



Republic of the Philippines  
Department of Education  
National Capital Region  
**DIVISION OF CITY SCHOOLS**  
City of Mandaluyong



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July 17, 2014

**RUSH**

MEMORANDUM

TO : Assistant Schools Division Superintendent  
Education Program Supervisors/Public School District Supervisor  
Principals, Private Elementary and Secondary Schools

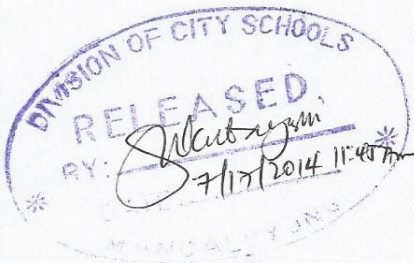
**SPORTS MEDICINE SEMINAR-WORKSHOP FOR PRIVATE SCHOOLS**

The Department of Education-National Capital Region in coordination with the University of Makati, will conduct **Sports Medicine Seminar-Workshop for Private Schools** on **July 17-18, 2014, 8:00 A.M.-5:00 P.M.** at **Pasig Elementary School, Caruncho Avenue, Pasig City.**

The registration fee is **Three Thousand Pesos (P 3,000.00)** per participant.

Enclosed is NCR Memorandum dated July 7, 2014 for further information.

Wide and immediate dissemination of this **Memorandum** is desired.



  
**EVANGELINE P. LADINES, CESO VI**  
Schools Division Superintendent 

/mcv/rga/



Republika ng Pilipinas  
(Republic of the Philippines)  
**KAGAWARAN NG EDUKASYON**  
(DEPARTMENT OF EDUCATION)  
**PAMBANSANG PUNONG REHIYON**  
(NATIONAL CAPITAL REGION)  
Daang Misamis, Bago Bantay, Lungsod Quezon  
(Misamis St., Bago Bantay, Quezon City)

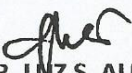
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Department of Education  
National Capital Region  
RECORDS AND PUBLICATION UNIT

**RELEASED**

By: \_\_\_\_\_  
Date: 7 JUL 0 8 2014 Time: \_\_\_\_\_

**MEMORANDUM**

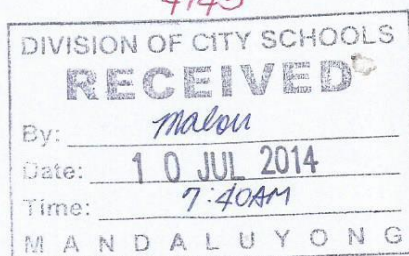
TO : **SCHOOLS DIVISION SUPERINTENDENTS  
DIVISION PROGRAM SUPERVISORS IN CHARGE OF PRIVATE SCHOOLS  
ADMINISTRATORS, ELEMENTARY AND SECONDARY PRIVATE SCHOOLS**

FROM :   
**DR. LUZ S. ALMEDA**  
Director IV

SUBJECT : **SPORTS MEDICINE SEMINAR/WORKSHOP FOR PRIVATE SCHOOLS**

DATE : July 7, 2014

1. The Department of Education-National Capital Region in coordination with the University of Makati, College of Allied Health Studies Center of Complementary & Alternative Medicine will conduct a **SPORTS MEDICINE SEMINAR/WORKSHOP FOR PRIVATE SCHOOLS** on July 17-18, 2014 from 8:00 a.m. to 5:00 p.m. at the Pasig Elementary School, Caruncho Avenue, Pasig City.
2. Participants to this seminar will gain experience in sports medicine pre-participation and wellness, treatment of acute and chronic musculoskeletal injuries, sideline and mass participation coverage and treatment of chronic diseases through Balance Taping Medicine and Podiatric Sports Medicine. Furthermore, upon completion of the seminar-workshop, the participants will receive a Certificate of added qualification in Sports Medicine.
3. Invited to this seminar are private school heads/officials, coaches, Physical Education teachers and other interested individual. The registration fee is Three Thousand pesos (Php3,000.00) which will cover the handouts, certificates, hand acupuncture, two taping medicines and meals (snacks & lunch for 2 days).
4. Attached is the Seminar Information and Schedule of Activities.
5. Participants may register in advance to the DepEd-NCR Physical Education & School Sports Office with telephone number 929-4345. For further inquiry, please contact Ms. Dafrosa Y. Zagala, Education Supervisor II and/or Dr. Jocelyn V. Marcial, Education Supervisor III, same office.
6. Wide and immediate dissemination of this Memorandum is desired.





