



THE 1st International Conference on Sport Pedagogy, Health and Wellness (ICSPHW)-2016

The College of Human Kinetics of the University of the Philippines has been organising 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 (ICSP). 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-Tepper.

The 1st ICSP promises to present different perspectives and frameworks in the study and practice of Physical Education. Participants can also improve practical knowledge or learn 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 a 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.





ICSPHW 2016 CONFERENCE INFORMATION

HOSTED BY : COLLEGE OF HUMAN KINETICS, UNIVERSITY OF THE PHILIPPINES
(UP-CHK)

VENUE: CELEBRITY SPORTS PLAZA &
THE UNIVERSITY OF THE PHILIPPINES, DILIMAN CAMPUS,
QUEZON CITY, PHILIPPINES

DATES: NOVEMBER 18,19,20, 2016

THEME:

**“PE Plus: Retooling Physical Education for Inclusion, Development and
Competition.”**

ICSPHW CONFERENCE REGISTRATION RATES

For Registration Inquiries kindly email : ICSP2016.SEC@GMAIL.COM
To Register, you can go directly to: <http://kintoz.com/sph-events/events/sph/>

	LOCAL STUDENT	LOCAL PROFESSIONAL	INTERNATIONAL STUDENT	INTERNATIONAL PROFESSIONAL
EARLY BIRD (March -August 15, 2016)	₱3000	₱4500	\$150	\$ 250
REGULAR REGISTRATION (August 16-October 31, 2016)	₱5000	₱6500	\$200	\$300
LATE REGISTRATION (November 2016)	₱6500	₱8500	\$ 275	\$ 450





INSTRUCTIONS FOR ABSTRACT SUBMISSION FOR ORAL AND POSTER PRESENTATION

Please take note of the following important dates:

February 15, 2016	Call for abstract submission is open:
May 15, 2016	Deadline for abstract submission:
June 30, 2016	Notification of acceptance:
August 15, 2016	Deadline to register for the Conference and confirm participation:

Kindly read the instructions carefully before you submit your abstract

- Abstracts should be written in English in a grammatically correct manner.
- Abstracts will be peer-reviewed and may be returned to the authors with comments.
- Linguistic accuracy is the responsibility of the authors.
- Abstract titles should have a maximum of 15 words or 100 characters.

- The abstract title should be short, informative, and contain the major keywords.
- Abstracts are restricted to 300 words or 2000 characters including spaces.
- Abstracts should be structured to include the following information: introductory statement, purpose of the study, methodology, results, and conclusion/recommendation.
- Figures, tables, graphs and images are not allowed.
- References must not be included.
- Names and affiliations of authors are to be listed.
- Please be sure to list the names of all co-authors, including the presenter, to prevent any omissions in the abstract file.
- Please make sure to fill in the correct contact phone number and email address of the presenter.

For other queries regarding the abstract submission, you may email:
icsp2016.papers@gmail.com

To submit your abstract, you can go directly to: <https://docs.google.com/forms/d/1q0IIWCM0M4Lcfoc5M56ZUtKajHvsOWNcmZ1Z5mb4MCM/viewform>



The 1st International Conference on Sport Pedagogy, Health and Wellness SCIENTIFIC PROGRAM

DAY 1 November 18, 2016-FRIDAY <i>Celebrity Sports Plaza</i>			
starts at 7:30 am	REGISTRATION		
8:30-9:15	OPENING CEREMONY Welcome Address: UP CHANCELLOR Guest of Honor : Mayor of Quezon City Opening Remarks: President of the University, President of ACCESS		
9:30-10:30	PLENARY 1	Global "Change" of Physical Education and Health: The Way Forward	Prof. Dr. Ming Kai Chin (USA)
10:30-11:30	PLENARY 2	Inclusion in Physical Education and Sport: Implementing the UN Convention on the Rights of Persons with Disabilities	Prof. Dr. Gudrun Doll-Tepper (Germany)
11:30-12:45	LUNCH		
12:45-2:15	LECTURE Session 1a: Active Lifestyle starts in school	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)
	Lecture Session 1b Asian Perspectives in PE: Model School Program Presentation	Physical Education Best Practices in Singapore: A Model School with Integration of Instructional Technology	Assoc. Prof. Dr. Govindasamy Balasekaran & Principal Kia Wang Phua (Singapore)
		Physical Education as a Tool to Improve the Movement of Children In Primary School	Assist. Prof. Dr. Brojo Susilo (Indonesia)
		Current and future Direction of Physical Education and Sports in India	Prof. Dr. G.L. Khanna

