



Republic of the Philippines
DEPARTMENT of EDUCATION
REGION XI



City Schools Division of Digos

Office of the City Schools Division
Superintendent

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Division Office Advisory No. 024 s. 2016

In compliance with DECS Order No. 28 s. 2001

This advisory is issued to all Heads/Administrators of Public and Private Secondary
and Elementary Schools and OICs Secondary and Elementary Annexes

April 29, 2016

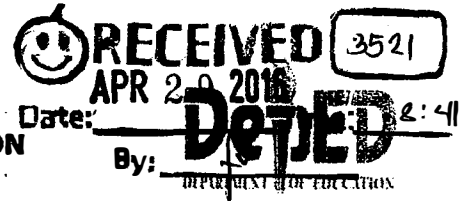
1. DECS Order No. 28 s. 2001 authorizes this Department/Division to disseminate information on suggested competitive events, scholarship and training opportunities for our teachers, students and pupils. These are issued as ADVISORIES, purely for field information. Participation is on the basis of personal judgment, time and resources.
2. Herewith is a copy of the Regional Advisory No. 043, s. 2016 dated April 25, 2016 from Atty. Alberto T. Escobarte, Regional Director, announcing the “**Diploma in Exercise and Sports (DESS) Program of UP Mindanao**” with alignment to DepEd’s K to 12 Program. Contents of which are self-explanatory for your guidance.
3. Admission to this program is voluntary. Teacher-participants should observe “**No Disruption of Classes**” per DepEd Order No. 9, s. 2005 entitled: “Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith”, and **no DepEd funds** be utilized for the said purpose.
4. Immediate dissemination of this Advisory is earnestly desired.

Dee
DEE D. SILVA, DPA, CESO VI
Schools Division Superintendent

DepEd Schools Division of Digos
RELEASED
352
Date: APR 29 2016 Time: 2:47
By: *[Signature]*



DepEd Schools Division of Davao



Republika ng Pilipinas
KAGAWARAN NG EDUKASYON
REHIYON XI
Lungsod ng Dabaw
Tanggapang Panrehiyon


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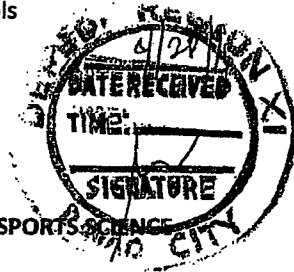
REGIONAL ADVISORY NO. 043, S. 2016

TO : All Schools Division Superintendents/Assistant Schools Division Superintendents
Heads of Public/Private Elementary and Secondary Schools
Teachers

FROM :  ATTY. ALBERTO T. ESCOBARTE, CESO IV
Regional Director *

SUBJECT : **ANNOUNCEMENT ON THE DIPLOMA IN EXERCISE AND SPORTS SCIENCE (DESS) PROGRAM OF UP MINDANAO**

DATE : April 25, 2016



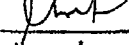
- 1) The UP Mindanao announces its course offering in Diploma in Exercise and Sports Science (DESS), with alignment to DepEd's K to 12 Program.
- 2) The Diploma in Exercise and Sports Science (DESS) addresses the demand in Physical Education teachers and practitioners to have academic and professional training in this area of specialization.
- 3) The main target students are the teachers who have no background in sports, and also those who may have, but are interested in formalizing their alignment for the sports track in relationship to DepEd's program.
- 4) At the end of this offering, the graduates would be professionally enhanced and aligned to conduct physical education classes, manage and operate events and activities related to sports, fitness, recreation, and related disciplines. The graduates will be aligned with Physical Education, the K to 12 Sports Track, and further their academic and professional career.
- 5) Further Inquiry may be addressed to the following contact persons of UP Mindanao at Mintal, Tugbok District, Davao City:

Albert Francis Reginald T. Ramos
Faculty, Department of Human Kinetics
Prof. Armando R. Salazar
Chair, DHK
Prof. Maria Stella R. Salazar
Dean, CHSS

