

EDUCATION

Master of Arts in Education with Specialization in Physical Education
Philippine Normal University (Taft, Manila)

Expected A.Y. 2024-2025

Bachelor of Secondary Education (Music, Arts, Physical Education & Health)
Visayas State University (Pangasugan, Baybay City, Leyte)

April 2013

TEACHING & ADVISING

Physical Education Instructor

Institute of Human Kinetics, Visayas State University

2015- present

- Facilitated Physical Education courses at both secondary and higher education levels.
- Utilized technology to enhance pedagogical techniques for physical fitness.
- Incorporated innovative teaching methods, technologies, and activities to maintain relevance and engagement.

Philippine Folk Dance Course Instructor

Institute of Human Kinetics, Visayas State University

2015- present

- Designed and organized a well-rounded course syllabus that ensured inclusivity and variety.
- Instructor for multiple sections of Philippine Folk Dance in the Physical Education course.
- Encouraged students to actively participate, cultivate a positive attitude towards fitness, and establish personal objectives.

Culture & Arts Education Course Instructor

Institute of Human Kinetics, Visayas State University

2018- present

- Planned and organized the Bachelor of Culture and Arts Education course syllabus, specifically for the Foundation of Dance and Teaching Dance courses.
- Evaluated student's progress, provided constructive feedback, and used assessment to improve teaching strategies and overall performance.
- Integrated the cultural and historical context of diverse dance forms to foster respect and promote various cultural expressions through dance.

Swimming, Volleyball, and Outdoor & Adventure Activities Course Instructor

Institute of Human Kinetics, Visayas State University

2015- present

- Taught fundamental skills, techniques, and strategies in Swimming, Volleyball, and Outdoor & Adventure activities.
- Designed and organized the physical education course syllabus for Swimming and Outdoor & Adventure Activities.
- Ensured a safe environment by teaching proper techniques, enforcing rules, and being prepared to handle emergencies and injuries.

Academic Adviser

Bachelor of Culture & Arts Education (BCAEd), Visayas State University

2019- 2023

- Guided students in selecting courses and planning their academic pathways to fulfill graduation requirements and achieve their professional goals.
- Offered support and resources for personal growth, professional development, and academic success, while assisting students in overcoming obstacles encountered during their degree pursuit.

Student Organization Adviser

Artist with Dedication to Advocate and Represent the National Arts (ADARNA), Visayas State University

2021- 2023

- Ensured that the organization adhered to the institution's rules and procedures.
- Guided student leaders in building leadership and organizational skills by providing direction and assistance in planning, coordinating, and executing events and activities.

RESEARCH EXPERIENCE

Action Research Adviser

Institute of Human Kinetics, Visayas State University

2021-2023

- Guided Bachelor of Culture and Arts Education (BCAEd) and Bachelor of Physical Education (BPED) student researchers in formulating study design and selecting methodologies, while ensuring that their research adhered to academic rigor and ethical standards.
- Worked closely with the researchers, providing feedback and support throughout the research process.

PROFESSIONAL EXPERIENCE & TECHNICAL EXPERTISE

Dance Educator

Integrated Art Workshop for Project Enhancing Skills & Enriching the Culture, NCCA | DepEd Baybay

2023

Capacitating Teachers for the Revival and Diffusion of Cultural Heritage in Schools through

2022

Local Folk Dance Workshop, VSU Isabel Campus, Isabel, Leyte

- Conducted training for professional teachers, students, and dance enthusiasts on the basic steps and skills of various Philippine folk dances.

Dance Trainer

Baybay City School for the Arts (Dance Workshop Series), Baybay City

2022-2023

- Developed social and interpersonal skills through involvement in recreational dance forms.

Dance Choreographer | Dance Interpreter

2015-present

Visayas State University, Pangasugan, Baybay City, Leyte

- Choreographed multiple dance presentations and competitions for clients.
- Choreographed dance performances for educational and extra-curricular activities.
- Choreographed performances for university-wide events involving thousands of performers.
- Interpreted and handled numerous Philippine folk dances for VSU Dance Company performances

Dance Director

2015-2023

Visayas State University Dance Company, Culture & Arts Center

- Directed VSU Dance Company performances.
- Mentored dancers by providing feedback and facilitating both technical and artistic growth, while fostering a positive and collaborative working environment.