	Lecture Session 1c	Framework for Physical Education in the Philippines	Assoc. Prof. Lordinio Vergara (Philippines)
	The Philippine Perspective On PE and Sport Development	Framework for Sport and Development in the Philippines	Prof. Dr. Henry Daut (Philippines)
2:15-2:45	MERIENDA BREAK		
3:00-4:00	PLENARY 3	Updates on the work being done by the technical panel for PE.	Technical panel for Physical Education Commission on Higher Education
4:00-5:30	PARALLEL Lecture Session 2A From PE to Sports to Life	Enhancing the Efficiency of Talent Recognition by Improving School Physical Education	Assoc. Prof. Dr. Oleksander Krasilshikov (Malaysia)
		Brain Breaks (4:45-5:00)	
		Spiritual Health: Whose Business is It, in Physical Education?	Prof. Dr. Ivo Jirasek (Czech Republic)
		Encouraging Early involvement and Engagement in Sport	Prof. Dr. Jens Omli (USA)
	PARALLEL Lecture Session 2b Health Promotion Perspectives	Significance of School Sport and Physical Education in Finland – Sociological Interpretations	Senior Lecturer Dr. Hanna Vehmas (Finland)
		The Role of Media in Health Promotion	Ms. Diane Castillejo (Philippines)
		Brain Breaks (4:45-5:00)	
		Social Capital As a Relevant Social Determinant of the Lifestyle, Eating Habits and Weight Status of a Sample of Catalan Adolescents	Associate Prof. Dr. Elena Carillo (Spain)
	PARALLEL Lecture Session 2c Psychology and Physical Activity	The Effect of Physical Activity on Positive Attitude, Academic Achievement and Cognitive Performance	Prof. Dr. Giyasettin Demirhan (Turkey)
		Brain Breaks (4:45-5:00)	
	Supporting Adherence for Good Exercise Behavior	Assoc. Prof. Dr. Ma.Luisa Guinto-Adviento, RP (Philippines)	
6:00 -8:00	WELCOME BANQUET & CULTURAL NIGHT		

DAY 2
November 19, 2016- SATURDAY
Celebrity Sports Plaza

9:00-10:00	POSTERS PRESENTATIONS- authors available for Q & A at this time but posters up from 11:30 am-5:00 pm		
10:00–11:30	PARALLEL LECTURE Session (3A) Innovations in Physical Education delivery	Saving Physical Education: Required Shifts in Conceptual Thinking and Pedagogies- Future Orientations	Prof. Dr. Ian Culpan (New Zealand)
		Issues in Administration in PE Classes: Minimizing Risks and Maximizing Benefits	Assoc. Prof. Ronualdo Dizer (Philippines)
	PARALLEL LECTURE Session (3B) Stepping up the Practice of PE and Sport Pedagogy	The Use of Technology in Physical Fitness Testing of School Age Children	Prof. Dr. Erika Zemkova (Slovakia)
		An Overview of Performance Analysis in Sports	Assist. Prof. Josephine Joy Reyes (Philippines)
	PARALLEL LECTURE Session (3c) Body Basics	Body Composition Measurement Related to PE and Sport Program in School	Prof. Dr. Hans de Ridder (South Africa)
		Nutritional Requirements for Child and Adolescent Athletes	Assoc. Prof. Dr. Chee Keong Chen (Malaysia)
11:30-12:45	LUNCH ACCESS- EXECUTIVE BOARD MEETING		
12:45-1:45	PLENARY 4	PE and Health in the K-12 Program	Secretary of the Department of Education
1:45-2:45	PLENARY 5	The Master Plan for Philippine Sports	Commissioner of the Philippine Sports Commission
2:45-3:00	Brain Breaks		
3:00-4:00	PLENARY 6	A Multi-disciplinary Approach to Promoting Health and Wellness in the Philippines	Secretary of the Department of Health
4:00-5:30	FORUM	How do we “PE Plus?”	Convenor/ Moderator: Prof. Dr. Gudrun Doll Tepper/ Prof. Dr. MK Chin
6:00-8:00	SOCIALS NIGHTS & DINNER		