Department of Education
Regional Office XI
RECORDS SECTION

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Copy furnished:

By: 



UNIVERSITY OF THE PHILIPPINES MINDANAO

College of Humanities and Social Sciences

Department of Human Kinetics Department of Education

Mintal, Tugbok District, Davao City

Regional Office XI

RECORDS SECTION



RECEIVED

14 April 2016

ATTY. ALBERTO T. ESCOBARTE, CESO IV
Regional Director
DepEd Region XI

by: _____

Date: 4-16-16 Time: 4:46

Barcode No: 16-04-0334

(Through Channels)

Subject: Request Support for the Diploma in Exercise and Sports Science (DESS) Program of UP Mindanao

Dear Atty. Escobarte,

In the advent of the K-12 program which the Department of Education is now implementing nationwide, we from the Department of Human Kinetics in UP Mindanao would like to inform your good office that our department is aligning for the DepEd's Sports and Physical Education in our upcoming offering in Diploma in Exercise and Sports Science.

The Diploma in Exercise and Sports Science (DESS) addresses the demand in Physical Education teachers and practitioners to have academic and professional training in this area of specialization.

Our main target students are the teachers who have no background in sports, and also those who may have, but are interested in formalizing their alignment for the sports track in relationship to DepEd's program.

At the end of this offering, the graduates would be professionally enhanced and aligned to conduct physical education classes, manage and operate events and activities related to sports, fitness, recreation, and related disciplines. Furthermore, the graduates will now be aligned with Physical Education, the K-12 Sports Track, and further their academic and professional career.

With this, may we seek support from your office to have our proposed program instituted in our campus. In this manner, your office may eventually send chosen and interested faculty to undertake this academic endeavour to further enhance the quality of faculty who would be teaching in line with the sports track. It would be our honor to hear from you regarding how we could arrange a synergistic partnership. Our contact details are as follows: 0933.328.1328 or email us at aftramos@gmail.com.


Attached are the following: (a) *Suggested sports track of the K-12 system and the DESS aligned subjects*, (b) *Course flow diagram of the DESS course*, (c) *Program requirements of DESS*, and (d) *Course listing description (with alignment) of DESS*.

We hope that this matter merits your support and approval.

Thank you very much.

Respectfully yours,


ALBERT FRANCIS REGINALD T. RAMOS
 Faculty, Dept. of Human Kinetics, UP Mindanao


PROF. ARMANDO R. SALAZAR
 Chair, DHK


PROF. MARIA STELLA R. SALAZAR
 Dean, CHSS

Cc: /file
 DHK
 Dean, CHSS

A. SUGGESTED SPORTS TRACK OF THE K-12 SYSTEM AND THE DIPLOMA IN EXERCISE AND SPORTS SCIENCE(DESS) IN UP MINDANAO

SUGGESTED SPORTS TRACK SCHEDULING OF SUBJECTS*

SPORTS	Grade 11		Grade 12	
	1 st Semester	2 nd Semester	1 st Semester	2 nd Semester
CORE SUBJECTS	Komunikasyon at Pananaliksik sa Wika at Kulturang Pilipino	Oral Communication in Context	Pagbasa at Pagsusuri ng Iba't-Ibang Teksto Tungo sa Pananaliksik	Physical Education and Health
	Contemporary Philippine Arts from the Regions	Statistics and Probability	21 st Century Literature from the Philippines and the World	
	Media and Information Literacy	Reading and Writing Skills	Physical Science	
	General Mathematics	Physical Education and Health	Physical Education and Health	
	Earth and Life Science	Personal Development/Pansariling Kaunlaran		
	Understanding Culture, Society and Politics			
	Introduction to the Philosophy of the Human Person / Pambungad sa Pilosopiya ng Tao			
CONTEXTUALIZED SUBJECTS		Research in Daily Life 1	Research in Daily Life 2	Entrepreneurship
				English for Academic and Professional Purposes
				Pagsulat sa Filipino sa Piling Larangan (Sports)
				Employment Technologies (E-Tech): ICT for Professional Tracks
SPECIALIZATION SUBJECTS	Human Movement	Safety and First Aid	Sports Officiating and Activity Management	Fitness Testing and Exercise Programming
		Fundamentals of Coaching	Fitness, Sports and Recreation Leadership	Apprenticeship (off-campus)
		Psychosocial Aspects of Sports and Exercise	Practicum (in-campus)	
				Research Project

