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DepED MEMORANDUM  
No. 125, s. 2004

**TRAINING ON THE REVISED PHYSICAL FITNESS TEST**

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

1. This Department shall adopt the revised Physical Fitness Test effective SY 2004-2005 based on the universally accepted fitness parameters set by the American Center for Sports Medicine (ACSM). In preparation for its implementation, the Task Force on School Sports (TFSS), in collaboration with the Bureaus of Elementary and Secondary Education (BEE and BSE), shall conduct a Training of Teacher Trainers on the Revised Physical Fitness Test on April 27-29, 2004 at Teachers Camp, Baguio City.
2. The training aims to:
  - a. update the teachers on the revised Philippine Physical Fitness Test;
  - b. orient the participants on the systematic sports talent identification system used by other countries in order to provide appropriate scientific training for students with potential talent in sports; and
  - c. encourage the pursuit of personal health/physical fitness.
3. There shall be two hundred sixtyone (261) participants composed of the Regional Physical Education School Sports (PESS) Chiefs and Assistant Chiefs, whenever possible, one (1) elementary, one (1) secondary P.E. teacher per region and one (1) PESS supervisor per division and fifteen (15) SPS Coordinators. The participants are expected to form the core of training teams who shall conduct echo trainings in the regions/divisions.
4. Participants must bring with them appropriate attire such as t-shirts, shorts/jogging pants, and rubber shoes.
5. Transportation and other incidental expenses of participants to and from the venue shall be charged against local funds subject to the usual accounting and auditing rules and regulations. Transportation, board and lodging of training staff and participants, and other incidental expenses to be incurred during the training shall be charged against Physical Education and School Sports Program Funds (A.II.d1), subject to the usual accounting and auditing rules and regulations.

6. For more information, please contact Ms. Rosa Ligaya C. Domingo, Senior Education Program Specialist (SEPS), BSE at tel. no. (02) 632-75-86 or Mr. Ferdinand Batoon, Education Program Specialist (EPS II), BEE at tel. no. (02) 638-47-99, Bonifacio Bldg. DepED-Central Office, Meralco Avenue, Pasig City.

6. Immediate dissemination of this Memorandum is desired.



EDILBERTO C. DE JESUS  
Secretary

Reference:

None

Allotment: 1—(D.O. 50-97)

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

ATHLETICS  
PROGRAM, SCHOOL  
TEACHERS  
TRAINING PROGRAMS

Lilian/DM/revisedphysicalfitness  
Feb.26, 2004/maricar computer