



Republic of the Philippines
Department of Education

04 OCT 2013

DepEd MEMORANDUM
No. **184**, s. 2013

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE FIRST-LEVEL COACHING

To: Undersecretaries
Assistant Secretaries
Bureau Directors
Directors of Services, Centers and Heads of Units
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Secondary Schools

1. In line with the Bureau of Secondary Education's intention to address the levels of teachers implementing the Special Program in Sports (SPS), the Three Level-Coaching for Beginning, Developing and Advanced Teachers shall be conducted for three years. For this year, the **Special Program in Sports: Training on the First-Level Coaching** will be conducted on October 26-30, 2013 at the Teachers Camp, Baguio City.
2. The training aims to enhance the knowledge and skills of participants on the new trends and strategies in coaching sports, which can be replicated in the course of the SPS implementation.
3. Participants to the training include one regional sports supervisor, one division sports supervisor, sports coordinators, school heads and teachers of SPS lead schools/recipients of the financial subsidy, of other schools implementing the program and of public and private schools, which are interested to implement SPS.
4. A registration fee of Five Thousand Pesos (P 5,000.00) shall be charged to each participant to cover board and lodging, transportation of participants to and from the training venue, supplies, and materials, honoraria of resource persons, and other incidental expenses relative to the training-seminar. Registration fee and traveling expenses of participants shall be charged to Maintenance and Other Operating Expenses (MOOE)/Special Education Fund (SEF)/local funds, while board and lodging and traveling expenses of resource persons and training staff shall be charged to BSE Funds, subject to the usual accounting and auditing rules and regulations.
5. The registration will start at 3:00 p.m. on **October 25, 2013** at the venue. The first meal to be served will be dinner on **October 25** and the last meal will be lunch on **October 30, 2013**.
6. For more information and confirmation of participants (format enclosed), all concerned may contact any of the following: **Ms. Rosa Ligaya C. Domingo** or **Ms. Erlinda F. Estrada**, Staff Development Division-Bureau of Secondary Education (SDD-BSE), 3/F Bonifacio Bldg., Department of Education (DepEd), Meralco Avenue, Pasig City at telefax no.: (02) 632-7586.
7. Immediate dissemination of this Memorandum is desired.


BR. ARMIN A. LUISTRO FSC
Secretary

Encl.:

As stated

Reference:

DepEd Memorandum: No. 59, s. 2006

To be indicated in the Perpetual Index
under the following subjects:

OFFICIALS
SECONDARY EDUCATION
SPORTS
TEACHERS
TRAINING PROGRAMS

R-MCR/DM-SPS Training on the First Level Coaching
0808/August 29, 2013

(Enclosure No. 1 to DepEd Memorandum No. 184, s. 2013)

Special Program in Sports (SPS): Training on the First-Level Coaching

Confirmation of Participants

| No. | Name | School | Events |
|-----|------|--------|--------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Noted by:

SPECIAL PROGRAM IN SPORTS (SPS): TRAINING ON THE FIRST LEVEL-COACHING
 Teachers Camp, Baguio City, October 26-30, 2013

SCHEDULE OF ACTIVITIES

| Time | Date | October 25 | October 26 | October 27 | October 28 | October 29 | October 30 |
|---------------|------|-----------------------------|--|---|--|---|------------------------------|
| 5:30 - 7:00 | | | | B R E A K F A S T | | | |
| 7:45 - 8:00 | | | Unfreezing/Management of Learning/Sports Drills | | | | |
| 8:00 | | | PS 4 Safety Management and First Aid | Lecture/Practicum Rules and Regulations per Sport | | Lecture/Practicum Coaching Strategies | Clearing House Next Steps |
| 9:00 | | | | S N A C C K | | | |
| 10:00 - 10:20 | | | PS 1 The SPS under the Sports Track | Lecture/Practicum Pre Tests Introduction to Coaching | | | Closing Program |
| 10:20 - 12:00 | | | | L U N C H | | | |
| 12:00 1:30 | | Arrival and Registration | PS 2 Performance Nutrition | | Session w/ Reg'l/ Div. Supervisors, Sports Coords, and School Heads | Performance Assessment of | Home Sweet Home |
| 1:30 - 3:00 | | | | S N A C C K | | | |
| 3:00 - 3:20 | | | | | | | |
| 3:20 - 5:00 | | | PS 3 Introduction to Exercise and Sport Physiology | | | Post Test | |
| 6:00 - 8:00 | | | D I N N E R | | | | |

PS 1

- Information relative to the SPS under the Sports Track of the K to 12 Basic Education Program. Career path of graduates

PS 2

- The lecture focuses on first aid, CPR and basic sports injuries

PS 3

- The session focuses on sports and conditioning exercises and sports physiology

PS 4

- The lecture focuses on safety management, basics of first aid, and basic sports injuries
Lecture/Practicum
- The Resource persons shall administer pre and post tests and lecture on coaching

Session with the Regional/Division Supervisors, Sports Coordinators and School Heads

- The session, shall among others, discuss issues and concerns related to the SPS