# UNIVERSITY OF MAKATI

COLLEGE OF ALLIED HEALTH STUDIES  
CENTER OF COMPLEMENTARY & ALTERNATIVE MEDICINE



## SPORTS MEDICINE SEMINAR/WORKSHOP FOR PES

**PRIVATE SCH: July 17 – 18, 2014**

**Clinic Staff: August 7 – 8, 2014**

### Seminar Description

Sports Medicine focuses on helping people improve their athletic performance, recover from injury and prevent future injuries. It is a fast-growing health care field, because Complementary Alternative Medicine practitioners who specialize in Sports Medicine help many "health-conscious" people as well as athletes.

Balance Taping Medicine is a unique method of applying Balance Tex Tape that includes the circulatory/lymphatic, neural, muscular, and fascial systems, as well as the joints in the prevention of sports injuries. Balance Taping creates a bridge over the areas that are injured so that athletes can perform sports movements and have either prophylactic support to an injured part of the body. Acupuncture Medicine serves to advance the understanding, prevention and management of lower extremities, sports and fitness injuries. For sports related and muscle and joint injuries, acupuncture works locally right at the site of the problem. The body basically has the capacity to 'manufacture' its own natural pain killers, natural anti-inflammatory and anti-stress hormones. Acupuncture stimulates your body to get that production line moving, thus releasing those natural, in-built body chemical healers, giving you a less pain/more gain sensation. And the ability to get back into the game faster. One of the great and really interesting benefits of acupuncture is its natural performance enhancing ability.

### Objectives

Athletic Trainers will gain experience in Sports Medicine pre-participation and wellness, treatment of acute and chronic musculoskeletal injuries, sideline and mass participation coverage, and treatment of chronic disease in athletes through Balance Taping Medicine and Podiatric Sports Medicine. Completion of the seminar/workshop allows the Athletic Trainers to earn the Certificate of added qualification in Sports Medicine.

### DAY 1

#### A. BALANCE TAPING FOR SPORTS INJURIES

Speaker: Dr. Nenita S. Manongsong and Dr. Hae D. Lee  
9:00 am – 12:00 pm

#### Athletic Taping Techniques

- Head and Neck Injuries
- The Leg, Foot and Ankle Injuries
- Knee Injuries
- The Shoulder
- and Upper Extremity Injuries
- Elbow Injuries
- Demonstration on Balance Taping Medicine
  - a. Practical Treatment of Musculoskeletal Diseases for Athletes
  - b. Practical treatment of Internal Diseases for Athletes
- Synthesis of the Practical Demonstration
- Panel Discussion

#### B. SEMINAR WORKSHOP ON BALANCE TAPING

Facilitator: Dr. Hae D. Lee  
1:00 pm – 05:00 pm

- Group Dynamics
- Identify common sports injuries and treatment

### DAY 2

#### A. SPORTS INJURIES AND ACUPUNCTURE

Speaker: Dr. Nenita S. Manongsong and Dr. Hae D. Lee  
09:00 am – 12:00 pm

#### B. SEMINAR WORKSHOP ON SPORTS INJURIES AND ACUPUNCTURE

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- Group Dynamics
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# UNIVERSITY OF MAKATI

COLLEGE OF ALLIED HEALTH STUDIES  
CENTER OF COMPLEMENTARY & ALTERNATIVE MEDICINE



## SPORTS MEDICINE SEMINAR/WORKSHOP FOR PES

**PES:** July 17 – 18, 2014  
**Private:** July 24 – 25, 2014  
**Clinic Staff:** August 7 – 8, 2014

### Seminar Description

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