

Republika ng Pilipinas  
(Republic of the Philippines)  
MINISTRI NG EDUKASYON AT KULTURA  
(MINISTRY OF EDUCATION AND CULTURE)  
Maynila

July 27, 1979

MEC O R D E R  
No. 43, s. 1979

CONTINUING PHYSICAL FITNESS PROGRAM FOR ALL  
OFFICIALS AND EMPLOYEES

To: Bureau Directors  
Regional Directors  
Chiefs of Services and Heads of Units  
Presidents, State Colleges  
and Universities  
Schools Superintendents

1. Conformably to Memorandum Circular No. 1130 issued by the Office of the President, a copy of which is inclosed, it is desired that each bureau or office prepare its own program of activities in order to afford their respective personnel a program of physical fitness as a part of the government human resources development.
2. Particular attention is invited to paragraphs three and six so as not to disrupt the normal work of each office or any of its units and that the purpose for which the program is instituted will not be defeated; that is, human resources development. Necessary safeguards should therefore be instituted as suggested in the said Memorandum Circular and a report on the whole program of activities be submitted to this Office for monitoring.
3. This Order takes effect immediately.

(SGD.) JUAN L. MANUEL  
Minister of Education and Culture

Incl.:

As stated

Reference:

Unnumbered Memorandum dated December 5, 1978  
Allotment: 1-2-3-4--(D.O. 1-76)  
To be indicated in the Perpetual Index  
under the following subjects:

~~ATHLETICS~~  
~~EMPLOYEES~~

~~OFFICIALS~~  
~~REPORT~~

~~SOCIETY or~~  
~~ASSOCIATIONS~~







(Inclosure to MEC Order No. 43, s. 1979)

TANGGAPAN NG PANGULO NG PILIPINAS  
(Office of the President of the Philippines)

MEMORANDUM CIRCULAR NO. 1130

REQUIRING ALL GOVERNMENT OFFICES TO INSTITUTE AND IMPLEMENT  
A CONTINUING PHYSICAL FITNESS PROGRAM FOR  
THEIR OFFICIALS AND EMPLOYEES

In line with the pronouncement of the President that physical fitness must necessarily be a part and parcel of the on-going program of human resources development, and in order to draw government officials and employees into a modest regimen of physical conditioning as well as provide a wholesome and refreshing respite from the routine of work, particularly those who are not actively involved in the sports competitions conducted by various government athletic leagues, all ministry heads and chiefs of bureaus and offices, including those of government-owned or controlled corporations, are hereby required to institute and implement a continuing physical fitness program for its officials and employees.

They shall, for the purpose:

1. Designate their respective officials and/or staffs entrusted with the responsibility of formulating, implementing, and monitoring this program;
2. Allow participants at least one hour a week each, except when their services are badly needed on official matters during their scheduled day and time;
3. Schedule the participants in such a way as to ensure the least disruption of the normal work of an office or any of its units;
4. Arrange, if the office concerned has no suitable facilities of its own, for the use of those of other government entities such as the Rizal Memorial Sports Complex, Amoranto Sports Center, sports complexes of state colleges and universities and those of the different branches of the military service;









5. Start the activities for each session with at least 15 minutes of mass calisthenics followed by a supervised participation in the different fields of sports as the facilities would allow, according to individual preferences of the participants;
6. Institute such safeguards as may be necessary to preclude the use by participants of the time intended for the program for other unauthorized purposes; and
7. Submit to the undersigned, through Presidential Finance Assistant Cesar A. Dumlao, their respective programs, indicating therein the mechanics, schedule, venue, nature and scope of activities, and the officials and/or staffs responsible for the implementation and monitoring of said program.

Strict compliance with this Circular is hereby enjoined.

By authority of the President:

(SGD.) JACOB C. CLAVE  
Presidential Executive Assistant

Manila, March 8, 1979

A true copy