Please note that some subjects have prerequisites. These are indicated in the Curriculum Guides and are listed below for easy referral.

SUBJECT	PREREQUISITE/S
Research in Daily Life 2	Statistics and Probability
Apprenticeship (Off-campus)	Practicum (In-campus)

A 60-hour course with 150 hours of training

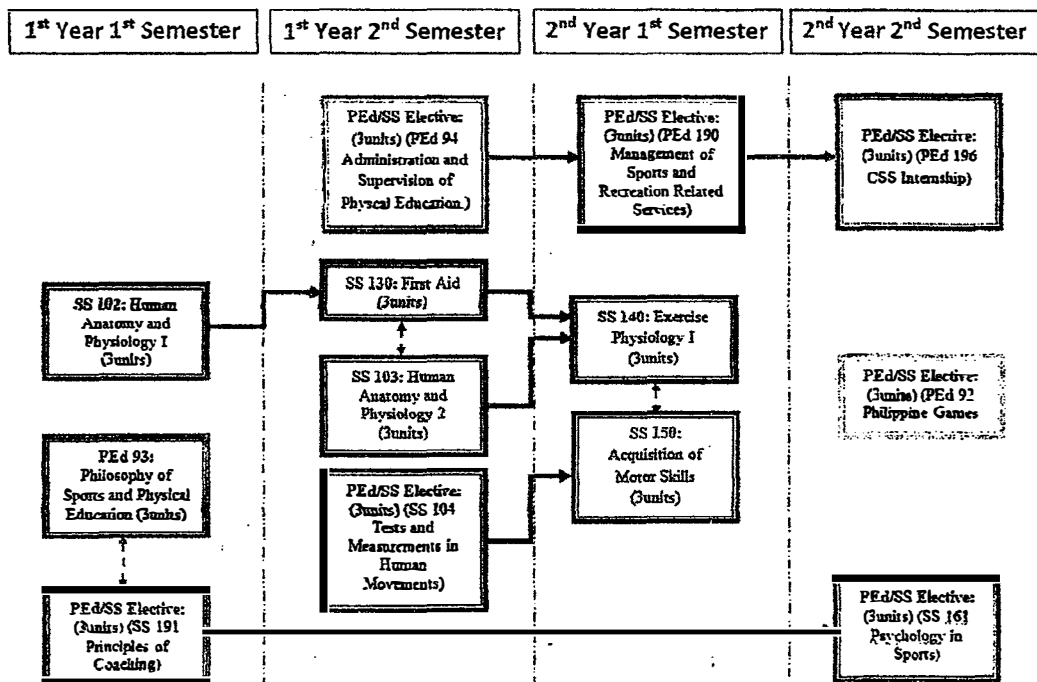
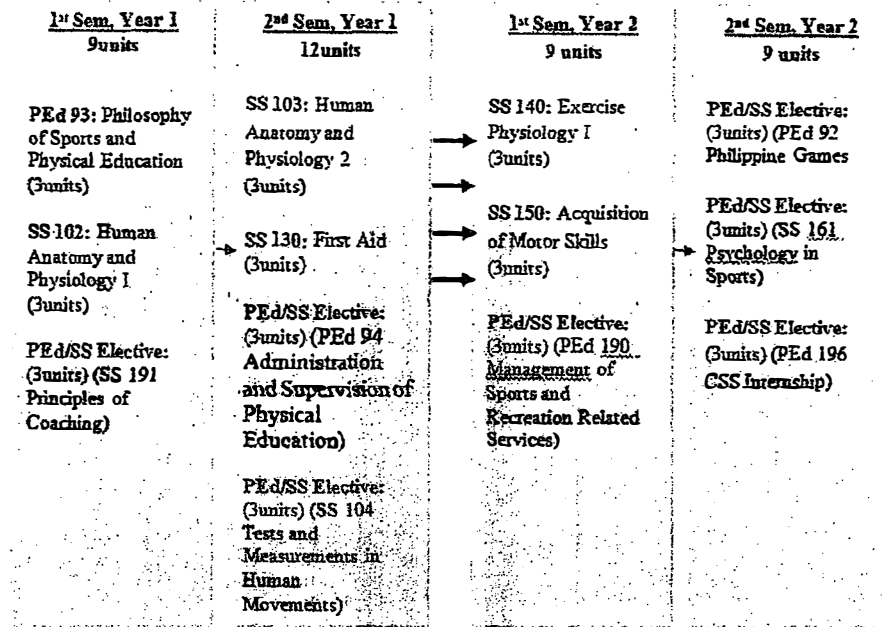
* 60 hours per subject