DAY 3
November 20, 2016-SUNDAY
University of the Philippines, Diliman Campus

9:00-10:00	ORAL PAPER PRESENTATIONS 1	1A FUTURE LEADERS	
		Sports Physiotherapy Services of Turkish National Youth Football Team	Mesut Karlik (Turkey)
		1B Mental Preparation of Triathletes: Practical Implications of Research Findings	Karolina Chlebosz (Poland)
		Outdoor Education for Students in Singapore Schools	Dianna Thor (Singapore)
		1B	
		1C	
10:00-11:00	ORAL PAPER PRESENTATIONS 2	2A FUTURE LEADERS	
		National Winter Universities Games "Snow Sports in the Culture of New Generation"	Zornitza Mladenova (Bulgaria)
		University Outdoor Sports in Republic of Macedonia	Biljana Popeska (Macedonia)
		Psychological Skills in Competitive-Level Dragon Boat Paddlers	Mona Liza A. Maghanoy (Philippines)
		*Biomechanical Aspect of Outdoor Rowing For Injury Prevention	Dr. Shazlin Shaharudin (Malaysia)
		2B	
		2C	

DAY 3
November 20, 2016-SUNDAY
University of the Philippines, Diliman Campus

11:00-1:00	LUNCH CLOSING CEREMONIES & LUNCH BANQUET Closing Remarks		
1:00 ONWARDS	TOUR FOR INTERNATIONAL SPEAKERS		
1:00-3:00	LECTURE WORKSHOP SESSIONS	<p><u>PE</u></p> <ol style="list-style-type: none"> 1. Designing PE for Health & Wellness through games and play 2. Action Research in PE 3. Leisure & Recreation for PE 4. Fitness Testing for PE 	<ol style="list-style-type: none"> 1. Assist. Prof. Jo-anne Grecia 2. Assist. Prof. Rachele Peneyra 3. Assoc. Prof. Gilda Uy 4. Assoc. Jonathan Cagas Assist. Prof. Wisdom Valleser
		<p><u>Sport Science</u></p> <ol style="list-style-type: none"> 1. Pulse Express: Wellness Monitoring Tool 2. Strength & Conditioning Trends 3. Motor Learning in PE 4. Current trends in sports injury rehabilitation 	<ol style="list-style-type: none"> 1. Mr. Jeff Pagaduan 2. Mr. Julio Veloso 3. Prof. Dr. Angelita Cruz 4. Dr. Isagani Leal
		<p><u>Sport Management</u></p> <ol style="list-style-type: none"> 1. Fundraising for Athletes 2. School or Community Based Sports Events Management 3. Entrepreneurial side of Sport 4. Best Practices in Tournament Management 	<ol style="list-style-type: none"> 1. Mr. Edwin Reyes 2. Ms. Geraldine Bernardo, MBA 3. Mr. Michael Rainier Chua, MBA 4. Assoc. Professor Oscar Santelices

DAY 3
November 20, 2016-SUNDAY
University of the Philippines, Diliman Campus

3:00-5:00	MOVEMENT WORKSHOP SESSIONS	<ol style="list-style-type: none"> 1. Aikido 2. AquaZumba 3. Arnis 4. Crossfit 5. Dance Therapy 6. Dodgeball 7. High Intensity Interval Training (HIIT)-Circuit Training 8. Floorball 9. Mountain-Biking 10. Netball 11. Starting in a Triathlon 12. Sports Massage 13. Yogilates 	<ol style="list-style-type: none"> 1. Makiling Aikido 2. Zumba Philippines 3. Sangkil Karasak-Lightning Scientific Arnis International (LSAI) 4. Crossfit Manila 5. Asst. Prof. Albert Dimarucut 6. Dodgeball Philippines 7. 360 Fitness Club 8. Floorball Philippines 9. Athena & Parabanne Mendoza 10. Philippine Netball Federation 11. Triathlon Assoc. of Phils. 12. Keimyung University 13. Yoga Philippines
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For other queries regarding the **SCIENTIFIC PROGRAM**, you may email: icsp2016.program@gmail.com



LIST OF POSSIBLE ACCOMMODATIONS

For list of Accommodations near the ICSPHW 2016 conference venue, please refer to the list below. The contact number and the websites have been provided for.

