



**Tanggapan ng Kalihim**  
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DepED MEMORANDUM  
No. **44**, s. 2004

JAN 30 2004

**TRAINING OF TRAINORS (TOT) ON SPORTS MEDICINE AND SPORTS NUTRITION**

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

1. In line with the DepED Challenge: Good Health to Great Sports Program, the Department of Education (DepED), through the Health and Nutrition Center (HNC), will conduct the Training of Trainors (TOT) on Sports Medicine and Sports Nutrition on the following dates and venues:

Region	Venue	Date
Regions I-III and CAR	Teachers Camp, Baguio City	February 2-5, 2004
Regions IV-A, IV-B, V and NCR	Richville Mansion Hotel	February 9-12, 2004
Regions IX-XII, CARAGA and ARMM	Malagos Garden Resort, Malagos, Calinan, Davao City	February 16-19, 2004
Regions VI-VIII	Ecotech, Cebu City	March 1-4, 2004

2. The training aims to:

- orient the participants on the DepED Challenge: Good Health to Great Sports Program;
- present the DepED's existing health, nutrition and sports programs and projects that respond to the challenge;
- discuss current trends and issues/concerns on sports medicine and sports nutrition in the various phases of sports competition (pre-competition, competition, post-competition);
- discuss the roles of the school health and nutrition personnel, sports coordinators, PESS officials in the management of the program and in the conduct of school health/nutrition, physical fitness and sports activities;
- equip the participants with the necessary skills in the management of sports injuries and common sports-related medical illnesses; and
- formulate action plans for the operationalization of the program, and for the second level training of division health personnel and PESS supervisors/sports coordinators.

3. Participants from the regional office and each schools division are the following:

Regional Office 3 pax	Regional PESS Supervisor/Coordinator Regional Medical Officer V, Nutritionist-Dietitian II
Division Office 3 pax	Division PESS Supervisor/Coordinator Schools Division Medical Officer IV Division Nurse-in-Charge

4. Travel expenses including per diems (before and after the training), board and lodging of participants, staff, resource speakers, extra duty allowance of the project staff, facilitators, and honoraria of external resource speakers and other expenses relative to the training shall be chargeable against HNC-SHGP Funds, subject to the usual accounting and auditing rules and regulations. It is earnestly requested that the most economical means of transportation be availed to minimize travel costs.

5. Wide and immediate dissemination of this Memorandum to all concerned is desired.



EDILBERTO C. DE JESUS  
Secretary 

References:

DepED Memoranda: Nos. 468 and 481, s. 2003

Allotment: 1—(D.O. 50-97)

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

ATHLETICS  
HEALTH EDUCATION  
TRAINING PROGRAMS

Madel:c:TOT  
1-22-04