

Mary Louise Margaret S. Posas

GRADUATING

- Phone number: 09198556432
- Email Address: margaretposas@gmail.com
- Address: Brgy. Marcos Baybay City, Leyte



Personal Profile

Dedicated and enthusiastic aspiring Physical Education teacher with a strong passion for promoting physical fitness and well-being among students. Committed to creating engaging and dynamic learning environments that encourage students to develop a lifelong love for physical activity and healthy living. Possesses a solid foundation in sports education, health, and fitness, coupled with a continuous drive for personal and professional growth. Eager to begin a teaching career, bringing energy, creativity, and a commitment to student success and holistic development.

Work Experience

Clinic Assistant (Senior High Intern)

- FERNANDEZ VETENARIAN CLINIC

High School Teacher Assistant (Intern)

- Damulaan National High School

Education History

- VISAYAS STATE UNIVERSITY**
College of Teacher Education | Institute of Human Kinetics
Baybay City, Leyte
Bachelor of Physical Education (Graduating)
- FRANCISCAN COLLEGE OF IMMACULATE CONCEPTION**
A.Bonifacio St. Zone 1, Baybay City, Leyte
Senior High School Diploma, Graduated, March 2020
- FRANCISCAN COLLEGE OF IMMACULATE CONCEPTION**
A.Bonifacio St. Zone 1, Baybay City, Leyte
Junior High School Diploma, Graduated, March 2018
- ALPHA CHRISTIAN SCHOOL**
Brgy. Guadalupe Baybay City, Leyte, Philippines
Elementary Diploma, Graduated, March 2014

Achievements

- 1st dan blackbelt (August 2018)
- Taekwondo Poomsae SCUAA Silver medalist (October 2023)
- Taekwondo Poomsae EVRAA Bronze medalist (October 2019)
- Taekwondo Poomsae EVRAA Bronze medalist (October 2019)
- Taekwondo kyurogi BATANG PINOY VISAYAS LEAGUE Bronze medalist (October 2019)
- Dean's List Honor (May 2023)

Skills

- Coaching and Leadership skills
- Strong verbal and written communication
- Dancing
- Computer literate
- Classroom Management
- Officiating

References



Edilberto A. Artiga Jr. II

Internship Supervisor

Bachelor of Physical Education



Visayas State University



Email: edilberto.artiga@vsu.edu.ph



09383644332



Dr. Lanie Fernandez-Tan

Owner of Fernandez Veterinary Clinic



MRH2+R9C, C Arellano St, Baybay City, Leyte



09496070511



09636119755



Rene Jemmar G. Alkuino

Former VSU Taekwondo Varsity Coach

4th Dan Blackbelt Instructor

National Referee

National Instructor



Franciscan College of Immaculate Conception



Email: rene.alkuino@vsu.edu.ph



09273024301

Raymond R. Sacro

Taekwondo Coach & Trainor



Baybay National High School

National Instructor

3rd Dan Blackbelt

2nd Dan Kukkiwon International Blackbelt



Email: raymundsacro1991@gmail.com



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