (2) sticks or any similar implements or with bare hands and feet also used for striking, blocking, locking and grappling, with the use of the same principle as that with the canes. The official adoption of arnis as the national martial art and sport shall be promulgated by inscribing the symbol of arnis in the official seal of the Philippine Sports Commission and by making it as the first sport competition to be played by participating teams on the first day in the annual Palarong Pambansa. The purpose of this study is to assess the implementation of the act with the Physical Education Department of the Ramon Magsaysay Technological University through face-to-face interview of ten PE Instructors. This qualitative study focused on the dissemination and implementation of the act. It was found out that arnis should be properly incorporated in the curriculum as Physical Education subject.

*Keywords:* Republic Act No. 9850, Department of PE-RMTU, qualitative research

#### ABSTRACT 48

##### **Promoting the Right to Leisure and Inclusive Development of Individuals with Special Needs through Physical Activity**

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**Margarita Royandoyan**

Individuals with special needs such as the elderly, people with physical and intellectual disability, children with diseases, and adolescents who are emotionally and behaviorally challenged are usually excluded in society and are denied full access to various rights, opportunities and resources normally enjoyed by other members of our society. One of the basic human rights which individuals with special needs do not enjoy is the right to participate and enjoy leisure. Because of certain disabilities, these groups become systematically discriminated and marginalized in society resulting in their inability to promote their own health and well-being. This paper presents the principles, strategies and approaches employed in handling the subjects "Adapted Physical Education" and "Recreation for Special Groups" in the College of Human Kinetics in its attempt to address the needs of Persons with Special Needs to engage in physical activity. It shall highlight the effectivity of the Teaching-Rules-Environment-and Equipment (TREE) approach/strategy in enabling the students (PE Major students) design modified health promoting physical activities appropriate to the condition of individuals with special needs in the desire to promote their Right to Inclusive Development. This paper will specifically focus on the application of TREE; processes involved; the strengths and weakness of the process; and the challenges of this strategy/approach. It shall also underscore the serious need for the government to formulate legislations or policies and programs that will recognize and address the issues and concerns of these special groups in terms of promoting their right to leisure and inclusive development.

*Keywords:* individuals with special needs, inclusion, physical education

#### ABSTRACT 49 (Future Leader/Volunteer)

##### **University Outdoor Sports in Republic of Macedonia**

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Sport at the universities is a logical consequence in the educational system in the process of sport education of the youth. Different sport programs and contents applied with university students have positive impact not just on their motor development, health and wellbeing but more important, toward their habits for active and health life style. At Universities in Macedonia, university sport is realized in different forms. From five state Universities, sport as an obligatory university curriculum is realized only at two. At all Universities, outdoor activities for students such as hiking and cross running are the only form of sport activity of the students. They are mainly realized once or twice a year, as traditional manifestations (day of sport) attended obligatory by the students from the first year of study and optionally by the students from all other years of study from all faculties at the University. University leagues are the main sports event organized between all state Universities. Outdoor activities organized at Goce Delcev University in Stip are one of most preferred and attended sport activities by the students. From variety of outdoor sport, as a part of university sport programs, students manly practice hiking realized on every two weeks, activity which is compulsory for all students; cross country running realized as a competition between students and winter sports practiced only by student's choice and their free will. According the summarized results from several studies, students prefer individual outdoor activities that are not competitive; practiced both as a part of university curriculum and as activity in the leisure time. These activities help them to reduce stress, increase their physical condition, mental ability and positive emotions. They also suggested bicycling, rolling as well as summer and winter sports to be implemented as university curricula in all years of study

*Keywords:* outdoor sports, sports programs in universities

#### ABSTRACT 50 (Future Leader/Volunteer)

##### **Assessment of Negotiation Styles with ENACT Online Self-Assessment Tool for Holistic Coaching**

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The interpersonal and social skills involved in leading individuals can also be referred to as element of effective leaders, teachers and coaches (Becker 2009; Jones et al.2010; Rieke et al, 2008) Although this concept has not been operationalized enough to be measured yet (Cote and Gilbert, 2009) we believe importance of researches which aim at

identification of those social skills and examining use of technological tools. The intent of this qualitative study is to examine negotiation styles of candidate sports coaches by using ENACT negotiation styles online assessment tool. Qualitative method is chosen in order to better understand ENACT online self-assessment tool in comparison to candidate sport coaches' real life situations. As a result of face to face interviews with candidate sport coaches regarding differences and similarities between real life negotiation and ENACT negotiation scenarios, it is found that views of candidate sport coaches gathers under three themes as a1) effort for goal achievement a2) relation a3) social skills and gathers under three themes as b1) technical features, b2) content of scenarios b3) result-evaluation regarding further improvement ENACT online self-assessment tool. Besides this it is also aimed to explain results which are obtained by two different data collection tools by giving real life examples of each interviewed participants. As a result of this it is discovered that participant's views gather under five codings such as Interactions, Reality, Entertainment-Attractive, Better reflection and Time. ENACT is able to create interactive environment rather than simply asking users to remember their past experiences like in pen and paper psychological tests. It has potential to allow testing users to get more accurate measures because test takers are requested to act, not to remember and also being a game, Enact represents a more engaging assessment environment.

*Keywords:* holistic coaching, social skills, negotiation styles, interpersonal knowledge

**ABSTRACT 51**  
**(Future Leader/Volunteer)**

**Psychological Skills in Competitive-Level  
Dragon Boat Paddlers**

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Dragon boat is a flat-water sprint paddling sport that involves 20 paddlers sitting side by side with a drummer in front and a steersman at the back. Furthermore, it requires an athlete to exert maximum effort within 180 to 270 seconds while being attuned to boat movement, lead command and paddling biomechanics of 19 other paddlers. The sport involves physical and mental synchronization in order to ensure optimal competitive performance. This study looks into the athletic coping skills and mental toughness of competitive level dragon boat paddlers. Findings showed that dragon boat paddlers are mentally tough, based on the results of the Psychological Performance Inventory. However, there is no significant difference in mental toughness components between males and females. The same was found in looking at athletic coping ability through the results of the Athletic Coping Skills Index-28. In general, mental toughness was found to be significantly positively correlated with Athletic Coping Ability. Regression analyses also show that mental toughness scores on Confidence and Achievement motivation predict Athletic Coping ability. Results indicate that in addressing the psychological aspects of this sport, a mental skills program may be designed to target Mental Toughness by enhancing the correlated areas in Athletic Coping ability. In

addition to the study presented, a sample of Psychological Skills Training Program designed for a competitive-level team shall be presented, highlighting the areas where some components of mental toughness and athletic coping ability were addressed for optimal performance during competition.

*Keywords:* athletic coping ability, mental toughness, psychological skills training

**ABSTRACT 52**  
**(Future Leader/Volunteer)**

**National Winter Universities Games "Snow Sports in  
the Culture of New Generation"**

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As stated by the World Commission on Culture and Development, "Culture is the fountain of our progress and creativity and must be carefully nurtured to grow and develop." The current era of globalization, with its unprecedented acceleration and intensification in the global flows of capital, labor, and information, is having a homogenizing influence on local culture. Sport is the most ubiquitous feature of popular culture which crosses language barriers and slices through national boundaries, attracting both spectators and participants to a common language of passion, obsessions and desires. And consequently sport is one of the main weapons in the fight against global problems of our civilization such as the hypodynamia, the stress and the nervous strain, which in combination with harmful habits are a prerequisite for obesity, diabetes, hypertension and other diseases. Sport is also a solution to another global problem the lack of spirituality and the growing aggression and alienation which effects on the attitude of the young people. The first edition of the National Winter Universities Games was in 2009 under the motto "Sport against the Violence and Drugs", which was organized by students of the National Sports Academy. This is a logical continuation of the first Universities games in 2008 as a successful social project which became a tradition and held annually attracting more than 4000 students from 30 universities in Bulgaria. The aim of this study is to present the organization of such sports events like a winter games and the influence under the students of different universities – the future intellectual potential of the civilization.

*Keywords:* organization of sports event, sports and globalization

**ABSTRACT 53****Dynamic Balance and Kicking Accuracy of Recreational Football and Futsal Players****Jaekyu Eom***College of Human Kinetics  
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Dynamic balance is an important ability for athletic performance and daily activities while kicking accuracy is a key component of kicking movement in football and futsal. The purpose of this study, therefore, was to compare the dynamic balance ability and kicking accuracy of recreational football and futsal players and examined the correlation of dynamic balance ability and kicking accuracy. Twenty-two male participants, 11 recreational football and 11 futsal players, were the participants in this study. Age, height, weight and BMI were obtained from each of the participants. Bilateral and unilateral dynamic balance was measured using Biodex Stability system (BSS). Kicking accuracy, using a size five ball was measured with a kicking target. The correlations between dynamic balance and kicking accuracy were analyzed using Pearson's Product Moment Correlation ( $p \leq 0.05$ ). The comparisons between football players and futsal players were tested using Independent t with a possible effect size evaluated using Cohen's d ( $p \leq 0.05$ ). The football group demonstrated higher bilateral dynamic balance and kicking accuracy than futsal group. There was significant difference in the unilateral dynamic balance ability between recreational football and futsal players and there was significant correlation between unilateral dynamic balance ability and kicking accuracy in recreational football players. Dynamic balance can lead to enhance kicking accuracy. Football and futsal players may focus on dynamic balance ability to kick the ball more accurately.

