



# VISAYAS

## STATE UNIVERSITY

### Main Campus

(Formerly Visayas State College of Agriculture and Leyte State University)

## OFFICE OF THE UNIVERSITY REGISTRAR

Visca, Baybay City, Leyte 6521-A, Philippines  
Phone/Fax: +63 53 563 7067; +63 53 565 0600 local 1010  
Email: registrar@vsu.edu.ph  
Website: www.vsu.edu.ph

## OFFICIAL TRANSCRIPT OF RECORDS

### PERSONAL DATA

**Student Name** : PARAON, CRIS MARIZ CONCEPCION LERIOS  
**Student Number** : 18-1-00189  
**Date of Birth** : December 08, 1999  
**Place of Birth** : Brgy. Plaridel, Baybay, Leyte  
**Sex** : Female  
**Religion** : Roman Catholic  
**Citizenship** : Filipino  
**Parent/Spouse** : Mr. & Mrs. Ceferino T. Paraon Sr.  
**Address** : St. Nigad, Plaridel, Baybay City, Leyte  
**Guardian** :  
**Address** :



### PRELIMINARY EDUCATION

**Elementary** : Plaridel Central School  
Plaridel, Baybay City, Leyte **Year** : 2012  
**Junior High School** : Plaridel National High School  
Plaridel, Baybay City, Leyte **Year** : 2016  
**Senior High School** : Plaridel National High School  
Plaridel, Baybay City, Leyte **Year** : 2018  
**Entrance Credential** : SF9-SHS  
Plaridel National High School  
Plaridel, Baybay City, Leyte

### GRADING SYSTEM:

#### NUMERICAL RATING

1.00  
1.25  
1.50  
1.75  
2.00  
2.25  
2.50  
2.75  
3.00  
5.00

S - Satisfactory  
U - Unsatisfactory  
Au - Audit (No credit)

#### ADJECTIVAL RATING

Excellent  
Highly Outstanding  
Outstanding  
Very Good  
Good  
Very Satisfactory  
Satisfactory  
Fair  
Passing  
Failure

Inc - Incomplete  
DR - Dropped

#### EQUIVALENT ALPHABETIC RATING

A  
A+  
A-  
B  
B+  
B-  
C  
C+  
C-  
F

One unit of credit is one hour lecture or recitation or three hours of laboratory work, drafting or shop work each week for the period of a complete semester.

The semestral average of a student is computed by multiplying the number of units assigned to a course by the grade earned and the product divided by the total units earned for the semester.

Note: This transcript is considered original when it bears the seal of the University and the original signature of the University Registrar. Any erasure or alteration made on this copy renders the whole transcript invalid.

*[Signature]*





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VISAYAS STATE UNIVERSITY, Visca, Baybay City, Leyte

**18-1-00189: PARAON, CRIS MARIZ CONCEPCION LERIOS**

: Bachelor of Physical Education (BPed)

Course No.	Descriptive Title	Grade	Credit
First Semester, SY 2018 - 2019			
Comm 11	PURPOSIVE COMMUNICATION	2.00	3.0
Fili 11	KOMUNIKASYON SA AKADEMIKONG FILIPINO	1.50	3.0
PhEd 101	ANATOMY AND PHYSIOLOGY OF HUMAN MOVEMENT	1.75	3.0
PhEd 103	PHILOSOPHICAL AND SOCIO ANTHROPOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS	2.00	3.0
ScSc 11n	UNDERSTANDING THE SELF	1.50	3.0
ScSc 12n	READINGS IN PHILIPPINE HISTORY	2.00	3.0
NSTP 11r	RESERVE OFFICERS TRAINING CORPS (ROTC)	1.25	3.0
Serial No. : LE-R19-002879			
PhEd 11n	MOVEMENT ENHANCEMENT	1.25	2.0
Second Semester, SY 2018 - 2019			
Fili 12	PAGBASA AT PAGSULAT TUNGO SA PANANALIKSIK	1.25	3.0
PrEd 123n	THE CHILD AND ADOLESCENT LEARNERS AND LEARNING PRINCIPLES	1.75	3.0
PrEd 125	THE TEACHING PROFESSION	2.25	3.0
PrEd 128n	FACILITATING LEARNER-CENTERED TEACHING	1.75	3.0
PrEd 129n	TECHNOLOGY FOR TEACHING AND LEARNING 1	2.00	3.0
PrEd 141n	THE TEACHER AND THE COMMUNITY, SCHOOL CULTURE AND ORGANIZATIONAL LEADERSHIP	1.50	3.0
NSTP 12r	RESERVE OFFICERS TRAINING CORPS (ROTC)	1.50	3.0
Serial No. : LE-R19-002879			
PhEd 12n	FITNESS EXERCISE	1.25	2.0
First Semester, SY 2019 - 2020			
Humn 12n	READING VISUAL ARTS	1.75	3.0
Math 11n	MATHEMATICS IN THE MODERN WORLD	2.00	3.0
PhEd 121	PHYSIOLOGY OF EXERCISE AND PHYSICAL EDUCATION	1.75	3.0
PhEd 123	INDIVIDUAL AND DUAL SPORTS (RACKET SPORTS, ATHLETICS & MARTIAL ARTS)	1.75	3.0
PhEd 125	CURRICULUM AND ASSESSMENT FOR PHYSICAL EDUCATION AND HEALTH EDUCATION	1.50	3.0
PrEd 146n	ASSESSMENT IN LEARNING 1	2.00	3.0
SpEd 117n	FOUNDATION OF SPECIAL AND INCLUSIVE EDUCATION	2.25	3.0
PhEd 13n	PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS I	1.00	2.0
Second Semester, SY 2019 - 2020			
Humn 11	ART APPRECIATION	1.25	3.0
PhEd 120	PHILIPPINE TRADITIONAL DANCES	2.00	3.0
PhEd 122	PHILIPPINE TRADITIONAL GAMES AND SPORTS	1.00	3.0
PhEd 124	PROCESS OF TEACHING PE AND HEALTH EDUCATION	1.25	3.0
PhEd 126	PRINCIPLES, MOTOR CONTROL AND LEARNING OF EXERCISE, SPORTS AND DANCE	1.75	3.0
PhEd 139	SWIMMING AND AQUATICS	1.75	3.0
PrEd 161	ASSESSMENT IN STUDENT LEARNING 2	1.75	3.0
PhEd 14n	PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS 2	1.75	2.0