Source:

<http://www.deped.gov.ph/sites/default/files/page/2015/Sports%20Track%20Suggested%20Scheduling%20of%20Subjects%20%28revised%2016%20June%202015%29.pdf>

K-12 scheduled subject	Proposed DESS aligned subject (UP Mindanao)
Human Movement	SS 150 Acquisition of Motor Skills
Safety and First Aid	SS 130 First Aid
Fundamentals of Coaching	SS 191 Principles of Coaching
Psychosocial Aspects of Sports and Exercise	SS 161 Psychology in Sports
Sports Officiating and Activity Management	PEd 190 Management of Sports and Recreation Related Services
Fitness, Sports and Recreation Leadership	PEd 94 Administration and Supervision of Physical Education
Practicum (in-campus)	PEd 196 CSS Internship
Fitness Testing and Exercise Programming	SS 104 Tests and Measurement in Human Movement
Apprenticeship (off-campus)	PEd 196 CSS Internship

B. COURSE FLOW DIAGRAM OF THE DIPLOMA IN EXERCISE AND SPORTS SCIENCE (DESS)



C. PROGRAM REQUIREMENTS FOR THE DIPLOMA IN EXERCISE AND SPORTS SCIENCE (DESS) AND COURSE CURRICULUM

1. Admission Policies:
 - a. Bachelor's degree
 - b. Official application form
 - c. Official transcript of records
 - d. Written recommendation letter from two professionals or experts from the field.
2. Retention Policy: Grade Weighted Average (GWA) of "2.0" or better at the end of each academic year.
3. Transfer/shifting: Not applicable
4. Residency: Maximum of 5 years
5. Graduation: 1 year residency before graduation.
GWA of 2.0 or better

Course number	Course Title	Units
Year 1		
First Semester		
PEd 93	Philosophy of Sports and Physical Education	3
SS 102	Human Anatomy and Physiology 1	3
Elective	(SS 191 Principles of Coaching)	3
(Y1-Sem.1) Total		9
Year 1		
Second Semester		
SS 103	Human Anatomy and Physiology 2	3
SS 130	First Aid	3
Elective	(PEd 94 Administration and Supervision of Physical Education)	3
Elective	(SS 104 Tests and Measurements in Human Movements)	3
(Y1-Sem.2) Total		12
Year 2		
First Semester		
SS 140	Exercise Physiology I	3
SS 150	Acquisition of Motor Skills	3
Elective	(PEd 190 Management of Sports and Recreation Related Services)	3
(Y2-Sem.1) Total		9
Year 2		
Second Semester		
Elective	(PEd 92 Philippine Games)	3
Elective	(SS 161 Psychology in Sports)	3
Elective	(PEd 196 CSS Internship)	3
(Y2-Sem.2) Total		9
TOTAL =		39 units

D. DIPLOMA IN EXERCISE AND SPORTS SCIENCE COURSE DESCRIPTION WITH K-12 ALIGNMENT

1st YEAR 1st SEMESTER

PEd 93 (Philosophy of Sports and Physical Education) deals with the foundation of all subsequent topics pertaining to Sports, Exercise, and Physical Education will stem from the historical evolution, as well as the reason for its existence, purpose, and impact.