*Keywords:* bilateral dynamic balance, unilateral dynamic balance, kicking accuracy

**ABSTRACT 54****Physiological and Biomechanical Determinants of Rowing on Stationary and Dynamic Ergometer****Shazlin Shaharudin***shazlin@usm.my | +6097677578  
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Physiology is one the most important determinant in rowing performance. Proper rowing biomechanics are important to apply the rowers' present fitness level most effectively. The effects of physiological and biomechanical factors on rowing performance have been tested in many previous studies but currently there is no study that combines the physiological and

biomechanical factors in determining rowing performance. The purpose of this study was to investigate the biomechanical and physiological determinants of 2km rowing performance on slides ergometer. Ten state-level rowers were recruited to participate in this study. Three tests were completed to gather the data on aerobic, anaerobic, anthropometry and biomechanical variables and also 2km rowing performance time. Pearson's correlation test was used to determine correlation of these with 2km time. For dynamic ergometer, results showed that aerobic capacity, anaerobic capacity and biomechanical variables were correlated with 2km time. Peak power and knee angle at catch are the major determinants of dynamic ergometer rowing performance, followed by knee angle at finish, hip angle at catch, body fat percentage, hip angle at finish, body height, post-test lactate and  $\text{VO}_2$ . For stationary ergometer, the time of 2km rowing completion was significantly correlated to peak power and aerobic capacity. Kinematics variables of knee angle at catch and hip angle at finish was found important during the last sprint phases of 2km. The findings could be use for training design and team recruitment. More time should be spent to improve muscle power. Increase in strength and balance on muscles around hip and knee areas, particularly the hip and knee flexors might increase performance and also possibly prevent muscle injury.

*Keywords:* rowing, biomechanics, physiology, ergometer

**ABSTRACT 55****Computer Game Participation in Relation to Reaction Time and Sports Skills Performance in Soccer and Volleyball****Atreju Mikhail Sam A. Gallardo***College of Sports, Physical Education and Recreation  
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This study aimed to determine the relationship of computer game participation to reaction time and sports skills performance among physical education male students enrolled in Soccer and Volleyball. The demographic profiles of the respondents, namely: age, years of playing computer games, frequency of playing computer games, duration of playing computer games, type of computer games played, and computer eye-hand coordination, sports skills performance and reaction time were also taken into consideration. Data were obtained from 151 students enrolled in PE 4 Soccer and Volleyball during the 2<sup>nd</sup> semester of academic year 2015-2016 at the College of SPEAR, MSU, Marawi City and were actively playing computer games. Respondent's information and scorecard for sports skills tests such as Volleyball Spiking Test and Goalkeeping Test, Ruler Drop Test for reaction time and Scrape for computer eye-hand coordination were used as the principal tools. Percentage, frequency, and cross tabulation were used to describe the data as well as strength and direction of the linear relationship between two variables. Majority of the respondents were between 18-19 years old and have been playing computer games for more than four years. A high percentage of the respondents were playing computer games twice a week, a high percentage of the respondents played computer games for 1-2 hours. 57 respondents preferred to play strategy games while 54 respondents chose to play first person shooter. 46 respondents have good results in computer eye-hand coordination ranging from 9.04-11.13

seconds and obtained average results in reaction time between 0.16-0.19 seconds. 23 respondents obtained good results in volleyball spiking test; 48 respondents obtained good scores in soccer goalkeeping test. Age with the variables of frequency of playing computer games, duration of playing computer games, type of computer games played and computer eye-hand coordination indicated no significant relationships. Years of playing computer games with the variables of frequency of playing computer games, type of computer games played and computer eye-hand coordination showed no significant relationship. Also, frequency of playing computer games, duration of playing computer games, and type of computer games played and dependent variable of sports skills performance showed no significant relationships. Significant relationship, however, was viewed between computer eye-hand coordination and sports skills performance. Age and years of playing computer games were not significantly related to sports skills performance.

*Keywords:* computer games, reaction time, sports skills

## ABSTRACT 56

### Table Tennis Skills Assessment: Skill Performance Indicator and as Predictor of Playing Performance in Competition

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This study is anchored on the theory that table tennis player's level of performance in the selected sport skills of backboard, ball tapping and service among table students at the CSPEAR, MSU, Marawi City optimize one's performance in tournament. Simply put, better level of backboard, tapping, and service result to better performance in tournament. It also looked into how well do the selected sport skills, gender and religious affiliation predict playing performance in competition and which is the best predictor of playing performance in competition. 450 students were taken as samples of the study (n= 336, female; and n= 114, male). Frequency and percentage distribution, graphs, mean, standard deviation, range, minimum and maximum scores, and coefficient of variation were employed. Strength and direction of the linear relationship between two variables were described as well as differences between two groups. Multiple regression was utilized an extension of correlation and to explore the predictive ability of a set of variables and to find the best set of variables to predict a dependent variable. Test results in backboard varied, with high percentage of 50.89% or 229 respondents obtained scores ranging from 14-25 with mean row for both males and females combined respondents is 24; Coefficient of Variation of 43.83% which implies substantial variation in respondents' scores. High percentage of the non-Muslim respondents (46.35%) and majority of the Muslim respondents (55.79%) obtained scores between 14-25 in backboard. Mean raw score of the non-Muslim is 23.44 with SD score of 11.95 and CV of 51%. 40.67% of the respondents scored between 28-38 in service. In terms of gender, the males obtained higher scores compared to the females. Service mean score is 30.33 is less than half of the highest score obtained (72); coefficient of variation is 33.59%, which indicates that the scores in the data are highly dispersed. When categorized according to religious affiliation, 11.59% of

the non-Muslim respondents scored low in service compared to the Muslims respondents with only 5.53% within the score range of 6-16. Some non-Muslims, however, obtained high scores between 50 and above (or 3.43%) compared to the Muslims with only 2.75%. In ball tapping, males performed better than the female respondents with 39.47% of the males scored 55 & above. Raw mean score of ball tapping is 37.50 which is less than half of the highest score obtained (86.80); standard deviation is 18.69 and coefficient of variation is 49.84%, which indicated that the set of data is highly dispersed just like that of backboard. Across religious affiliation, 27.65% of the Muslim respondents scored between 41.90-54.90; while 24.46% of the non-Muslim respondents scored between 15.70-28.70. The mean score among the Non-Muslim respondents is 36.47 which implied that most of the respondents are below the 50% of the highest score of 86.80. The Muslim respondents' raw mean scores is quite higher. The coefficient of variation is only 26.17%, which is the lowest among the three components (backboard, service and ball tapping). Across gender, majority of the male respondents obtained high grades of 1.0-1.5 compared to the females whose highest grade ranged between 1.75-2.25. Grade performance across religious affiliation showed that majority (51.15%) of the Muslim students obtained high grades between 1.0-1.5 compared to the Non-Muslim with only 34.33% or 80 respondents. The mean raw score of all the respondents is 1.85, which implied that majority of the respondents got good grades in table tennis tournaments. The standard deviation of the raw score is 0.48 and coefficient of variation is 26.17%. High significance level existed between backboard, ball tapping and service ( $p=0.000$ ); strongest correlation is found between backboard and ball tapping ( $r=0.531$ ), followed by backboard and service ( $r=0.499$ ), then ball tapping and service ( $r=0.426$ ). Backboard, ball tapping and service also indicated a moderate correlation ( $r=-0.525$ ,  $r=-0.519$ ,  $r=-0.51$ , respectively) ( $p=0.000$ ) in an individual's performance in tournament which means that sports skills are attributes that influence better performance in tournament. The correlations between gender and backboard, ball tapping and service, are moderate ( $r=-0.576$ ,  $r=-0.325$ ,  $r=-0.376$ ); while gender and grade performance shows weak correlation ( $r=-0.115$ ). Correlations with religious affiliation are not at all significant since only backboard and grade in tournament are found to be significantly correlated with religious affiliation ( $r=0.120$ ,  $p=0.024$ ;  $r=0.203$ ,  $p=0.000$ , respectively). A standard multiple regression was performed between grades obtained in tournament and the selected sports skills of backboard, ball tapping, service, gender, and religious affiliation. The final equation included all the independent variables of the study including gender and religious affiliation, with an adjusted *R square* of 41.4. Based on the results, in order to predict the grade in tournament in table tennis of a particular PE 3 student, the equation using Model 5 is:  $Grade\ in\ Tournament = 3.003 - 0.008(Ball\ Tapping) - 0.015(Service) - 0.119(Religious\ Affiliation) - 0.009(Backboard) - 0.0170(Gender)$ ; with: Gender: 0 = Male, 1= Female; Religious Affiliation: 0= Non-Muslim, 1= Muslim. All the variables used in the skills assessments (backboard, ball tapping and service) and the variables of gender and religious affiliation contributed to prediction of the player's performance in competition. With these results, it can be deduced that sport skills are attributes that influence better playing performance in tournament or in competition.

