



TANGGAPAN NG KALIHIM

REPUBLIKA NG PILIPINAS
KAGAWARAN NG EDUKASYON, KULTURA AT ISPORTS

DECS Complex, Meralco Avenue
Lungsod ng Pasig



*Sama-Sama
sa DECS*

July 20, 1998

DECS MEMORANDUM

No. 293, s. 1998

NATIONAL SEMINAR-WORKSHOP IN SPORTS PSYCHOLOGY

To: Undersecretaries
Assistant Secretaries
Bureau/Regional/Center Directors
Schools Superintendents

1. The Sport Psychological Training, Consultancy and Research Services will conduct a National Seminar-Workshop in Sport Psychology at the Environmental Education Center, Miriam College Foundation, Inc., Katipunan Avenue, Diliman, Quezon City on September 18-20, 1998 from 8:00 am to 5:00 pm. The theme of the workshop will focus on "The Integration of Sport Psychology in the Sports Training Program of Athletes."
2. The main goal of the seminar-workshop is to provide scientific knowledge about the practical applications of sport psychology in the sporting arena. The specific objectives are the following:
 - a. To gain knowledge in integrating sport psychology in the total sports training program of athletes;
 - b. To understand the practical application of the principles of psychology in the training and coaching of athletes in the sport setting; and
 - c. To acquire specific attitude in training and coaching in order to motivate and enhance sports excellence among athletes.
3. Public and private school supervisors, department heads, sports directors, physical education teachers, and sports coaches are invited to participate in this seminar-workshop. The Bureau of Physical Education and School Sports (BPSS) encourages the region in Luzon to send participants to said workshop.
4. A registration fee of Two Thousand Pesos (P2,000.00) shall be charged to each of the participants to cover operational expenses such as training materials, snacks and lunch and other expenses related to the conduct of the activity.

5. Transportation, registration fee and other expenses incidental to the attendance of participants to said seminar shall be charged to local funds subject to the usual accounting and auditing rules and regulations. Participants from private schools shall make arrangement with their respective institutions.

6. For other inquiries and reservation, please contact Ms. Marie Salaya, Over-all Coordinator, at Tel. Nos. 926-8430/454-5056/456-2495 (telefax). Attached is the Program of activities.

7. Immediate dissemination of this Memorandum is desired.

Andrew B. Gonzales
ANDREW B. GONZALES
Secretary *[Signature]*

Reference:

None

Allotment: 1—(D.O. 50-97)

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

ATHLETICS
SEMINARS
WORKSHOPS

Sport Psychological Training, Consultancy & Research Services

#4 Alley 12 Road 3 Project 6, Quezon City

Phone 926-8430/454-5056 Fax (63 2) 456-2495

LETTER OF INTENT

- I. Title of Activity National Seminar-Workshop in Sport Psychology
- II. Theme Integration of Sport Psychology in the Sports Training Program of Athletes
- III. Days/Venue September 18, 19 and 20, 1998
Environmental Education Center (EEC)
Miriam College Foundation, Inc.
Katipunan Avenue, Diliman, Quezon City
- IV. Proponents Sport Psychological Training, Consultancy & Research Services in cooperation with the Department of Education, Culture & Sports (DECS), the Commission on Higher Education (CHED) and the Sport Psychology Association of the Philippines.
- V. Rationale A survey regarding the integration of Sport Psychology in the sports training program indicates that only very few coaches would have a detailed program on the psychological preparation of athletes before and during an athletic competition (Catapang, 1995). Most often training is focused on providing the best conditioning programs by coaches and trainers in order to withstand the physical demands of a specific sport. In addition, simple and complex skills are learned and overlearned by athletes so that they can be executed automatically and efficiently during a sport competition.
- However, when a coach or an athlete becomes distracted or experiences high levels of stress, it seems highly predictable that performance is negatively affected. Thus, athletes and coaches need to develop positive control of the emotional and psychological aspects of the game.

Sport Psychological Training, Consultancy & Research Services

#4 Alley 12 Road 3 Project 6, Quezon City

Phone 926-8430/454-5056 Fax (63 2) 456-2495

This seminar will provide scientific knowledge about the practical applications of sport psychology in the sporting arena.

- VI. Objectives At the end of the seminar, the participants would have:
1. gained knowledge in integrating sport psychology in the total sports training program of athletes.
 2. understood the practical application of the principles of psychology in the training and coaching of athletes in the sport setting.
 3. acquired scientific attitude in training and coaching in order to motivate and enhance sports excellence among athletes.
- VII. Participants of this seminar are public and private school Supervisors, Department Heads, Sports Directors, Physical Education Teachers, and Sports Coaches in the three levels of education.
- VIII. A registration fee of two thousand pesos (P 2,000.00) shall be charged each participant to cover operational expenses such as training materials, sport psychology training manual, certificates, honoraria for speakers/lecturers, snacks & lunch and other related expenses.
- IX. Travel, registration fee and other expenses incidental to the attendance to said seminar shall be charged against available local funds subject to the usual accounting and auditing rules and regulations. Participants from private schools shall make arrangement with their respective institutions.

For details and reservation, call:

Ms. Marie Salaya
Over-all Coordinator
Tel. Nos. 926-8430/454-5056/456-2495 (telefax)

National Seminar-Workshop on Sport Psychology
“Integration of Sport Psychology in the Sports
Training Program of Athletes”

September 18-20, 1998 / 8:00 AM - 5:00 PM
 Miriam College Foundation, Katipunan Avenue,
 Diliman, Quezon City

Day 1 Sept. 18, 1998	7:00 - 8:30	Registration
	8:30 - 9:00	Opening Ceremony Pambansang Awit Opening Prayer Welcome Address Orientation to the Seminar-Workshop
	9:00 - 10:30	Plenary - Sport Psychology: An Overview
	10:30 - 10:45	Break
	10:45 - 12:00	Plenary - Talent Identification & Profiling of Athletes
	12:00 - 1:00	Lunch
	1:00 - 3:00	Seminar-Workshop 1: Goal Setting
	3:00 - 5:00	Seminar-Workshop 2: Psych-out Strategies
	Day 2 Sept. 19, 1998	8:00 - 10:00
10:00 - 10:15		Break
10:15 - 12:00		Seminar-Workshop 4: Motivation in Sport
12:00 - 1:00		Lunch
1:00 - 3:00		Seminar-Workshop 5: Team Building
3:00 - 5:00		Seminar-Workshop 6: Sport Anxiety & Stress Management
Day 3 Sept. 20, 1998	8:00 - 11:00	Plenary - Integration of Sport Psychology in the Sports Training Program of Athletes
	11:00 - 12:00	Open Forum
	12:00 - 12:30	Closing Ceremony & Awarding of Certificates
	12:30	Lunch