



REPUBLIC OF THE PHILIPPINES  
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS  
Meralco Avenue, Pasig City

OFFICE OF THE SECRETARY

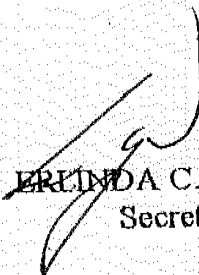
June 23, 1998

DECS MEMORANDUM  
No. 262, s. 1998

PSC LEADERSHIP SEMINAR IN SPORTS SCIENCE

To: Regional Directors  
Schools Superintendents  
Private Elementary and Secondary School Principals

1. The Philippine Sports Commission (PSC) in cooperation with the Women Sports Foundation-Philippines (WSFP) and the International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER-SD), will conduct a Leadership Seminar in Sports Science at the PSC Philsports Visayas Multipurpose Gym, Cebu City on July 30-August 1, 1998.
2. This activity aims to promote equal opportunities for Filipino women in sports and sports related endeavors bringing together women who are involved in community-based recreational sports program.
3. Participants to this seminar are physical education teachers, coaches, recreation, sports and dance enthusiasts and interested DECS personnel.
4. A conference fee of three thousand nine hundred pesos (P3,900.00) shall be charged each participant to cover meals, snacks, conference kit, caps and conference T-shirt, accommodation, certificate and membership to WSFP and ICHPER-SD. Inclosed is the program of activities for the three-day seminar.
5. Participation of teachers from government institutions shall be at the discretion of their respective school superintendents or regional directors. Those coming from private institutions shall make financial arrangements with their respective schools. Transportation and other allowable expenses of participants coming from government schools/offices may be charged against local funds subject to its availability and the usual accounting and auditing rules and regulations.
6. Immediate dissemination of this Memorandum to all concerned is desired.

  
ERINDA C. PEFIANCO  
Secretary

Incl.:

As stated

Reference:

DECS Memorandum: No. 381, s. 1997

Allotment: 1—(D.O. 50-97)

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

ATHLETICS

SEMINARS

TEACHERS

## LESSONS IN LEADERSHIP: COMPETENCE TO CONFIDENCE

Conducted By:

Darlene A. Kluka, Ph.D., Director, Girls and Women in Sport Commission  
Phyllis A. Love, Ph.D., ICHPER-SD Girls and Women in Sport Commission  
Ma. Josefina V. Bauzon, M.A., Director, ICHPER-SD Asia Girls and  
Women in Sport Commission

### DAY ONE

8:00 - 8:30	am	Opening Ceremony
8:30 - 9:00	am	Women, Values and Leadership in Sport: A Closer Look By Comm. Josefina V. Bauzon
		A brief orientation on Brighton Declaration <del>at</del> Women in Sport By Comm. Josefina V. Bauzon
9:00 - 9:30	am	Lessons in Leadership Overview
9:30 - 10:30	am	Leadership: Self discovery
10:30 - 12:00	pm	Leadership: Styles
12:00 - 1:30	pm	Lunch
1:30 - 3:30	pm	Communications skills
3:30 - 4:00	pm	Break
4:00 - 5:00	pm	General public relations: Self-image, self-promotion
5:00 - 6:00	pm	Media stereotyping
6:00 - 7:30	pm	Supper
7:30 - 8:30	pm	Interpersonal skills
8:30 - 9:30	pm	Working groups

## **DAY TWO**

9:00 - 10:15	am	Win/Win/Win negotiating skills
10:15 - 10:30	am	Break
10:30 - 11:45	am	The politics of power: gender equity
11:45 - 1:00	pm	Lunch
1:00 - 2:00	pm	Team-building skills
2:00 - 2:15	pm	Break
2:15 - 4:00	pm	Strategic planning
4:00 - 6:00	pm	Personal planning for leadership and commitment to plan

## **DAY THREE (SEMINAR ON CONNECTING SPORT SCIENCE WITH SPORT)**

9:00 - 9:15	am	Connecting Sports Science with Sport Overview
9:15 - 10:30	am	Physiological/Strength and conditioning considerations
10:30 - 10:45	am	Break
10:45 - 12:00	pm	Biomechanical considerations
12:00 - 1:00	pm	Lunch
1:00 - 2:15	pm	Psychological considerations Achievement motivation and competitiveness; arousal, stress, anxiety; group and team dynamics; communications; goal setting; burnout and overtraining
2:15 - 2:30	pm	Break
2:30 - 3:30	pm	Sport nutrition considerations Appropriate nutrition and sport; eating disorders

3:30 - 4:30 pm

Visual perceptual considerations  
Concentration; focus; visual skills enhancement

4:30 - 5:30 pm

Practice planning considerations

5:30 - 6:00 pm

Wrap-up

6:00 - 7:00 pm

Commitment Rites