*Keywords:* table tennis, skill performance indicator, playing performance predictor

**ABSTRACT 57**

**International Charter of Physical Education, Physical Activity and Sport (2015) by UNESCO and Work in Japan**

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In 1978 UNESCO instituted the International Charter of Physical Education and Sport. Article 1 of the Charter states, "The practice of physical education and sport is a fundamental right for all," which has significantly impacted international society. The Charter also stipulates that developing physical education and sport is the duty of government as physical education and sport contribute to body and health, human holistic development, improving quality of life and human progress. After minor revisions in 1991, the Charter includes the term physical activity, and was newly entitled as the International Charter of Physical Education, Physical Activity and Sport. The revised Charter was adopted in November 2015. This presentation reviews the background and significance of the new Charter and reports work in Japan and the current situation and challenges that Japan faces in the context of the Charter. This study collected, analyzed and examined documents related to the process of revisions of UNESCO's International Charter of Physical Education and Sport and materials concerning the approaches of related organizations in Japan. This study clarifies that the revision of the Charter adopted in 2015 was initiated based on the recommendations of MINEPS V held in Berlin in 2013. The recommendations were against a background with certain recurring issues concerning physical education and sport, the need to update research outcomes and the work of related international organizations after the previous revision. Following the adoption of the Charter, the Science Council of Japan works to make policy recommendations to the government. The Japan Society of Physical Education, Health and Sport Sciences (JSPEHSS) hosted an international symposium in order to disseminate the new Charter to the stakeholders, clarify the current situation and action assignments, and discuss ways and means to embody the concept of the Charter.

*Keywords:* International Charter of Physical Education, Physical Activity and Sport, UNESCO

**ABSTRACT 58**

**Drawing Sports Experiences from Children in Conflict with the Law in Bahay Pag-Asa: An Interpretative Phenomenological Analysis**

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Children in Conflict with the Law are group of individuals who are usually secluded from the society due to their mischief behaviors. As time goes by, cases of juvenile crimes in the Philippines are inclining and becoming more sophisticated (Wickliffe, 2013). Parallel to the inclining of delinquency cases, children that are being involved it varieties of crimes are getting younger each year. This current research dealt with the probability that Sports would influence the overall socialization of CICLs in a positive way (Landers & Landers, 1978). Researches indicate that Sport Experiences foster citizenship, social success, positive peer relationships, and leadership skills to children (Evans & Roberts, 1987). Likewise, Larson (2000) claimed that a key component to youth's positive social development such as initiative can also be developed through these structured activities. In addition, Sports Psychology is relatively new in the Philippines and few empirical researches which focus on the Children in Conflict the Law were being made. Bahay Pag-asa Dasmariñas is an institution who accommodates Children in Conflict the Law or the Youth at Risk; it serves as a transformational center for these individuals. The primary objective if this study is to identify the lived experiences of the Children in Conflict with the Law in exposure to sports activities and to determine how the Children in Conflict with the Law make sense of their experiences. Semi-structured interviews were carried out with four residents of Bahay Pag-Asa Dasmariñas who had been exposed with sports activities, and were under the institution's supervision for two months or beyond. Verbatim transcripts of the interviews were then analyzed using Interpretative Phenomenological Analysis (IPA). The analysis produced four master themes. These were, "How They Started Playing the Game": Relationships with Others"; "Experiencing an organized Sports Clinic"; and "How They Make Sense of their Experiences". A description of these master themes and the related subordinate themes is presented. The results of the analysis revealed that sports for the CICL can be used as a tool to socialize, to learn, and to reintegrate with the society.

*Keywords:* children in conflict the law, sports experiences, interpretative phenomenological analysis

**ABSTRACT 59**

**Socialization into Sports among Female College Students in Mindanao State University-Marawi City**

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This study aimed to determine the socialization into sports among female college students at Mindanao State University-Marawi City. Specifically, it was designed to describe the influences of parents, younger and older siblings, and peers in the socialization into sports of these students. The study used descriptive type of research method and was conducted during second semester of school year 2014-2015. The respondents of the study were the female residents, both Muslims and Non-Muslims of the different dormitories in the campus. Simple random sampling method was used with a total of 303 respondents. The data were analyzed with the use of descriptive statistics method. For the treatment of the data,

frequency and percentage distribution was used to present the profile of the respondents. The results of the study are the following: majority of the respondents first become interested in sports were through P.E classes. On the other hand, it was from school where the respondents first become interested in sports. Moreover, in terms of respondents' fathers' participation, mothers' participation, older brothers' and older sisters' participation, younger brothers' and sisters' participation into sports fell into "not active at all." However, male and female best friends' participation in sports fell into 3 or more days per week. Furthermore, fathers' encouragement, mothers' encouragement, older brothers' and older sisters' encouragement, younger brothers' and sisters' encouragement into sports were rarely. Conversely, male and female best friends' encouragement towards sports was at every opportunity. Based on the findings and conclusions of the study, it is recommended that significant others (family and peers) as the primary socialization agent should engage and involve themselves in physical activities and sports to pursued others to be actively involved in sports and strengthen Physical Education programs to schools especially in promoting the benefits, values and as well as its importance in relation to one's health. Conduct seminars, workshops, or tournaments for the recognition of sports as a good way in developing the interest of the youth both Muslims and Non-Muslims.

*Keywords:* socialization into sports, PE programs in schools

#### ABSTRACT 60

### Wellness and Survival Skills among the Survivors of Typhoon Sendong in Barangay Upper-Hinaplanon Iligan City

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This study aims to know the significant relationship between general wellness, survival skills and the moderating variables. The data were gathered from 30 survivors in Barangay Upper-Hinaplanon, Iligan City, whose ages ranged from 14-65 years, who had experience the typhoon Sendong. To obtain accurate information on the survival skills, general wellness and personal profile of the respondents, standardized questionnaires and structured were used. The results showed that the independent variables and moderating variables such as age, gender, ponderal index, socio-economic status and personal response had no bearing or were not significantly correlated with the dependent variable which is the survival skills of the respondents. Having the general wellness and survival skills of the survivors, the study also determined the age of the survivors which mostly affected residents of Barangay Upper-Hinaplanon, Iligan City were young adults. In the gender category, majority were femal. When it comes to their ponderal index, those survivors having a light weight and average height survived. Majority of the survivors belonged to

poverty level in terms of their socio-economic status. Further, among the physical dimensions, only having a lots of energy and can get through the day without being over tired was significantly related with survival skills; among the mental dimension, none was found to be significantly related with survival skills; among the emotional dimension, able to cope up with stress were significantly related with survival skills; among the social dimension, none have some degree of association with survival skills; and among spiritual dimension, none also have high degree of association with survival skills. Furthermore, gender, ponderal index, personal response and socio-economic status had no influence to wellness and survival skills.

*Keywords:* survival skills, wellness, typhoon Sendong

#### ABSTRACT 61

### Effectiveness of a Yoga Program on School Principals Stress Coping Strategies: Findings from a Pre-service Training Professionals Sample

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This study aimed to assess the effectiveness of a universal yoga-based social-emotional wellness promotion program, on indicators of newly appointed school principal's emotional distress. Participants included purposively selected 12 school principals attending in pre-service training program in Penideniya National College of Education in Sri Lanka. According to my view, I think it can be developed through stress management and yogi exercise. The action research methodology is adopted in this study. Accordingly, it was implemented using the steps planning, action, observation, and reflection. The target group is the new principals who are selected from competitive examinations and recently training to appoint as principals in the future. Data is collected oral questionnaire, written questionnaire and a discussion. Further information is collected through the directors of education, coordinators and the lectures of the training programme. The value of regular Yogi exercise is realized by the principals. The following module was adopted for principals sample: *Shithilikarana vyayama* (loosening exercises) 5 min., *Suryanamaskara* (sun salutation) 5 min, *Asana* (physical postures) 15 min., *Pranayama* (breathing practices) – 10 min, *Kapalabhati* (illuminating forehead breath), *Nadisuddhi* (alternate nostril breath), *Ujjayi* (the psychic breath), *Bhramari* (humming bee breath). Observe whether the principals are improved their physical fitness skills, and participation of the programme through daily yoga exercises. The principals could increase the physical fitness through Yoga exercises. Results indicated that principals who participated in the basic Yoga program demonstrated significant reductions in anxiety, depression, and global psychological distress. Significant reductions in rumination, intrusive thoughts, physical arousal, and emotional arousal were reported as well. No significant improvements in somatization or general affect were found. Results of this study provide evidence of the potential for newly appointed principals to influence important their social-emotional outcomes among their peers. The main reason for lack of physical and mental fitness of the principals; is lack of

physical training and meditation. A good result could be gained explaining, discussing, paying attention for the target group through the training programme. Through this action research principals could manage their stress and it helps them for correct decision taking and participates in practical activities to develop their skills. It also helps to pay attention of the directors of education to include yogi exercises for pre service training programme for principals. This action research help to develop professional qualities of the principals and they could face day today problems successfully.