SS 102 (Human Anatomy and Physiology I) deals with the musculoskeletal system and the introduction to the analysis of human motor activity. This focuses on the basic nature of humans as moving and dynamic beings.

SS/PEd Elective. (SS 191 Principles of Coaching) deals with the formulation and application of coaching philosophies in solving an assortment of coaching dilemmas. *(Aligned with K-12 "Fundamentals of Coaching")*

1st YEAR 2nd SEMESTER

SS 103 (Human and Anatomy and Physiology II) deals with the supporting systems of the human body that brings about the dynamic nature of the human body. In this course, SS 103 delves into a much more detailed study of the human anatomy and its physiological influence.

SS 130 (First Aid) deals with the application and practice of first aid measures for common accidents in daily life activities. This also prepares for injury prevention. Given the fact that students are knowledgeable of most of the body parts and their functions by this time (SS 102, and ongoing SS 103), they will be able to identify and apply measures for these body parts based on their function. *(Aligned with K-12 "Safety and First Aid")*

SS/PEd Elective. (PEd 94 Administration and Supervision of Physical Education) deals with the exploration of concepts associated with organization and administration; identify, process, and apply leadership skills in administering Physical Education and Athletic Programs. *(Alignment with K-12 "Fitness, Sports, and Recreation Leadership")*

SS/PEd Elective. (SS 104 Tests and Measurement in Human Movement) deals with the identification and acquisition of practical skills in the proper and safe conduct of various tests in human movement, including data coding and basic processing. *(Aligned with K-12 "Fitness Testing and Exercise Programming")*

E. DIPLOMA IN EXERCISE AND SPORTS SCIENCE COURSE DESCRIPTION WITH K-12 ALIGNMENT (CONTINUATION)

2nd YEAR 1st SEMESTER

SS 140 (Exercise Physiology I) addresses the application of the overall physiology in relation to fitness. This will also be the outcome of the combined anatomy, physiology, and injury prevention through adaptation while attaining a healthy fitness level. Ideally, with the added SS 103 knowledge of internal systems, SS 140 may be more thoroughly understood.

SS 150 (Acquisition of Motor Skills) would entail the external counterpart of the internally focused SS 140. Combined with anatomical knowledge and internal systems, SS 150 would be suited to the musculo-skeletal functions, coupled with nervous system influence. *(Aligned with K-12 "Human Movement")*

(PEd 190 Management of Sports and Recreation Related Services). This course focuses on specific activity management such as organizing small scale tournaments or recreation *(Aligned with K-12 "Sports Officiating and Activity Management")*

2nd YEAR 2nd SEMESTER

SS/PEd Elective. (PEd 92 Philippine Games) aims to let the learner understand and appreciate the historical and cultural values of various Philippine games; this also allows focus on Indigenous Games which are part of the requirement of DepEd for academic institutions to include this course.

SS/PEd Elective. (SS 161 Psychology in Sports) focuses on the influence of psychological factors involving performance in sports and exercise. Also, this allows finding interventions that are successful in manipulating psychological factors that affect sports and exercise performance of the individual to the self and to others. *(Aligned with K-12 "Psychosocial Aspects of Sports and Exercise")*

SS/PEd Elective. (PEd 196 CSS Internship) deals with the learning of work dynamics of different areas of instruction, both public and private. These entail assisting and other apprenticeship traits and values for a healthy working environment, as well as apply the learning's on a practical level to achieve a holistic and productive outcome. *(Aligned with K-12 "Practicum" (in-campus) and "Apprenticeship" (off-campus))*