Coaching

2015-2022

Philippine Association of State Universities and Colleges (PASUC) Cultural and SCUAA, Visayas State University (Swimming and Pageant)

- Guided the athletes and contestants in developing their skills, achieving goals, and navigating challenges when competing in regional and national competitions.

Swimming Instructor

Aquatic Module 2017 BSP Summer Training Program, Mater Carmeli School, Quezon City

2017

Swim Camp/ Disaster Preparedness Training of Hayag Family Development Center, Ormoc City

2013

- Conducted training in basic swimming techniques, strokes, and safety skills for swimmers.

Tournament Manager

Dance Sports Regional SCUAA Games, Visayas State University

2017

- Coordinated the tournament promptly with relevant authorities.

Dance Adjudicator

Magsanga Festival (Festival Dances), Merida, Leyte

2023

Linggo ng Kabataan (Dancesport and Hiphop Competition), Albuera Leyte

2023

ATI Coconut Festival (Festival Dances) Visayas State University, Baybay, Leyte

2023

VFES Literary Musical Competition (Dance Competitions) Visayas State University, Baybay, Leyte

2023

Biliran Province State University Founding Anniversary Folk Dance Competitions, Naval, Biliran

2022

Southern Leyte State University 16th Charter Anniversary (Festival Dance), Sogod, Southern Leyte

2020

Tigbawanon Festival (Festival Dance), Plaridel, Baybay City, Leyte

2020

Festival of Talents Baybay City Division DepEd, Baybay City, Leyte

2019

- Assessed and scored performances based on criteria such as technique, choreography, stage presence, and overall execution, ensuring fair and unbiased evaluation.

UNIVERSITY SERVICE

Organizing Committee SCUAA (State Colleges and Universities Athletic Association)

Visayas State University

2023

- Proposed and developed a detailed plan for the Regional SCUAA Games Opening Ceremony.
- Created and managed the event budget
- Managed the events' execution and addressed any issues in coordination with committee members.

University Wellness Coordinator

Visayas State University

2018-2023

- Developed and implemented health and wellness programs
- Organized a university-wide fitness program open to all students and staff.

Document Officer, VSU-SCUAA (State Colleges and Universities Athletic Association)

Visayas State University

2016-2023

- Collected, organized, and managed extensive data from student-athletes.

- Verified athlete eligibility in accordance with the PASUC Operation Manual's rules and regulations.

Culture and Arts Center (CAC) Member

Visayas State University

2015-2023

- Served as a member of the Dance Section at the Culture and Arts Center (CAC) of VSU.
- Collaborated closely with other members to promote teamwork and ensure effective communication and cooperation.

Intramural Council Member

Visayas State University

2015-2023

- Developed a detailed plan, timeline, and strategy for organizing the opening ceremony.
- Created and managed the event budget.
- Collaborated with various university offices to ensure all aspects ran smoothly.

SCUAA and PASUC Cultural Festival Pageant| Swimming Coach

Visayas State University

2015-2023

- Served as winning coach in regional and national competitions.
- Developed and executed training programs to enhance athletes' skills, techniques, and performance.
- Assisted athletes in cultivating mental toughness and resilience.

Alumni and Community Relations Office (ACRO) Communicator

Visayas State University

2018-2023

- Coordinated activities from ACRO to the department.
- Assisted in managing events and provided support and resources for the assigned tasks.

Enrolment Focal Person

Institute of Human Kinetics, Visayas State University

2018-2023

- Managed the entire enrollment process, from application to registration.
- Assisted students with any issues or questions related to the enrollment process.
- Created individual class schedules for the faculty of the Institute of Human Kinetics.
- Addressed and resolved any scheduling conflicts that may arise during the enrolment process.

Department Media Team Member

Institute of Human Kinetics, Visayas State University

2018-2023

- Produced engaging educational videos and managed the YouTube social media account.
- Served as technical manager for media coverage for events, including live streaming and online webinars.

College Admission Test (CAT) Proctor and Validator

Institute of Human Kinetics, Visayas State University

2021-2022

- Reviewed and verified the documents of student applicants.
- Administered the college admission test, ensuring that it starts and ends on time.
- Provided clear instructions to test-takers on procedures and rules.