*Keywords:* yoga, stress coping strategies, action research

## ABSTRACT 62

### Level of Sports Competition Anxiety of Volleyball Players in Universidad de Manila

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Anxiety is one of the many emotions that may arise in response to a competitive situation like sports competitions. This study focused on the level of sports competition anxiety of volleyball players of Universidad de Manila (UDM). It aimed to find out the level of sports competition anxiety among the said players as well as its significant difference when the respondents were grouped based on their gender, age and position in the team. This study used the quantitative method particularly the descriptive survey design and adopted the sports competition anxiety test for adult (SCAT-A by Rainer Marten, 1990). The multidimensional anxiety theory which describes competitive sports anxiety was used as the framework. The findings showed that the volleyball players felt a moderate level of anxiety before the competition and a low level of anxiety only during the competitions. Some signs and symptoms of pre-competitive anxiety include uneasiness, worry, queasy feeling, increased heart beats and nervousness. When grouped based on their gender, the females felt an increased in heartbeat before the competition than the males, while the males felt worried during competition than the females. When grouped based on their age, players under 16 years of age felt uneasy and experienced an increased in heartbeats before the competition. The proposed intervention or strategies that may benefit both the players and the coaches particularly in handling sports competition anxiety was the final output of this study.

*Keywords:* sport competition, cognitive anxiety, somatic anxiety, sports competition anxiety test for adult (SCAT-A), multidimensional anxiety theory

## ABSTRACT 63

### Sports Performance and Coping Strategy among Varsity Athletes

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This study ascertain the significant correlation between sports performance and coping strategy and how the factors of skill level and years of playing experience affect the main variables. Descriptive-correlation design was used. It was conducted among 137 varsity athletes of the Mindanao State University, Main Campus, Marawi City who rank from champion to 3<sup>rd</sup> runner up during the Mindanao State University System Athletic Association Meet held in Marawi City last April 27 – May 1, 2016. Sports performance is categorized into champion, 1<sup>st</sup> runner-up, 2<sup>nd</sup> runner-up, and 3<sup>rd</sup> runner-up, while ways of coping strategy of Folkman and Lazarus (1988) are classified into eight (8): confrontive coping, distancing, self-controlling, seeking social support, accepting responsibility, escape-avoidance, planful-problem solving, and positive re-appraisal having a total of 32 statements. Skill level categorized as beginner, advance beginner, intermediate and elite. Results indicated an inverse highly significant correlation between planful-problem solving and skill level ( $r = -0.230$  and  $p = 0.007$ ). This connotes that beginners are better in planful-problem solving strategy than elite athletes. Also, a linear significant correlation revealed between years of playing experience and sports performance ( $r = 0.195$  and  $p = 0.022$ ). This signifies that athletes with longer years of playing performed better (like champions) in their respective games. Finally, an inverse significant correlation revealed between sports performance and accepting responsibility ( $r = -0.177$  and  $p = 0.039$ ). This implies that champions accept responsibility less compared to 3<sup>rd</sup> runner-up. Findings suggest that athletes especially beginners should go through with coping strategy orientation/workshop as part of the training program. Exposure of athletes to various competitions like invitational games, club tournaments and the like is deemed necessary. Recommendations for athletes' exposure to various competitions and coping strategy training-workshop are to be conducted.

*Keywords:* sports performance, coping strategy, skill level, years of playing experience

## ABSTRACT 64

### Predictors of College Athlete's Sport Commitment: An Evaluation of the Sport Commitment of Western Visayas State Colleges and Universities Athletic Association (WVSCUAA) Athletes

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The study determined the sport commitment of college athletes. Specifically, it looked into the factors within the Sport Commitment Model that predict sport commitment and the differences in the predictors of sport commitment based on demographic categories (sex, type of sport and skill level). This study utilized the Sport Commitment Model by Scanlan et al. (1993), with the addition of social support (Scanlan et al., 2003). The participants were 671 college athletes (males = 383; females = 288) purposively selected from four state colleges and universities in Iloilo. A survey instrument with items from Sport Commitment Questionnaire by Scanlan (1993, 2003) was used. Results found enjoyment, personal investments, and involvement opportunities to be significant predictors of sport commitment accounting for 31.5% of the variance. With the total sample, enjoyment appeared as the



strongest predictor of commitment but not across all demographic categories. Thus, findings with these differences add to sport commitment research by providing evidence that committed college athletes differed in the strength of predictors in predicting commitment. Results suggest the importance of enjoyment, personal investments and involvement opportunities to increase sport commitment level of collegiate athletes. It is hoped that this study will help coaches, trainers and sport coordinators identify the factors to enhance and strengthen the sports commitment of their athletes.

*Keywords:* sport commitment levels, college athletes, sport participation motivation

# POSTER PRESENTATION

**POSTER 01****Effect of Plyometric Exercises for Development of Shoulder Strength among Boxers of India****Dr.Gurnam Singh Chugh***Faculty In-charge Sports, BITS Pilani,  
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Plyometric exercises are a vital component for boxers for obtaining the maximal strength, speed, and force during the boxing event and should be included in any conditioning program of boxers. Successful boxers are athletic, technically sound, and tactical savvy in the ring. Boxing is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance, and will, by throwing punches at each other, usually with gloved hands. The purpose of the present study is to find out the effect of plyometric exercises for the development of shoulder strength among boxers of Hyderabad in India. The sample for the present study consists of 20 male boxers of Hyderabad out of which 10 are experimental group and 10 are controlled group. Plyometric exercises such as push-ups, medicine ball throws, hopping, bounding, tuck jumps, box jumps, dumbbell throws, etc. were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for eight weeks. Pre-test and post-test were conducted in pull-ups to measure the shoulder strength among experimental group and controlled group. The boxers' weight categories are from light fly to middle weight between the age group of 18-20 years. The boxer experimental group of pull-ups in pre-test is 10.00 and boxers controlled group mean is 10.10 in pre-test. There is a difference of 0.10 in pre-test. The experimental group mean in pull-ups test is 13.50 in post-test and controlled group mean is 10.00, the experimental group mean in post-test in pull-ups test is improved from pre-test 10.00 to post-test 13.50 and control group mean is post-test is 10.00. There is a decrease in the performance from 10.10 to 10.00. The boxer experimental group has improved due to plyometric exercises in pull-ups test and controlled group is decreased due to general training. In a competitive sport such as boxing overall body strength and ability to attack quickly are distinct advantages. Competition is according to the weight categories. It is concluded that due to plyometric exercises there will be improvement in shoulder strength among boxers.

*Keywords: plyometric, boxers, strength***POSTER 02****Comparison of Achievement Motivation among Kabbadi and Kho Kho Players of India****Dr.Shafiuddin Sharfuddin Shaikh***Former Dean, Faculty of Physical Education***Dr.Baba Saheb Ambedkar***Marathwada University  
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Achievement Motivation defined as the need to perform well or the striving for success and evidenced by persistence and

effort to achieve high performance in sports. Motivation is based on your emotions and achievement related goals. Achievement Motivation is the desire to excel at task. Achievement Motivation influences choice effort to pursue goals intensity of effort persistence. The purpose of the study is to find out the level of achievement motivation among Kabbadi and Kho Kho players of Aurangabad District. The sample for the study consists of 50 Kabbadi players and 50 Kho Kho players of Aurangabad District. The standardized Dr.B.N.Mukharji Achievement Motivation Scale was used for this study. It was found the Kabbadi players are having more Achievement Motivation than Kho Kho Players because the Kabbadi required compulsory motivation and courage to achieve excellence in performance. It is concluded that Kabbadi players must set goals and aims to give level best performance to win the competition, whereas the Kho Kho Players depend upon their group to give the high level of performance. It is recommended that achievement motivation is compulsory for all sports persons to achieve high excellence in sports. The coaches must prepare all the sports persons with high level of motivation to excel in sports and games.

*Keywords: achievement motivation, Kabbadi, Kho Kho***POSTER 03****Comparison of Stress among Table Tennis Players and Football Players of Aurangabad****Dr.Devesh Datta Pathrikar***Asst.Professor, Department of Psychology  
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The purpose of the study is to find out the stress among the table tennis players and football players of the Aurangabad. The sample for the present study consists of 50 table tennis players and 50 football players of Aurangabad District of Maharashtra State in India. For the present study, Manual for Personal Stress Source Inventory SPSSI was used for measuring the stress of teacher educators. For calculating test-retest reliability the inventory was administered twice with a gap of 14 days on an unselected sample of 200. The test-retest reliability was found to be .79 which was not only high but also statistically significant. Holmes and Rahe (1967) on a sample 100 of 100 and the obtained correlation was .68 which was a significant one providing evidence for sufficient concurrent reliability of the test. Mean of stress score of the table tennis player is 65.55 and football players means is 77.34. The difference between the two mean is highly significant ( $t= 7.00$ ,  $df = 98$ ,  $P < 0.01$ ) it was found that the football players are having more stress compare to table tennis players. It is concluded that football players are having more stress than table tennis players. Stress plays important role in the improvement of performance among sports persons. Psychological Training must be given to all sports persons to overcome the stress and play better in sports tournaments.