ACCOMMODATIONS WITHIN UP CAMPUS

University Hotel

Address: Guerrero St. Cor. Aglipay, UP Campus, Diliman, Quezon City 1101

Web site: <http://updilimanhotel.googlepages.com>

Contact Numbers: (+632) 9261975, (+632) 9261953, (+632) 9246743, (+632) 4351316, (+632) 4351317, (+632) 9272160

Sales: (+632) 4260674

Fax: (+632) 4351319

UP National Institute of Science and Mathematics Education Development (NISMED) - Science Teacher Training Center (STTC) Hostel

Address: Quirino St. Cor. Velasquez St., UP Campus, Diliman, Quezon City 1101

Contact Nos.: UP Trunkline (+632) 981-8500 local 3901 up to 3910 ext. 102;

Direct Line: (+632) 927-4276, (+632) 928-1563

Mobile No. (+63918) 420-2745

UP Balay Internasyonal (International House)/ Balay Kalinaw

Address: Guerrero cor. Dagohoy St., UP Campus, Diliman, Quezon City 1101

Contact Nos.: (+632) 920-4843; (+632) 425-1854 (Telefax)

UP School of Labor and Industrial Relations (SOLAIR) Dormitory

Address: E. Jacinto St., UP Campus, Diliman, Quezon City 1101

Contact Nos.: (+632) 920-7717 (Telefax)

>>>View location map of the UP SOLAIR Dormitory<<<

ACCOMMODATIONS OUTSIDE BUT NEAR UP CAMPUS

SEAMEO INNOTECH International House

Address: Commonwealth Avenue, Diliman,
Quezon City 1101
Web site: http://www.seameo-innotech.org/innotech/view_facilities2.htm#ih
E-mail: info@seameo-innotech.org
Contact Nos.: (+63-2) 921-0224
(Telefax), (+632) 928-7692, (+632) 924-7681
to 84, (+632) 928-7348

Microtel by Wyndham UP Technohub

UP-Ayala Land Technohub
Commonwealth Ave., Diliman
Quezon City 1121 Philippines
Te: +63 2 804 6888
Mobile: +63 917 654 7825
www.microtelphilippines.com

Sulo Riviera Hotel – Quezon City

Address: Matalino St., Diliman, Quezon City
1101
Web site: <http://www.sulorivierahotel.com/>
Contact Nos.: (+63-2) 924-5051, (+632)
922-2030
(Fax)Telephone No.: (632) 924- 2689 /
Facsimile (632) 925-3205
Central Reservation: (632) 912-2691 and
912-8000 / Facsimile (632) 912-2693

Fersal Hotel Kalayaan Avenue

Address: #130, Kalayaan Avenue, Diliman,
Quezon City 1101
Contact Nos.: (+632) 911-2161 loc. 148,
(+632) 912-2691, (+632) 912-2693
(Fax)Telephone Nos. (632) 924-2689 /
Facsimile (632) 925-3205
Central Reservation: (632) 912-2691 and
912-8000 / Facsimile (632) 912- 2693
Email Address:
reservations@fersalhotelgroup.com
Web Mail: www.fersalhotel.com

Oracle Hotel & Residences

Address : 317 Katipunan Avenue Loyola
Heights, Quezon City, 1108 Philippines
Telephone : (+63)2/926-7777
Fax: (+63)2/576-0753
<http://www.oraclehotel.com.ph/>

Cocoon Boutique Hotel

Adress: 61 Scout Tobias corner Scout Rallos
Streets, Quezon City, Philippines
Phone: +63 2 998 3117
Mobile: +63 2 921 2706
Website: <http://www.thecocoonhotel.com/>

B HOTEL Quezon City

Address: 14 Scout Rallos Street, Bgy Laging
Handa, Quezon City 1103, Philippines
TEL: +632 990 5000
E-MAIL: info@thebhotelqc.com
FAX: +632 990 6000
website: <http://thebellevue.com/b-hotel-qc/>

Luxent Hotel

51 Timog Avenue, South Triangle, Quezon
City, Metro Manila Philippines 1103
Phone Number: +63 (2) 8637777
Fax Number: +63 (2) 4113030
Email: sales@luxenthotel.com
Website: <http://www.luxenthotel.com/>

Torre Venezia Suites

Address: 170 Timog Avenue, corner Scout
Santiago Street Barangay Laging
Handa, Quezon City 1103
Philippines.
phone: +63 (2) 332 16 58 to 60,
by fax: +63 (2) 332 16 21,
email: sales@torreveneziasuites.com
website: <http://www.torreveneziasuites.com/>

