



Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION
Regional Office I
City of San Fernando, La Union

March 14, 2022

CHED Regional Memorandum Order
No. 8, s. 2022

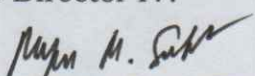
**INVITATION FOR THE SPORTS PSYCHOLOGY-ORIENTED LEADERS IN THE
TERTIARY LEVEL ACTIVITY**

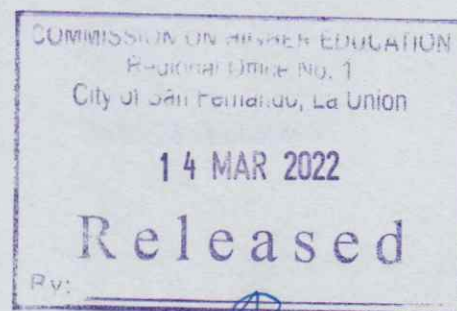
For: **All Presidents and Heads**
Higher Education Institutions
Region 1

1. In accordance with the pertinent provisions of Republic Act No. 7722, otherwise known as the "Higher Education Act of 1994" and with reference to CHED Memorandum from the Office of the Executive Director No. 88, s. 2022, requesting assistance from this Office in the conduct of Sports Psychology-Oriented Leaders in the Tertiary Level.
2. This activity aims to upskill the participants on *Holistic Sports Development Framework and Sports Psychology*.
3. This Office invites your Sports Coordinator/Director to attend the activity at the Monarch Hotel, Calasiao, Pangasinan on April 7-9, 2022.
4. Food and training venue expenses will be shouldered by CHED while travel and accommodation expenses will be charged against the HEI's MOOE/Funds subject to the usual accounting and auditing rules and regulations.
5. For the registration, please fill out the Google Form using this link: **<https://tinyurl.com/SportsPsychologyRegion1>**.
6. For inquiries and concerns, please contact Mr. Al Gerald S. Barde through the telephone numbers provided below or email him at agbarde@ched.gov.ph.
5. For your active participation. Thank you.

DANILO B. BOSE, PhD
OIC-Director IV

For the Director IV:


ENGR. REYEM M. SABATE
Chief Education Program Specialist



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ACTIVITY PROPOSAL

I. Project Preliminaries

- I. Title : S.P.O.R.T.S towards Optimal Performance: Sports Psychology-Oriented Leaders in Tertiary Schools
II. Date : April 7-9, 2022
III. Participants : Head of Sports office

II. Objective

- To address the mental and emotional needs of athletes
- To promote overall well-being and boosts the sports performance to the highest level
- To cultivate a mindset of “mental coaches,” which will produce athletes with “mental toughness”.
- To develop a holistic approach in performance enhancement and mental skill development, anxiety and stress management and concentration and mental preparation.

III. Background and Event Description

A Memorandum of Agreement between Commission on Higher Education (CHED) and the Philippine Sports Commission (PSC) was signed on March 10, 2021 to provide tertiary coaches, trainers, and faculty members necessary trainings, short-term certificate programs, accreditation, and licensing to enhance the skills. With this, a unified tertiary school sports development program was developed. This is to secure that sports development program on HEI's are aligned with national sports agenda and international standards.

With this, a Tertiary Sports Development Program was developed with the theme, “Realigning Sports and Academic towards Academic Excellence, Youth Development to and Good Citizenry.” The strategic aim and objective of this program is to develop a wholistic tertiary sports program in the quest for academic excellence in making sports a part and a priority component of the tertiary education system based from the mandate of the law aside from the regular academic subjects, which will play an important role in the community and national development. Also, to reduce rates of juvenile arrest, teen age pregnancies, drug dependency and school drop outs; Resulting to their total health and mental wellbeing, values formation and human development in producing responsible adults, productive adults and skilled professionals.

This also produced a Holistic Sports Development Framework. The first part of the framework is *A Strategic And Functional Organizational Structure*, which tackles purposive and ethical leadership. This follows by *Integrated Sports Education & Training Skills Development* that emphasizes internationalization of tertiary sports. Third is *Long Term Athletes' Development Training* in which creating a road map in making world champions. The last part is *A Successful Student Athletes' Career Pathway* that entails making of champions in sports and in real life. Having holistic framework means that it involves physical, emotional, behavioral, social, and mental aspect of training and education.