*Keywords: stress, table tennis, foot ball*

## POSTER 04

### Differences in Postural Control and Physical Performances between Multi-Sport Athletes and Single-Sport (Rugby) Athletes: A Pilot Study

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Balance performance of young rugby players with sports specialization is an important yet under examined area. It is plausible that there is a differential training effect between rugby and other types of sport on balance performance and other physical outcomes. This study aimed to examine the differences in balance and physical performances between adolescent athletes with single-sport (rugby only) training and adolescent athletes with multi-sport training (rugby and other types of sport). This was a cross-sectional and exploratory study. Eight single-sport athletes [4M / 4F; Mean age (SD): 14.13 (1.12) years] and ten multi-sport athletes [7M / 3F; mean age (SD): 15.50 (1.27) years] completed the following measurements voluntarily. Bipedal standing balance performance was assessed using the sensory organization test (SOT) of the Smart Equitest computerized dynamic posturography machine. Physical performances including maximal oxygen uptake (VO<sub>2</sub>max), countermovement jump (CMJ), and flexibility were assessed by Multi-Stage Fitness Test (MSFT), Lafayette Complete Vertisonic, and modified sit and reach test, respectively. Sports training history was obtained by interviewing the participants. Analysis of covariance (ANCOVA; covariates: age and rugby training volume in h · wk<sup>-1</sup>) results revealed that the SOT composite equilibrium score was 6.96% lower in the single-sport group [Mean (SD) = 73.13 (5.842)] than that of the multi-sport group [Mean (SD) = 78.40 (3.596)] (P = 0.012). The partial eta squared value was 0.375 indicating a large effect size. Results of the Mann-Whitney U test showed no significant difference in their physical performances (P > 0.05). Participation in different types of sport was deemed to be better than participation in rugby alone in terms of standing balance performance. Further study is needed to explore the adverse factors affecting balance performance of rugby players.

*Keywords:* multi-sport, postural control, single-sport

## POSTER 05

### Effect of Plyometric Exercises for Development of Speed among Cricketers of India

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Cricket is a bat-and-ball game played between two teams of 11 players on a field at the center of which is a rectangular 22-yard long pitch. Each team takes it in turn to bat, attempting to score runs, while the other team fields. Each turn is known as an innings. Plyometrics is a catch all term for training methods that is used to improve the amount of force in muscles to generate the speed. The purpose of this study is to find out the effect of plyometric exercises for development of speed among cricketers of Aurangabad District in India. The sample for the present study consists of 40 male cricketers of Aurangabad District out of which 20 are experimental group and 20 are controlled group. Plyometric exercises such as hopping, bounding, depth jumps, hurdle jumps, box jumps, tuck jumps given to the experimental group along with the cricket training for six weeks and control group were given the general training of the cricket pre-test and post-test were conducted on 30 M flying start run to assess the speed to both the groups. This study shows that due to the plyometric training there is an improvement of speed among experimental group compare to the control group. A good training program for cricketers can easily incorporate plyometric methods as they don't require much special equipment. Plyometric workouts are not only a great way to improve explosive reaction for athletes in sports like tennis, boxing, hockey, cricket, volleyball, basketball, soccer, rugby, and many other sports but this type of training is used more and more by everyday people wanting to improve their fitness and performance. It is concluded that due to plyometric training there is an improvement of speed among cricketers. It is also recommended to coaches to include the plyometrics program for cricketers for enhancing the performance and speed.

*Keywords:* plyometrics, speed, cricket

## POSTER 06

### The Acute Effect of Pre-activity Hyperventilation on Jump and Sprint Performance

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Hyperventilation, exceeding the metabolism of oxygen consumption and carbon dioxide removal requirement ratio, defined as normal more quickly and deeply pulmonary ventilation. Resulting from voluntary hyperventilation is called alkalosis, respiratory alkalosis. Alkalosis, metabolic acidosis lowers the pH and increases recovery. After voluntary

hyperventilation (HV) before exercise is not made significant differences in maximal anaerobic power, but has increased significantly and thus decreases the fatigue index of aerobic participation. However, maximal voluntary hyperventilation before exercise are as well trained swimmers in the 50m freestyle performance may increase. The aim of this study briefly held before exercising female athletes in volleyball, voluntary, is to examine the effect of maximal hyperventilation in counter-movement (CMJ), squat jumping (SJ) and sprint performance. In this study, 14 female volleyball players have volunteered. Participants 7-8 minute low paced jogging and stretching after 7-8 minutes diversity and implementing a general warm-up that includes stretching. After about 3 minutes after the heating process has been applied for 30 seconds at random HP or normal ventilation (NV), tidal volume and minute volume values via a portable spirometer and resting heart rate were measured. HP protocol as participants have applied 6 maximal breathing consists of a 5-second cycle, a 5-second respiratory cycle in the first 2 seconds of maximal inspiratory contains a maximal expiration the last 3 seconds. It was given to 30 seconds of passive recovery between HP and testing protocol and was adopted after jump or sprint test. Data of the mean and standard deviation were determined. The difference between the measurements to determine whether the paired sample T-test was used for statistical significance. According to the results voluntary hyperventilation didn't show significant effect on countermovement jump, squat jump and 20m sprint time values ( $p>0.05$ ), but 10m sprint time was significantly lower than normal ventilation values ( $p<0.05$ ).

*Keywords:* sprint, jumping, respiratory alkalosis, voluntary hyperventilation

## POSTER 07

### The Relationship Between Stiffness of Lower Limb and Explosive Strength Under Different Types of Stretching

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Stiffness is the rigidity of an object — the extent to which it resists deformation in response to an applied strength. The stiffness of lower limb could be normally described as two distinct parts: muscle-tendon complex stiffness and vertical stiffness. The purpose of research are (1) to study on the characteristics of the changes of muscle-tendon complex stiffness, vertical stiffness and explosive strength when intervened by static stretching and practicing PNF in different times. (2) to explore the relation between the lower limb and explosive strength. The research selected 60 non-athlete male students in the age between 18 to 19 in Beijing Sport University as subjects. The subjects were divided into 3 groups with the first group practiced static stretching, the second group did 2 times PNF stretching and the third group performed 5 times PNF stretching. The GE vivid7 color-ultrasonic instrument were applied both before and after the stretching for testing the displacement of the muscle-tendon complex stiffness under the isometric contraction. The muscle-tendon complex stiffness the triceps surae could be calculated from the ratio produced by the displacement. While applying Sony hvr-v1c high definition digital camera and Kistler 3 D

Force Platform to measure and calculate the vertical stiffness and explosive strength by vertical jumping before and after the stretching. By applying Paired t test to compare the subject data of before-and-after stretching of muscle-tendon complex stiffness, vertical stiffness and explosive strength. The stiffness of lower limb and explosive strength under the intervention of stretching were analyzed by one-way ANOVA. Using Pearson correlation to analyze the correlativity of lower limb stiffness and the explosive strength. The significance showed  $P<0.05$ . Thus we draw the conclusion below: (1) No effect found of the static stretching on lower limb stiffness and explosive strength. Two times PNF would cause the increacement of the vertical stiffness and explosive strength( $P<0.05$ ) while no effect would be produced on the muscle-tendon complex stiffness of the triceps surae. Five times of PNF stretching could cause a significant decrease of the explosive strength, vertical stiffness of lower limb and the muscle-tendon complex stiffness of the triceps surae( $P<0.05$ ) (2) Under the effect of the three types of stretching, the stiffness of lower limb showed a high degree of positive relation with the explosive strength ( $P<0.05$ ). No relation was found between muscle-tendon complex stiffness of the triceps surae and explosive strength.