Hive Hotel

Address: #68 Scout Tuazon corner Scout
Madrinan Streets, Brgy South Triangle,,
Quezon City, Philippines
Click here to view our location.
Phone: +63 2 998 3117
Landline: 632-998 3117/632- 806 1004
Mobile: 0922-810 4692/0922-814 2481
Email: sales.hivehotel@gmail.com
Website: <http://www.hivehotel.com/>



ABOUT THE PHILIPPINES



The Philippines is an archipelago, with 7,107 islands on high tide and more on low tide. It is named "The Pearl of the Orient". It borders on the South China Sea to the west, the Philippine Sea to the east, and the Celebes Sea to the south. The country's closest neighbors are the island of Borneo to the southwest, and Taiwan to the north.

It is situated in Southeast Asia in the Western Pacific Ocean. Its islands are classified into three main geographical areas – Luzon, Visayas, and Mindanao. Because of its archipelagic nature, 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.



The country has an average yearly temperature of 26.5°C (79.7°F); May is the warmest month, while January is the coolest. The monsoon rains, called *habagat*, hit from May to October, bringing torrential rain which is abetted by frequent typhoons. An average of 6 or 7 typhoons per year strike the Philippines. November to April is the dry season, with December through February also being the coldest part of the year.

They say The Philippines is defined by its emerald rice fields, teeming mega-cities, 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.



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.

Read more: <http://www.itsmorefuninthephilippines.com/>
<http://www.lonelyplanet.com/philippines>
<http://www.lonelyplanet.com/philippines/manila>

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.

FOR MORE INFORMATION: <http://quezoncity.gov.ph/index.php>

ABOUT THE CONFERENCE VENUES:

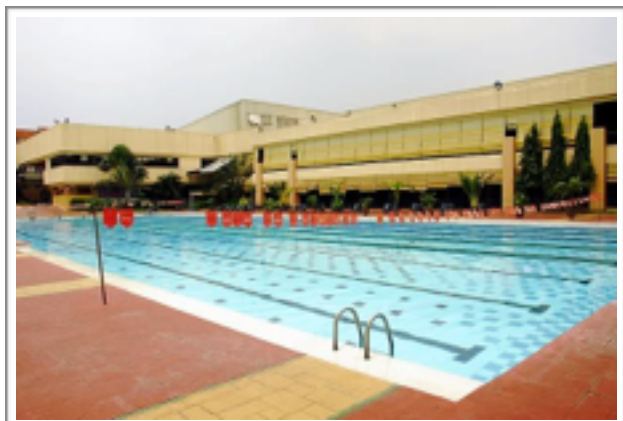
CELEBRITY SPORTS COMPLEX

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.



THE ICSPSHW ORGANIZERS



The **UP Diliman- College of Human Kinetics (CHK)** is one of the leading academic institutions in the Philippines which offers undergraduate and graduate programs in Physical Education, Sports and Human Movement Sciences. It has produced graduates who are now leaders and key administrators shaping the physical education, sports and exercise programs in various institutions nationwide. Currently 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.

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. The Department of Physical Education had two sections: one for men and another for women. Since its creation in 1921, the Department of Physical Education 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. The Department of Physical Education proposed a Certificate in Physical Education program which was approved by the University Council in 1930.

To maximize the growth and development of physical education and sports in the University, the proposal to create the UP Institute of Physical Education in conjunction with the Bureau of Education was approved by the Board of Regents on 05 May 1967. After revisions were made in the Bachelor of Science in Education major in Physical Education curriculum, the UP Institute of Sports, Physical Education and Recreation (ISPEAR) was established in April 1976. SPEAR offered the following programs: Certificate in Sports, Certificate in Dance, Bachelor of Physical Education, Master of Physical Education and Master of Science in Physical Education.



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) -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.

PARTNERS



FEDERATION OF SPORTS PEDAGOGUES
OF THE REPUBLIC OF MACEDONIA



ASIAN BODYBUILDING & PHYSIQUE
SPORTS FEDERATION



INTERNATIONAL PERSONAL TRAINING
AND FITNESS ACADEMY



INSTITUTE OF TECHNOLOGY
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Asian Journal
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