Sports psychology or sports psychological science is one of the key factors that promotes and boosts the sports performance to the highest level. It may not be as well-known in the Philippines, but it is steadily gaining popularity, and its effect on the local athletic scene cannot be overstated. There are two trainings held to promote sports psychological science, namely: Seminar entitled "Keeping Mental Health In Check: How to Deal Better with the



Pandemic," organized by the agency's Sports Psychology Unit on May 13, 2020; and Philippine Sports Commission (PSC) National Coaches Certification program Sept. 29, 2020 at the University of the Philippines Mindanao, Bago Oshiro, Tugbok District, Davao City. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete

Thus, this event will be a 3-day event in which will pinpoints the first framework of the Holistic Sports Development Framework and Sports Psychology. Participants includes Academic Sports Committee, Coaches, and Sports Educators. On Day 1, participants will be introduced to Holistic Sports Development Framework and Sports Psychology. Topics include learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment. On Day 2, participants will be a workshop where participants are grouped to create a program for their institution that includes holistic approach. On Day 3, participants will have experiential learning in which they will practice mental toughness. Objectives of each talk are as follows:

Seminar 1: Sports Psychology and Mental Health

1. To know psychological foundations, processes, and consequences of the psychological regulation of sport-related activities
2. To recognize the need of sports psychology in sports science
3. to understand how psychological and social (parents, coaches, peers) wellbeing influence an individual's behavioral outcomes (e.g., sport performance, exercise motivation) and vice versa

Seminar 2: Mental Coaching

1. To integrate mental coaching in performance coaching
2. to help athletes develop a range of self-management skills that they can utilize to manage psychological distress,
3. to equip key stakeholders in the elite sporting environment (such as coaches, sports medicine and high-performance support staff) to better recognize and respond (Psychological First Aid) to concerns regarding an athlete's mental health
4. to highlight the need for specialist multi-disciplinary teams or skilled mental health professionals to manage athletes with severe or complex mental disorders.

Seminar 3: Mental Toughness

1. Defining mental toughness in coaching and identifying the attributes can assist toward this desired outcome.
2. To increase the quality of coaches leading to improved performances and satisfaction for both coaches and the athletes they serve.
3. to develop appropriately designed training or educational programs in order to develop professional mental toughness.

III. Program

Date/Time	Event
April 7 – 9, 2022	Pre-registration
Day 1	
7:30-9:00	Registration



		Morning coffee
9:00 – 9:30		Video welcome presentation? National Anthem Prayer Welcome remarks – RD Amelia Biglete Opening remarks - President Message 1 - Atty. Cinderella Jaro Message 2 – Chair Prospero De Vera
9:30-11:00		Outline of the program Introduction to Unified Tertiary Sports Development Framework
11:00-11:30		Talk Reflection Q&A
11:30-1:00		Lunch Break
1:00-1:30		Ice Breaker
1:30-3:30		Talk 1: Sports Psychology Fundamentals
3:30-4:00		Talk Reflection Q&A
4:00		Closing remark for Day 1 Reminders
Day 2		
8:00-9:00		Registration Morning coffee
9:00-9:10		Prayer Opening remarks (Program Faci)
9:10-9:40		Ice Breaker
9:40-11:40		Talk 2
11:40-12:00		Talk Reflection Q&A
12:00-1:00		Lunch Break
1:00-3:00		Breakout session: develop a holistic approach in performance enhancement and mental skill development, anxiety and stress management and concentration and mental preparation
3:00-4:00		Presentation of program per group
4:00		Closing remark of day 2
Day 3		
8:00-9:00		Registration Morning coffee
9:00-9:10		Prayer Opening remarks (Program Faci)
9:10-9:40		Ice Breaker
9:40-11:40		Talk 3
11:40-12:00		Talk Reflection Q&A
12:00-1:00		Lunch Break
1:00-3:00		Mental Toughness experiential learning