*Keywords:* static stretching, PNF, stiffness

## POSTER 08

### Effectness of Transition Training on XXX Guangdong Junior Women's Basketball Team

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The purpose of this study is to understand the foreign transition training philosophy and arrangement. The author observed the head coach Billy (from Australia) coaching the Guangdong junior women's basketball team for 10 months. Using interview method, questionnaire investigation, case study method, video analysis to analyze the contents of the drills, summarizes reasonable training drills, and watch the national games after the training to analyze the effects of Guangdong junior women's basketball team's transition. The main conclusions are as follows: (1) The training of Guangdong junior women's basketball team's transition are start with the simple position training, then the 2-3 man play, finally the 5 man play. After doing that drills to a certain extent, they add the defense and an organized tactics was form. Through the observation, the arrangement between many drills is closely linked to each other. (2) Guangdong junior women's basketball team outlet the ball after the defensive rebound is better than their opponents, most of the outlets are above the free-throw line. Similar with the Spurs and the USA woman's team. In terms of defending the opponents. They meet the coach's requirement. Make the opponent outlet the ball lower than the free-throw line and push the ball by dribbling most of the time. (3) Guangdong junior women's basketball team use pick-and-roll very well in transition. They can seize the opportunity, use the pick-and-roll to score quickly. (4) The Guangdong junior women's basketball team's initial shot rate from the transition is higher than the opponent, and relatively similar with the London Olympic Games women's top four basketball teams. (5) Guangdong junior women's basketball team has higher shooting percentage in transition than their opponents after the make

baskets. And they can reduce the numbers of opponent's layup attempts; In transition after the steal, Guangdong junior women's basketball team has more layup attempts than the opponents; In transition after they get the defensive rebounds. Guangdong junior women's basketball team can play aggressive. Drive to the basket and score. (6) Guangdong junior women's basketball team has more offensive rebounds after the initial shots in the transition than their opponents, but had no difference in set offense. That means they have good transition mentality. They trail the ball very fast.

*Keywords:* Guangdong women's basketball, junior team, transition, training content

## POSTER 09

### The Potential Market Analysis and Development of Artengo in Mainland China

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The aim of this study was to analyze the influence which China tennis sports makes on Artengo brand and to find a way to help Chinese customers to have a better know about Artengo brand. Meanwhile, it helps Artengo brand sells better in China marketing. This study will analyze potential market of Artengo through the internet and CNKI.net as well as some relative document in Universite Lille 2 Droit et Santé (France). The interview of the brand manager and CEO in China were also conducted as part of data sources. The results of this study indicated that China marketing provided a great opportunities and support to promote Artengo brand and earn reputations within a very high speed. With the increase of China economy, there will be more international tennis competitions held in China. And there still a huge space for it to develop. Artengo brand also has more advantages than others in China, however, Artengo still needed to find more opportunities to promote its advantage and potential compared with other brands.

*Keywords:* tennis, china market, artengo, competition, brand positioning

## POSTER 10

### Analysis on the Current Development of Athletic Basketball in China

**Jiang Han**

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In recent years, the development of basketball professionalism in the world is rapid, and the level of competition has been improved, but the professional and competitive level of basketball in China has gradually expanded with Europe and the United States. Although the reform of basketball in our country has made some progress in practice of reform, but in the process of development, there are still a series of problems. By using the literature data method, questionnaire survey and expert interview, and let China Men's Professional Basketball League as the research object, and analysis on our basketball competition system, training system, the problems

of coaches and athletes and reserve personnel training. Finally I find out the problems in the development of the basketball sport in our country, and put forward some suggestions for the problems. The problems of basketball development in China are as follows: (1) The organization of the competition is backward. (2) Lacking of a perfect training model. Throughout all the CBA teams, we find that the training mode is single, and the training quality is poor, and the content train is not form a scientific system. (3) The local coaches who are at a high level are scarce. Some coaches have a little bit of a poor spot capabilities command and low level of coaching. (4) The athlete's own overall quality is not high, and in the increasingly fierce basketball match, they did not dare to take the initiative physical contact, and they have a poor understanding of basketball and the execution of some of the players is worse. (5) The lack of the training of reserve personnel, the reserve personnel training system is not perfect. Based on the research of the status quo and the present situation of our country, I put forward the reform strategy of our country's basketball game: (1) Reform the competition system, and constantly improve the management system of sports organization and competition system, including foreign aid system. (2) Improve the basketball technical style and the overall training level. Starting from the players themselves, develop suitable training program and content for the team. (3) Establish a sound training system of coaches. In order to improve the coaches' teaching level and the overall ability, train and assess coaches termly. (4) Improve the overall quality of the athletes, and cultivate their basketball understanding and basketball IQ. Establish a scientific system of professional personnel training system. Through continuous teaching practice, I understand that the training level and the quality of basketball organizations are becoming more and more important to the development of basketball. Obviously, in order to improve the development of basketball in China, the problem that is a competitive system, sports training and the overall quality of coaches and athletes must be solved, and only by constantly solving the problem can we make the Chinese basketball develop in the direction of health and science.

*Keywords:* basketball in China, development, basketball system

## POSTER 11

### Research on the Present Situation of the Aerobics Teaching in Colleges and Universities in China

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Calisthenics is a new aerobic exercise program, which has all the function of aerobic exercise. With the continuous development of the calisthenics sport, the demand of the college students and teachers in calisthenics course is also increasing, and the calisthenics sport has gradually become an important part of college physical education. Because of the development and spread of the calisthenics in China is late, so the development of calisthenics in our country colleges is relatively short. Teaching content system and teaching quality is still not perfect, and calisthenics teaching is still in the stage of exploration and development, so teaching content system of imperfect has also become a major dilemma in the development of the calisthenics at the colleges and universities in China. In this paper, literature data method, questionnaire

survey and expert interviews and other are used. The college aerobics teachers, teaching content and teaching methods, students' interest and demand, facilities and development in a number of problems were investigated and analyzed in this paper. By analyzing the study reached the following main conclusions: (1) In terms of aerobics teacher, the aerobics teachers tend to be younger, and the teachers' educational background structure is general, and the proportion of highly educated teachers is small, which has certain influence on the teaching of aerobics. (2) In terms of Aerobics Teaching in Colleges and universities, the teaching content system is not perfect, and the teaching outline is not clear, and there is no unified teaching material in the whole country. In teaching methods, the traditional teaching method is still used, and that the teaching mode is single and lack of innovation. (3) In terms of the students' needs, the impact of students' learning interest is not only the teaching content, but also the teachers' level. Therefore colleges and universities should strengthen aerobics teacher training, and gradually build up College Aerobics teaching theory system, and innovate new teaching ideas from teaching practice. Students as the starting point and cultivate the students' interest in aerobics courses, improve and innovate continuously. (4) In terms of the facilities, the facilities are a restricted factor to the development of the University's aerobic exercise. The research found that the aerobics facilities in colleges are not perfect. (5) The main factor on the development of university aerobics include that attention on aerobics which schools pay on is not enough, and the aerobics teachers are weak, the teaching curriculum is not reasonable, the teaching program is not systematic, and the lack of facilities. While the weak of teachers, the imperfect teaching content system and the lack of teaching facilities are the important factors that affect the development of Aerobics in Colleges and universities. Suggestions: (1) Train the aerobics teachers in Colleges and universities periodically, to improve their professional quality and teaching innovation. (2) Improve the aerobics teaching course plan and content with the times, and innovate constantly. (3) The school authorities should strengthen the importance of aerobics and increase sites for the aerobics with students as the center and development point, and constantly improve the curriculum and teaching models and methods, so set up the status of calisthenics teaching in colleges, and truly solve the problem of aerobics course in colleges, and continuously promote the development of aerobics in our country.

*Keywords:* Aerobics in China, calisthenics, aerobics teaching

## POSTER 12

### **My Analysis and Reasons: Why 'Hack-a-Player' Arises**

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Nowadays, the competition in basketball games has become more and more fierce where the contest between both sides no longer exists in individual abilities and skills but they compete by strategy and tactics. Due to no quantitative restriction on fouling players without the ball in the NBA, there were more and more fouls on the no ball man during the game so that the 'Hack-a-Player' arose. 'Hack-a-Player' originated from 'Hack-a-Shaq' which was innovated by Don Nelson-the

former head coach of Dallas Mavericks meaning to committing repeating intentional fouls to Shaquille O' Neal and giving him less chance to score. Owing to the free throws is the weakest aspect of him, he had the opportunities to the line but little possibility to make them. This strategy is not only aimed at the Center but for those who are dominant but weak at shooting free throws. Therefore in the broad sense 'Hack-a-Shaq' can counter more than Shaq himself. In recent years, this tactics is still common. Is it arranged by coaches on purpose or the players' basics being not solid? This dissertation analyzes and investigates by the concept and reasons why 'Hack-a-Player' arises, drawing three conclusions: (1) This rule may not be abolished temporarily because the profit of league has not been affected; (2) Coaches ought to urge their players to consolidate their basic skills including increase FT percentage in the event of encountering the trouble where the rotation cannot move smoothly; (3) Coaches should be adaptable to the circumstances using the substitutions or changing tactics.

*Keywords:* basketball game, competition, hack-a-player

## POSTER 13

### **Present Problems and Countermeasure of Teenage Basketball Training in China**

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A lot of problems in Chinese teenage basketball training has caused obvious slide of Chinese basketball level and reserved the sustainable development of basketball, so it is of great importance to strength the research of Chinese teenager basketball training problems. This paper believed that a lack of solid foundation, poor physical fitness, ignorance of mental training and personality cultivation, outdated concepts and training methods, eager for quick result are the major problems. According to the above problems, several solutions are put forward in the paper. Expanding the population of basketball player, applying modern scientific concepts to guiding and training teenagers and paying enough attention to the mental training are included. Besides, improving the players' physical fitness level, increase the times of competition are also mentioned to contribute to the development of Chinese basketball.