1st Balik-IHK Alumni Homecoming Organizer

Institute of Human Kinetics, Visayas State University

2015-2016

- Planned and organized the activities of the event.

PROFESSIONAL MEMBERSHIP

- Licensed Professional Teacher (**Professional Regulation Commission**) Registration No. 1269358
- Mountaineering Federation of the Philippines Incorporated (**MFPI**)
- Philippine Finswimming Federation Inc. (Certified Instructor)
- Philippine Folk Dance Society- Lifetime Member (**PFDS**)
- Philippine National Historical Society Inc. (**PNHS**)

TRAINING | WORKSHOP | NATIONAL PERFORMANCES PARTICIPATED

HIV/AIDS Peer Educators Training

Trained as a peer educator in HIV/AIDS awareness conducted by Visayas State University in January 2022.

Dance Xchange On Air Season 2 (Performance) VSU Dance Company

National Commission for Culture and the Arts, National Committee on Dance

2022

- Participated as a performer in the dance repertoire "Sayaw Binisaya"
- Managed technical performance and direct rehearsal as dance director.

Sayaw Pinoy Goes Virtual (Performance) VSU Dance Company

National Commission for Culture and the Arts, National Committee on Dance

2021

- Participated as a performer in the dance repertoire "Leyte's Best Folk Dances"
- Managed technical performance and direct rehearsal as dance director.

SUC Fair 2023 (Ilo-ilo City)

Commission on Higher Education

July 2023

- Participated as a performer in the Cultural Show of State University and Colleges Fair 2023.
- Managed technical performance and direct rehearsal as dance director.

Sayaw 2022 Dance Workshop

Trained in a two-week national dance workshop conducted by the Bayanihan Dance Company of the Philippines and Philippine Women's University in June 2022.

10th International SEAMEO-University of Tsukuba Symposium

Attended the international symposium themed "Teacher Education in the Past, Current, and Challenges for Future" conducted by the University of Tsukuba, Japan in February 2022.

PSC-PSI National Sports Coaching Certification Online Course Level 1

Participated in PSC-PSI National Sports Coaching Certification Online Course-Level 1 for Region VIII conducted by the Philippine Sports Commission, Philippine Sports Institute in November 2020.

International Live Webinar Series on Sport Coaching

Attended the webinar series conducted by Mindanao State University-Marawi and Tunku Abdul Rahman University College in November 2020.

Bantula International Conference on Culture-Based Research

Participated in the conference conducted by the Cultural Center of the Philippines CCP, National Commission for Culture and Arts NCCA, and Holy Angel University, Angeles, Pampanga in November 2019.

39th National Folk Dance Workshop of the Philippine Folk Dance Society

Participated in the workshop conducted by the Cultural Center of the Philippines CCP, National Commission for Culture and Arts NCCA, and Philippine Normal University PNU, Manila in May 2019.

Visayas-Mindanao Conference on PATH-FIT Tertiary Physical Education: Methods and Outcomes

Participated in the conference conducted by the University of San Carlos USC and Epic Performance Fitness Therapy Nutrition in November 2018.

39th National Conference on Local and National History

Participated in the conference conducted by the Philippine National Historical Society Inc., Cultural Center of the Philippines CCP, National Commission for Culture and Arts NCCA, and Samar State University SSU in November 2018.

Pundok Habagat: Choose your Wild (Promoting Outdoor Safety in Basic Mountaineering Course)

Participated in the training conducted by the Mountaineering Federation of the Philippines Inc., MFPI, and Habagat Outdoor Equipment Inc. in August 2018.

LANGUAGES

English: Proficient

Tagalog: Fluent

Cebuano: Fluent

REFERENCES

Jo-Ann Cerna-Rapada Ph.D., Education Program Supervisor

Baybay City Division, Department of Education

+63 977 718 6552 | joann.cerna002@deped.gov.ph

Aleli A. Villocino Ph.D. Assistant Professor IV, Vice President for Student Affairs and Services

Visayas State University, Pangasugan, Baybay City, Leyte

+63 917 304 0879 | aleli.villocino@vsu.edu.ph

Joselle R. Cayetano, Assistant Professor II

Institute of Human Kinetics

Visayas State University, Pangasugan, Baybay City, Leyte

+63 917 673 4281 | joselle.cayetano@vsu.edu.ph