



Republic of the Philippines  
Department of Education  
Region VI – Western Visayas  
**DIVISION OF AKLAN**  
Kalibo, Aklan



September 27, 2017

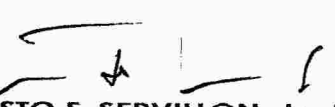
To: **Chief Education Supervisors**  
**Education Program Supervisors**  
**Senior/Education Program Specialists**  
**Public Schools District Supervisors**  
**Principals/Head Teacher In-Charge of the District**  
**Heads of Public Elementary, Secondary and Integrated Schools**

Dear Sirs/Mesdames:

Please find attached letter from Mr. Jessie S. Flores, Public Schools District Supervisor, District of Malay, re: Athletics Coaching Enhancement Seminar (ACES).

For your information and guidance.

Very truly yours,

  
Dr. **ERNESTO F. SERVILLON, Jr., MNSA, CESO VI**  
Asst. Schools Division Superintendent  
Officer In-Charge  
Office of the Schools Division Superintendent

*hsd*

**DIVISION LETTER**  
No. *116*, s. 2017

MST/cdb

*"May katawhayan ag kalipayan sa among mga escuelahan."*



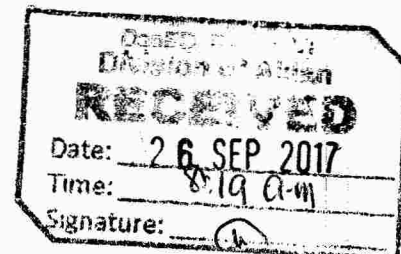
Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
 Region VI Western Visayas  
 Division of Aklan



**DISTRICT OF MALAY**

September 25, 2017

**Dr. ERNESTO F. SERVILLON, JR., MNSA, CESO VI**  
 Asst. Schools Division Superintendent  
 Officer In-charge Office of the Schools Division Superintendent  
 Division of Aklan



ATTENTION: **MARTH T. TROPA**  
 Education Program Supervisor

SIR:

Good vibes!

The DepED District of Malay in cooperation with LGU Malay will be conducting **Athletics Coaching Enhancement Seminar (ACES)** thru the expertise of **Philippine Athletics Track and Field Association** a member of International Association of Athletics Federation Asian Athletics Association on **September 29-October 1, 2017** at Malay Elementary School Ground, Balusbos, Malay, Aklan.

This 3-day leave-out seminar is aimed to advance the technical competency and practical knowledge of physical education teachers and local coaches handling young and developmental athletes for athletics. There are only 150 slots open for participants to the seminar. The first two days of the seminar will be comprised by two sessions, one in the morning (will promptly start at 8am and finish at 12nn) and one in the afternoon (from 1pm to 5pm). The third day of the seminar will have a morning session only. At the end of that session, a comprehensive test will be administered. The test will have 100 items. Passing mark is 60 correct answers. Only those who will pass the test shall be given a certificate of completion of the ACES.

In this regard, I would like to invite PE Teachers and Coaches of athletics in our Division to attend this seminar. They may confirm their attendance to Mr. Dean Manalo, TIC of Yapak Elementary School/Malay District Sports Coordinator on September 26, 2017 for allocation of lecture materials.

Attached herewith is the IAAF Athletics Olympic Dividend (AOD) that will serve as course outline of the seminar and the list of confirmed trainers for your reference,

Thank you and more power!

Very truly yours,

**JESSIE S. FLORES**  
 Public Schools District Supervisor

**Dr. ERNESTO F. SERVILLON, JR., MNSA, CESO VI**  
 Assistant Schools Division Superintendent  
 Officer-In-Charge  
 Office of the Schools Division Superintendent

*Provided that all School Heads shall attend the Division Conference.*

**COURSE OUTLINE****Day 1, AM session - Physiological Basis of Athletic Performances**

- I. Physical Fitness and Athleticism
  - A. Health, Fitness, and Wellness
  - B. The Physical Fitness Parameters
  - C. The GAS and SAID Principles
  - D. The Bioenergetics of Activities
- II. Factors that Determine Physical and Physiological Development
  - A. Training Frequency
  - B. Intensity vs. Volume
  - C. Genetics, Age, and Gender
- III. Endurance Assessment and Training
  - A. The VO<sub>2</sub>max and Its Equivalents
  - B. Physiological Responses and Adaptations to Endurance Training
  - C. Aerobic and Anaerobic Threshold, Power, and Capacity
  - D. Oxygen Deficit, Oxygen Debt, and Fatigue
  - E. Assessment of Endurance

**Day 1, PM session - General Principles of Athletics**

- I. Review of Athletics Events
  - A. Track & Field
  - B. Race Walking
  - C. Road Running
  - D. Cross-country running
- II. Rules and Regulations
- III. Techniques & Technology
  - A. Running
  - B. Jumping
  - C. Throwing

**Day 2, AM session - Physiological Limitations to Training**

- I. Neuromuscular Efficiency during Exercise
  - A. Strength and Power in Human Movement Activities
  - B. Neuromuscular Adaptations to Exercise
  - C. Muscle Soreness
  - D. Assessment of Muscular Strength and Power
  - E. Sports Specific Training
- II. Creating an Effective Training Plan
  - A. Principles of Exercise Training
  - B. Training Periodization

**Day 2, PM session - Components of Training for Athletics**

- I. Components of an Athletics Training Session
- II. Periodization Training Techniques
- III. Equipment

**Day 3, PM session - External Factors and Augmentations to Training**

- I. Exercise and the Environment
  - A. Exercise in the Heat and Cold
  - B. Exercise in the Low Pressure Environment
  - C. Exercise and Pollution
- II. Exercise Limitations
  - A. Growth and Development
  - B. Gender Differences in Physical Performance
- III. Fine Tuning Performance
  - A. Performance Nutrition
  - B. Ergogenic Aids
  - C. Injury Management and Post-Injury Reconditioning

**Trainers:**

1. **EDWARD KHO**- Director, Marketing and Operations PATAFA
2. **ARNIEL FERRERA**- Gold Medalist, hammer throw SEA Games 2005, Bronze Medalist, hammer throw ASEAN 2017
3. **RENATO UNSO**- Secretary General PATAFA
4. **APRIL MARIA UNSO** Team Coordinator at RU with Us Asia, Former IB PYP Physical Education teacher at Singapore Chatsworth International School , Beacon International School, Former K-12 PE Teacher at International School Manila
5. **JESON RAMIL CID**- FEU Gold Medalist in Decathlon SEA Games 2013