*Keywords:* youth training, training level

## POSTER 14

### **The Relationship between Social Adaptability and Sports Activities among Chinese College Students**

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The aim of this study was to understand the current state of social adaptability among Chinese student, especially concentrated on the students who took physical exercise regularly, and subsequently conducted a new multi-index model further to explore the relationship between social adaptability and sports activities. 5000 Chinese college

students were investigated by Chinese university-student social adaptability inventor and the Chinese college students' version of Buss-Perry aggression questionnaire-Chinese versions and resulted in 4,356 (87.1%) samples return. By the help of analysis of variance and multivariate analysis of covariance, a multi-index model was conducted and examined. This study reported that the period of primary and secondary school might be the most productive years of human achieving and training social adaptability. Taking sports activities facilitated learning and improving social adaptability. Thus, primary and secondary school students are encouraged to have sports activities, which are good for their physical and mental health.

*Keywords:* social adaptability, Chinese college students, sports

## POSTER 15

### **Influence of the Development of Basketball Rules on the Development of Basketball Tactics**

**Xu Yuejie**  
**Zhou Pengpeng**

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The rules of basketball and basketball game at the same time, complement each other, mutual promotion and continuous improvement with the development of basketball and. Basketball rules are rules, understand and grasp the rules of basketball development of basketball tactics, has very important practical significance to enrich the theory system of basketball academic and promote the further development of basketball in China the evolution of and on this basis for future basketball technique and tactics development trend and the basketball rule evolution to make scientific forecast and provide a theoretical basis. With the evolution of the rules of basketball, basketball technical and tactical game presents diversified development, the referee system continue to improve, to the illegal behavior norms in the basketball game, enhance competition, ornamental, interesting, we have to according to the principle of reasonable modifications to improve the rules of basketball, to further promote the development of basketball technique and tactics and the judgment system. In this paper, using the literature, expert interviews, logical reasoning and other research methods to the basketball rule evolution analysis and modification from the venue, time, violations and fouls, rules of evolution rules of basketball technical and tactical development and judgment system and improve the effect. The research shows that the revised rules change time, speed up the pace of the game, improve the continuity of the game, more intense match against the rules of the space; promote the development of man to man defense and zone defense, defensive tactics, which break the ball, with cutting and other basic tactics have been brought into full play, and the need for closer cooperation between the referee; the violation of the rule changes more humane, to increase the number of new techniques for basketball, the basketball player is more detailed and comprehensive, but also promote the emergence of many front press tactics, the emergence of new tactics on the field with the athletes more sophisticated, so as to enhance the viewing of the game; the evolution rules in line with contemporary basketball tactics development, standardize the unreasonable action, To ensure that the athletes better play, while safeguarding the fairness of the game. Evolution of

basketball rule is improve the referee system, greatly improves the sentence accuracy, making the race toward more standardized, the referee work more smoothly. At the same time, it also brings more enjoyment of the game. Analysis of the evolution of basketball rule of tactics and judgment system. Experimental results show that the basketball rules revision, technical and tactical development and the judgment system perfection is mutual influence, mutual promotion and mutual restriction each other, each progressively and perfect, to promote the basketball to develop toward the direction of more reasonable and more attractive, coaches, players and referees, science teaching, training and implementation of the new rules provides reference.

*Keywords:* basketball rules, evolution, technical and tactical decision

## POSTER 16

### **Research on Bilingual Teaching of NBA YAO CLUB: A Case Study**

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It is basically the same in training methods and lesson formats since the birth of amateur basketball training in China. With the rapid development of basketball worldwide, teenagers' interest in basketball is becoming stronger and stronger. However, there is an obvious phenomenon that the gap between teenagers' growing interest in playing basketball and monotonous boring teaching formats is deeper and wider. In primary and secondary schools, the basketball training developed from the past single professional sports schools to a variety of different training institutions, and more parents prefer amateur basketball training institutions instead of the former ones. According to the market demands, various kinds of summer camps, basketball clubs, and basketball training camps have sprung up within a short time. To stand out in the market competition and attract parents' interests, training institutions adopt a creative teaching format that employing foreign basketball coaches cooperating with local interpreters and assistant coaches in bilingual teaching method is becoming very popular now. Some institutions employ the retired European professional basketball players, Physical Education graduates from foreign countries' universities and some retired players and professional coaches from NCAA and USA College. On October 15th 2013, NBA China and YAO Ming announced in Beijing to operate a new project - the NBA YAO School. The NBA YAO school is the predecessor of NBA YAO club that engaging foreign coaches from NBA to provide an authentic American basketball culture to teenagers as well as learning a high level of basketball skills. The author thinks this is a new teaching and operation mode in Chinese teenagers' amateur basketball training. It will become an indispensable power in future basketball training industry and it is definitely an important component to develop the sports itself. This article combines different study methods such as the Documentary Study, Interview Method, Questionnaires, Statistics, Field Investigation and etc. taking NBA YAO club as an example. Through the explanation of the bilingual teaching environment to explain the club's concept, management mode, operation system, and the characteristics. The study results prove that: NBA YAO CLUB management implemented the separation of



ownership and management rights comply with the characteristics of modern enterprise system. The nature of the club is industrial and commercial sector registered as a limited liability company. There is a strong management team behind NBA YAO CLUB with rich experience in management and operation of basketball club. However, they are lack of foresight to cultivate the fixed assistant coach and translators. In the process of operation, NBA YAO CLUB have a lot of students resources, high level coach team, reasonable course arrangement, great gym and frequently international communication. The NBA YAO Club's features: internationalization, strong coach team, scientific teaching content, complete facilities, using internet plus as main propaganda access. The NBA YAO CLUB basketball training help students improve their basketball skills, strong body, making more friends and enriching their leisure time. But the club that set up as the activity platform has not raised most parents' attention.

*Keywords:* Bilingual Teaching, NBA YAO CLUB

### POSTER 17

#### The Relationship between the Bottom Line and the Outcome of the Game of Badminton Smash

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As one of the most welcomed indoor sports in Southeast Asia, the modern badminton was originated from the UK. At present, the popularity and the competitive level of the modern badminton are fairly high in countries like China, Korean, Japan, Philippines and Finland, etc. Among the techniques of the badminton, lots of techniques have a huge impact on the result of the match and the smash of the bottom line is one of the major methods for the athletes to score. This research mainly analyzes and counts up the times of the athletes' bottom line, the success rate and the scoring rate of smash and their relations with the outcome of the match based on several large-scale matches (World Championship, Olympic Games and Thomas-Uber Cup Race) of the world's top badminton players. This thesis mainly analyzes statistics through mathematical statistics and the concerned software Pass. This thesis analyzes the relevant relationship between the times of the back court smash and scoring, the times of the direct score and the indirect score of the smash and the outcome of the match. At the same time, through observation, this thesis deals with the impact the athletes' psychological changes after scoring through smash. In the case of lead, the vigor of the athletes shows more intensive and rising, while in the case of trail behind, the scoring of smash releases their nervousness and pressure. Therefore, the psychological changes of the athletes after scoring through smash have a huge influence on the outcome of the match.

*Keywords:* bottom line, smash, badminton

### POSTER 18

#### Introduction to Colleges and Universities Sports Teaching of Middle School Students' Innovation Ability Training Strategy

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Students Creative Ability in College Physical Education is to implement quality education in colleges and universities inevitable requirement, hoping to meet the new era of demand for talent, but also an important way to improve the College Physical Education. Currently, the Students' Creative Ability in College Physical restraining factors mainly at teachers, students, schools, etc., based on this, college physical education in training creative ability necessary to improve the quality of their own education innovation from PE teachers and students to strengthen physical education teaching the degree of attention and play their own subjectivity, school teaching plans and evaluation of programs meet the needs of the community development effort in these three areas.