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*R.A. Orla*





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Course No.	Descriptive Title	Grade	Credit
First Semester, SY 2020 - 2021			
PhEd 131n	COORDINATED SCHOOL HEALTH PROGRAM	1.75	3.0
PhEd 133n	PERSONAL COMMUNITY AND ENVIRONMENTAL HEALTH	1.25	3.0
PhEd 135	MOVEMENT EDUCATION	1.00	3.0
PhEd 137	TECHNOLOGY FOR TEACHING AND LEARNING 2	1.75	3.0
PhEd 151	ADMINISTRATION AND MANAGEMENT OF PHYSICAL EDUCATION AND HEALTH EDUCATION PROGRAM	1.75	3.0
PrEd 131	BUILDING AND ENHANCING NEW LITERACIES ACROSS THE CURRICULUM	2.00	3.0
PrEd 132n	THE TEACHER AND THE SCHOOL CURRICULUM	2.25	3.0
Scio 11	GENDER AND SOCIETY	1.50	3.0

#### Second Semester, SY 2020 - 2021

PhEd 128	APPLIED MOTOR CONTROL AND LEARNING OF EXERCISE, SPORTS AND DANCE	1.75	3.0
PhEd 130	EMERGENCY PREPAREDNESS AND SAFETY MANAGEMENT	1.25	3.0
PhEd 132n	TEAM SPORTS (SOCCER/FOOTBALL, BASKETBALL, VOLLEYBALL, NON TRADITIONAL ULTIMATE HANDBALL, FLOORBALL, FUTSAL)	1.25	3.0
PhEd 134	SPORTS AND EXERCISE PSYCHOLOGY	1.50	3.0
PhEd 136	DRUG EDUCATION, CONSUMER HEALTH EDUCATION AND HEALTHY EATING	1.75	3.0
PhEd 138	INTERNATIONAL DANCE AND OTHER FORMS	1.75	3.0
PhEd 140	RESEARCH	2.50	3.0
PhEd 156	MUSIC IN THE K-12 CURRICULUM	1.25	3.0

#### First Semester, SY 2021 - 2022

Litr 135	CREATIVE WRITING	1.50	3.0
Phlo 11	ETHICS	INC 2.25	3.0
PrEd 153b	FIELD STUDY 1: OBSERVATIONS OF TEACHING-LEARNING IN ACTUAL SCHOOL ENVIRONMENT	1.75	3.0
PrEd 154b	FIELD STUDY 2: PARTICIPATION AND TEACHING ASSISTANTSHIP	1.75	3.0
PrEd 191	SPECIAL TOPICS	1.50	3.0
ScSc 13n	THE CONTEMPORARY WORLD	1.75	3.0
ScSc 16	LIFE AND WORKS OF RIZAL	1.50	3.0
ScTS 11b	SCIENCE, TECHNOLOGY AND SOCIETY	2.25	3.0

#### Second Semester, SY 2021 - 2022

PrEd 200n	TEACHING INTERNSHIP	1.50	6.0
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Graduated Cum Laude on August 12, 2022 with the degree of Bachelor of Physical Education (BPED) as per VSU Board of Regents Resolution No. 65, s. 2022 dated August 3, 2022.

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Doc Stamp Paid: P30.00

REMARKS : **FOR EMPLOYMENT**

DATE ISSUED : **October 21, 2022**

*[Signature]*