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DepED MEMORANDUM  
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**SCIENCE IN SPORTS: TOWARDS THE COMPETITIVE EDGE**

To: Regional Directors  
Schools Division/City Superintendents  
Heads, Public and Private Elementary and Secondary Schools

1. The University of Santo Tomas (UST), College of Rehabilitation Sciences—Center for Research on Movement Science will conduct a Postgraduate Course Convention on Sports Science and Physical Therapy entitled “Science in Sports: Towards the Competitive Edge” on June 25-26, 2004 at the UST Medicine Cinematorium, Medicine Building, Espana, Manila.
2. The objectives of the convention are to:
  - a) highlight the role of sports science in the holistic preparation of an athlete for a competition;
  - b) update the participants in the current trends in resistance training provided to athletes;
  - c) elucidate the significance of sports talent identification in the sports development program of the Philippines;
  - d) provide the audience with innovative techniques in motivating an athlete for optimum performance through Sports Psychology;
  - e) explain biomechanically and anatomically how common knee injuries occur;
  - f) give the participants a working knowledge on the proper nutrition before, during and after a competition; and
  - g) present therapeutic exercises that are being used in the management of ankle injuries.
3. The topics for discussion are relevant to Physical Education teachers, Sports Coordinators, Coaches and Trainers, Sports Medicine Support staff, Sports Psychologists and Nutritionists, Fitness Instructors and Physical Therapists. Participants coming from the public schools will be allowed to attend **on official time only**.
4. For further details, please contact Joy Reyes and Janine Dizon, UST College of Rehabilitation Sciences at telefax nos. (02) 740-9713 or (02) 731-3101 local 8280, 8454-55.
5. Immediate and wide dissemination of this Memorandum is desired.

EDILBERTO C. DE JESUS  
Secretary