*Keywords:* physical education; innovation; training

### POSTER 19

#### Research and Analysis about How to Improve Shooting Average

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Basketball is a race to the ball as the tool to shoot for the purpose of defending the alternation of ball games. How many shots against the collective, determines the outcome of the game. In the basketball league matches we can often see players have some good shots and shooting space, but there are a lot of the phenomenon of open field goal percentage is not high. The warm-up before the game and competition in various technology and tactics, the purpose is to have a better feel in the game and create more shots, thus improve the shooting. Factors affecting the players shooting are that such as shooting technology, physical quality, mental state, shot and tactical changes and so on. Master correct shooting technology and establish the correct shot concept, pay attention to the every detail shooting techniques, using a variety of training methods specification shooting action can improve the player's shots. This paper to the players in the basketball match shooting hit rate for comprehensive analysis, using literature method, observation method, mathematical statistics method, the various factors for the players in the game shooting was studied and according to the various influence factors and shooting rate of the relationship between the comprehensive analysis initially as follows: (1) To strengthen the standardization of the shooting skills training can improve player shooting. Shooting technology standardization is the precondition of improving shooting, only to master for shooting method to obtain high field goal percentage. (2) Strengthen their physical quality is significantly improved for shooting. To improve the shooting, must attach importance to physical quality training, especially the special

quality of training. Take shots with organic combination of physical training, to ensure that the technology of cohesion is applied, is the basic guarantee to improve shooting. (3) Consciously cultivate athletes to master comprehensive shot technology can let the players ratio is growing. In peacetime training consciously cultivate athletes in different positions, different angles, different ways of shooting skills, to adapt to the various circumstances of shooting, so as to improve shooting. (4) To strengthen the psychological quality training can let player shooting get stable development. In the fierce basketball game in addition to skilled shooting skills, good physical condition, in addition to strengthen the psychological quality of training. Because in the basketball match, the scale of the event, the atmosphere of the stadium, the audience's emotions are different degree of influence of the technical level of the players play. So cultivating athletes strong will quality, strong, self-confident, positive emotions, so as to reduce the influence of environmental factors, and stable technical level, should be shot.

*Keywords:* basketball, shooting

## POSTER 20

### The Research on Individual Difference Evaluation in Physical Education

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It is known to us all that students' subjectivity is emphasized in currently education. But the most popular evaluation in physical education are relative education and absolute education, they are stress on the ability of student and ignore the students' subjectivity and individual. So based on these situation, we should put individual difference evaluation on a higher place. The individual difference evaluation is a sort of evaluation which is based on constructionist learning theory. It is emphasized the individual development in learning age and the method of evaluation will be raised the students' learning motivation. The use of individual difference evaluation in education is major in these contents: first, we have to make clearly in students' learning level and to build a learning portfolio in order to make sure the students' first learning level; And then we should combine with some teaching objectives when we use this evaluation. because lacked of the explicit teaching objectives are the individual difference evaluations' greatest shortcoming; furthermore, the student should be joined in the process evaluation so as to make the student to gain the biggest learning motivation; at last this evaluation is emphasized the students' developed course, so the teacher should be organized more evaluation in their semester and record their grade into learning portfolio. In order to make sure the correct of this research, it will use research these methods: the literature method, the questionnaire method, the expert interview, the experimentation, the mathematical statistic method and so on. This research will be included a experimentation, we will be set a control group for this experimentation, in this control group we will use the traditional teaching evaluation modern, in the experimental group we will use the individual evaluation to organize the teaching course. At last, we will make some conclusion: (1) The individual difference evaluation will be

inspired the more learning motivation and for students. (2) The individual difference evaluation will be more clearly reflected the students' learning ability, it will make greater advancement in students' studying progress. (3) The use of individual difference evaluation must combine with some directly teaching aims, it will be not lost the principle of correct. (4) The individual difference evaluation is respected the students' individual principle, it will be make the student to gain a better emotional experience. It will be beneficial for the aware of lifelong physical education.

*Keywords:* individual difference evaluation, physical education

## POSTER 21

### Research on the System of Disabled Sports Fitness in Urban Communities

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This study takes Tianjin as an example and disabled groups in the six communities as the research object. Centering on the service situation of physical exercise and the disabled people's appeals, this research looks into the composition, characteristics and physical exercise condition of the disabled as well as relevant service system for them. This can make the physical exercise work targeting the disabled more specific, enhance the organization of these sports activities and provide fitness guidance and service for the disabled, so as to promote the physical fitness of the disabled, bring the joy of exercise, confidence and perseverance to them. This study mainly adopts the quantitative method which is supplemented by the qualitative method. The interview data is collected for the analysis of questionnaire results. Present situation of physical exercise of the disabled in urban communities: (1) Policy support Tianjin's government has issued relevant policies to protect the lawful rights and interests of the disabled. For example the Division of Responsibilities of the Members of the Leading Group in Constructing Tianjin Social Security and Service Systems for the Disabled (Tianjin Construction Group (2011) No.4) makes it clear: to strengthen the construction of disabled sports teams and the "Special Olympics" model communities, to involve the disabled sports projects into the municipal sports competition, to support and encourage disabled athletes to constantly gain new achievements in various competitions. Social Security Regulations for the Disabled in Tianjin prescribes: public exercise arenas should be equipped with rehabilitation equipment in line with the physical and mental characteristics of the disabled. (2) Organization Physical exercise service for the disabled is mainly carried out by the community associations of the disabled. The 6 communities in the research now have 66 such associations that are in charge of the disabled work in neighboring communities and organizing cultural and physical activities for the disabled. (3) Funding In addition to the sources of funding and using that are specified in the government's policy

documents, Municipal Association of the Disabled allocates funds to district associations to organize community activities and the funds are further distributed to the community associations which receive 20 thousand RMB annually and special funds for major events. (4) Infrastructure At present, Tianjin urban communities provide two major types of exercise venues: one is the public fitness site while another is the center specifically for the disabled and managed by community associations such as the activity center for the disabled and rehabilitation center for the disabled. (5) Guidance for disabled sports Tianjin will train 600 disabled sports instructors during the "Twelfth Five Year Plan" period. From 2012 April, Tianjin has held five courses for disabled sports fitness instructors, most of whom are cadres, officials and liaisons in local associations of the disabled and they will guide the work of disabled sports after the course. (6) Physical fitness services. Tianjin hold "The disabled fitness week" along with the national disabled fitness week annually. There are such sports fitness activities as: wheelchair Tai Chi, Yang ko Dance by the deaf, wheelchair dance, aerobics by the deaf, wheelchair basketball, waist drum by the deaf, table tennis by the blind, and skating by the mentally disabled. During the annual national disabled month, communities will organize rich and colorful sports activities under the guidance of Municipal Association of the Disabled such as basketball and activities specially tailored for the disabled including Boccia. Restricting factors of urban disabled sports service:

(1) The service range of community associations of the disabled is too large. Demand outweighs supply. (2) The lack of disabled sports instructors makes it hard to meet the needs of community disabled sports. (3) The lack of community venues and facilities for disabled sports. (4) The limited source of funding constrains the work of community disabled sports. (5) The weak awareness of the disabled people to participate in sports.

In conclusion, further popularize the disabled sports in the community and enrich relevant activities and services. Enhance the training of disabled sports instructors, so that more disabled people can be instructed about the scientific way of doing sports. Improve the construction of community sports facilities for the disabled and provide special venues for the disabled sports. Broaden the channels to raise funds and tap into social capital and corporate sponsorship. Carry out rich and colorful community sports activities, mobilize the enthusiasm of the disabled to participate in physical exercise.

*Keywords:* physical fitness for disabled, Tianjin

## POSTER 22

### The Concept of E-sport and Domestic Development Status and Countermeasures

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The students in our university is one of the most active groups, college students represent the new forces, represents a new era to the group. E-sport is officially open the 99th sports competition project in our country, this new type of sports colleges and universities from us now get real development and improvement of the students. Let college students a comprehensive understanding of electronic competitive sports

and in accordance with the characteristics of electronic competitive sports itself and the characteristics and the future development trend, the correct guidance and guide students to participate in and participate in the competitive sports items, specifications E-sports in colleges and universities in the development, has become an emerging theme of cross time significance. In this paper, using the literature material method, logical analysis method, and observation and comparison method. By analyzing the concept, origin, classification and characteristics of the E-sports. Compare the development status and trends of domestic and international E-sports. In the end, for the social masses with a good understanding of E-sport and for the domestic E-sports healthy development, we give some suggestions and countermeasures.

*Keywords:* E-sports, domestic E-sports, E-sports development and countermeasures

## POSTER 23

### A Preliminary Validation of a Questionnaire in Assessing Fitness Centers

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The research paper intended to design a questionnaire in assessing fitness centers that will provide a standard guide in putting up a safe and decent fitness facilities in providing quality gym instructions, equipment and over all facilities to its clients. The items of the preliminary validated questionnaires could promote learning: motivational strategies, teach important ideas, concepts and themes regarding physical fitness, explicit instruction, guidance and support, active participation of clients, targeted instructional strategies and assessment strategies to the quality of a fitness center.

*Keywords:* fitness center, questionnaire

## POSTER 24

### Students' Involvement in Performance-based Assessment in Physical Education

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This study examines the perspective of students in their involvement in the assessment process in Physical Education. Based from previous research, students perform better when they are part of the construction of the assessment tool. Participation of students in the creation of the assessment tool helps them understand exactly what is expected of their performance. However, there are few studies of students' involvement in the assessment process in Physical Education; this motivated the researcher to conduct the study. In the study students were given the task to become part of designing the rubric to be used in the assessment, also, they

were involved in the actual assessment process. The students performed and assessed in a random order. After the assessment a questionnaire on their perspective of their involvement in the assessment process was answered. The result of the study is a report on the perspective of students in their involvement in the assessment process in Physical Education.

*Keywords:* assessment, involvement, PE, perspective, rubric

# Endorsements



Palacký University  
Olomouc

