



Republic of the Philippines  
**Department of Education**

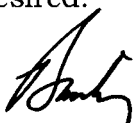
04 OCT 2013

DepEd MEMORANDUM  
No. **183**, s. 2013

**SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS**

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

1. One of the requirements for students' admission to the Special Program in Sports (SPS) is to pass the Physical Fitness Tests (PFT). Thus, the Bureau of Secondary Education (BSE) will conduct the **Special Program in Sports: Training on the Physical Fitness Tests** on November 15-17, 2013 at the Teachers Camp, Baguio City.
2. The Training aims to:
  - a. help the teacher-participants assess students' skills/talents in sports and measure their strengths and weaknesses;
  - b. enhance their knowledge and skills on the Revised PFT; and
  - c. validate the test.
3. The participants to this training are regional and division sports supervisors, sports coordinators and teachers of SPS schools/recipients of the financial subsidy; other schools implementing the program, and public and private schools, which are interested to implement the SPS.
4. A registration fee of Three Thousand Five Hundred Pesos (P 3,500.00) shall be charged to each participant to cover board and lodging, supplies and materials, and other incidental expenses relative to the training. Registration fee and traveling expenses of participants shall be charged to the 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 1:30 p.m. on **November 14, 2013** at the venue. The first meal to be served will be dinner on **November 14** and the last meal will be p.m. snacks on **November 17, 2013**. Enclosed are the Confirmation of Participants Form and the Schedule of Activities.
6. For more information, all concerned may contact **Ms. Rosa Ligaya C. Domingo** or **Ms. Erlinda F. Estrada**, Staff Development Division (SDD), Bureau of Secondary Education (BSE), Department of Education (DepEd), DepEd Complex, Meralco Avenue, Pasig City at telefax no.: (02) 632-7586.
7. Immediate dissemination of this Memorandum is desired.

  
**BR. ARMIN A. LUISTRO FSC**  
Secretary

Encls.:

As stated

Reference:

DepEd Memorandum: No. 77, s. 2012

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

OFFICIALS

SPORTS

TRAINING PROGRAMS

Madel: SPS

0807-August 29, 2013/9-3/9-12/9-17

(Enclosure No. 1 to DepEd Memorandum No. 183, s. 2013)

**Special Program in Sports (SPS): Training on the Physical Fitness Test**

**Confirmation of Participants**

No.	Name	School	Events




Noted by:

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**SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS**

Teachers Camp, Baguio City  
November 15 - 17, 2013

**Schedule of Activities**

Time Date	November 14	November 15	November 16	November 17				
5:30 - 7:30	Arrival and Registration  	B R E A K F A S T  Management of Learning/Unfreezing Activities  Administration of the Tests  PS 3 Recording and Interpretation of Results	A C K S S  Administration of the Tests  PS 3 Recording and Interpretation of Results	T  Recording and Interpretation of Results				
8:00-8:15								
8:00								
9:00								
10:00 - 10:20								
10:20 - 12:00								
12:00 1:30					PS 1 Benefits of Physical Fitness	L U N C H	C H	Clearing House
1:30 - 3:00					PS 2 The Physical Fitness Tests Protocols	S N A C K S	C K S	Closing Program
3:00 - 3:20						S N A C K S	C K S	S
3:20 - 5:00								
6:00 - 8:00	D I N N E R	I N N E R	R					

**PS 1**

- The session shall focus on the components of PF and its benefits

**PS 2**

- A discussion on an introduction to the PFT and the tests procedures/protocols

**PS 3**

- The session shall focus on the how to record and interpret tests results