

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

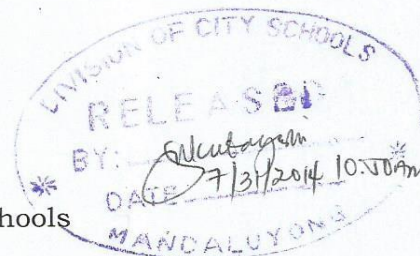
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July 30, 2014

MEMORANDUM

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



**RESCHEDULING OF SPORTS MEDICINE SEMINAR-WORKSHOP
FOR PRIVATE AND PUBLIC SCHOOLS**

This has reference to **Department of Education-NCR Memorandum** dated July 7, 2014 entitled **"Sport Medicine Seminar-Workshop for Private Schools"**, that has been rescheduled to **August 7-8, 2014, 8:00 A.M. to 5:00 P.M.** at **Pasig Elementary School, Caruncho Avenue, Pasig City**.

The expected participants are **private schools, school officials, coaches, physical education teachers, school health officials, division PESS supervisors and physical education teachers and coaches of the public schools**. There should be **no disruption of classes** as stipulated in DepEd Order No. 39, s. 2005 entitled **Instituting Measures to Increase Engaged in Time-On-Task and Ensuring Compliance Therewith**.

Enclosed is NCR Memorandum dated July 17, 2014 for further information.

Immediate dissemination of this **Memorandum** is desired.


EVANGELINE P. LADINES, CESO VI
Schools Division Superintendent

/jzq/rga/



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(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)

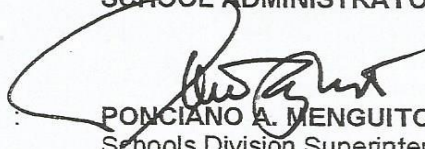
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Date: JUL 16 2014 Time: _____

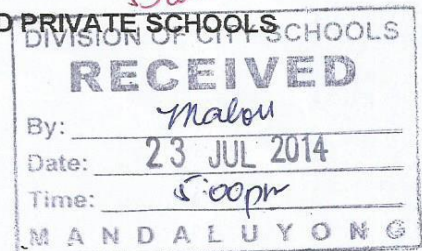
MEMORANDUM
No. 143, s. 2014

TO : SCHOOLS DIVISION SUPERINTENDENTS
SCHOOL ADMINISTRATORS, PUBLIC AND PRIVATE SCHOOLS

FROM : 
PONCIANO A. MENGUITO
Schools Division Superintendent
OIC, Office of the Asst. Regional Director
OFFICER-IN-CHARGE

SUBJECT : RESCHEDULING OF SPORTS MEDICINE SEMINAR /WORKSHOP

DATE : July 17, 2014



1. This has reference to the previous DepEd-NCR Memorandum dated July 7, 2014 entitled "Sports Medicine Seminar/Workshop for Private Schools". Please be informed that the said activity has been rescheduled to **AUGUST 7-8, 2014** due to the inclement weather these past few days which resulted to the suspension of classes. The activity will still be held from 8:00 a.m. to 5:00 p.m. in the same venue, Pasig Elementary School, located at Caruncho Avenue, Pasig City.
2. Aside from the expected participants, the private schools' school officials, coaches, physical education teachers, the invitation is extended to the School Health Officials in both the public and private schools and also to the Division PESS Supervisors and Physical Education teachers and coaches of the public schools. A Certificate of added qualification in Sports Medicine will be awarded to the participants.
3. This is also to reiterate the registration fee amounting to Three Thousand pesos (Php3,000.00) per participants which will cover the handouts, certificates, hand acupuncture, two taping medicines, meals (snacks & lunch for 2 days). The registration fees and other incidental expenses may be charged from the school's athletic fee for private schools and Local Funds for public schools, subject to the usual accounting and auditing rules and regulations.
4. Attached is the Schedule of Activities, for immediate information and reference.
5. The Division PESS/MAPEH Supervisors are requested to facilitate the participation of invited participants from both the public and private schools. It is further requested that the names of participants be submitted in advance to the PESS Office, this region.
6. For further inquiries, please contact, Ms. Dafrosa Y. Zagala, Educ. Supervisor II and/or Dr. Jocelyn V. Marcial, Educ. Supervisor III of DepEd-NCR, Physical Education & School Sports Office with telefax no. 929-4345.
7. Wide and immediate dissemination of this Memorandum is desired.

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UNIVERSITY OF MAKATI

COLLEGE OF ALLIED HEALTH STUDIES
CENTER OF COMPLEMENTARY & ALTERNATIVE MEDICINE



SPORTS MEDICINE SEMINAR/WORKSHOP

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

Facilitator: Dr. Hae D. Lee
1:00 pm – 5:00 pm

- Group Dynamics
- Identify common sports injuries and treatment



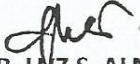
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Department of Education
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Date: **JUL 08 2014** Time: _____

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.