



Republic of the Philippines  
**Department of Education**  
REGION VII- CENTRAL VISAYAS  
SCHOOLS DIVISION OF BOHOL

November 6, 2020

DIVISION MEMORANDUM  
No. **545**s, 2020

**DIVISION TRAINING-WORKSHOP ON THE CONDUCT OF THE REVISED PHYSICAL FITNESS TEST (RPST).**

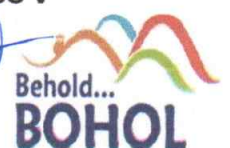
To: Chief- Curriculum Implementation Division (CID)  
Education Program Supervisors  
Public Schools District Supervisors/Acting PSDS  
Elementary and Secondary Schools  
All Other Concerned

1. This Office through the Curriculum Implementation Division (CID) will conduct a two (2) day **Division training-workshop on the conduct of the Revised Physical Fitness Test on December 3-4 , 2020 for 1<sup>st</sup> Congressional district, December 8-9, 2020 for 2<sup>nd</sup> Congressional district and December 10-11, 2020 for 3<sup>rd</sup> Congressional district that will start at 8:00 in the morning and will end at 5:00 in the afternoon at the BPSTEA Building, Tamblot St., Tagbilaran City..**
2. The two (2) day training aims to capacitate teachers to:
  - acquired a unified understanding of the administration of the Physical Fitness Test ; and
  - enhance the knowledge and the skills of the participants on the administration of the Revised Physical Fitness test.
3. The participants of this training are three (3) MAPEH Teachers per district (elementary or secondary school) and not more than 45 years old, physically and mentally fit, must possess knowledge and facilitating skills for the re-echo training-workshop. The PSDS shall be the one to recommend the participants in their respective district.
4. Participants are required to wear sports attire. (Rubber shoes, Short pants/Jogging pants and extra T-shirts).
5. Training Staff are advised to report for Pre-work Activity/ final briefing on December 2, 2020, 8:00 in the morning at BPSTEA Bldg., Tamblot St., Tagbilaran City.
4. Travel, per diems and other related expenses incurred by the participants and training staff shall be charged to school MOOE or any school funds while two (2) breakfast, two (2) lunch, two (2) dinner and six (4)snacks shall be taken from the GAD/HRTD funds subject to usual accounting and auditing rules and regulations.
5. This Memorandum serves as **Travel Order**.
6. Attached is the List of Training Staff and Committee Members.
7. Please be guided accordingly.

  
**BIANITO A. DAGATAN Ed.D., CESO V**  
School Division Superintendent



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**Training Manager :** Mr. Exequil Cifra  
**Co- Training Manager:** Dr. John Torregosa  
**Training Coordinator:** Mr. Jonathan Goyeneche  
**Co-Training Coordinator:** Mr. Artemio Palma  
**Consultant:** Mr. Cirilo S. Calatrava  
**Resource Speaker/ Facilitators:**

Joey G. Bitua  
Analene Autentico  
Artemio Palma  
Junever Cabrera  
Gloria Cifra  
Romeo Aguhar  
Robert Botero  
Irma Lorna Cagulada

Ronelle Thursday Sancho  
Jeward Torregosa  
Elena Guadalquiver  
Joseph Lincuna  
Roselle Regulacion  
Ma. Gemma Estoque

**BMI and Waist Circumference**

Elena Guadalquiver  
Artemio Palma

**Basketball Pass and Standing Long Jump**

Robert Botero  
Jeward Torregosa

**Zipper Test and Sit & Reach**

Gloria Cifra  
Analene Autentico

**Sturk Balance Stand Test and Paper Juggling**

Ma. Gemma Estoque  
Irma Lorna Cagulada

**3 min. Step Test and Stick Drop Test**

Joseph Lincuna  
Junever Cabrera

**90 degree Push up and Curls up**

Romeo Aguhar  
Joey G. Bitua

**40 meter Sprint and Hexagon Agility Test**

Roseller Regulacion  
Ronelle Thursday Sancho

**Committees:**

**Program and Certificates**

Joey G. Bitua  
Analene Autentico

**Training Supply and Materials**

Artemio Pama  
Ronelle Thursday Sancho

**Venue and Physical Arrangement**

Dr. John S. Torregosa  
Artemio Palma

**Monitoring and Evaluation**

Jonathan Goyeneche  
Juniver Cabrera  
Jeward Torregosa

**Attendance**

Analene Autentico

**Medical Team:** Dr. Ma. Aurora Lumaad  
Mr. Clinio L. Galviso  
Selected Nurses

