

JON JAY B. OPON

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PROFILE

Jon Jay is a multi-talented individual and a sport enthusiast. He is a sport-inclined person who loves basketball, lawn tennis, badminton, and swimming. For him, music is a form of disengaging from the real world to another dimension, finding his peace. He is also an advocate of youth development through physical activity engagement.

EDUCATION

August 2019 – August 2024

VISAYAS STATE UNIVERSITY

College of Education | Institute of Human Kinetics
Baybay City, Leyte
Bachelor of Physical Education

June 2017 – March 2019

ORMOC CITY SPORTS SENIOR HIGH SCHOOL

Carlos Tan Street, Ormoc City, Leyte, Philippines
With Honors Senior High School Diploma, Graduated, March 2019

June 2013 – March 2018

LINAO NATIONAL HIGH SCHOOL

Linao, Ormoc City, Leyte, Philippines
With Honor, Junior High School Diploma, Graduated, March 2019

June 2006 – March 2013

ORMOC ADVENTIST ELEMENTARY SCHOOL

Dona Feliza Mejia, Ormoc City, Leyte, Philippines
Academic Excellence Awardee, Elementary Diploma, Graduated, March 2013

ELIGIBILITY

May 2025

LICENSED PROFESSIONAL TEACHER

Passed the March 2025 Licensure Examination for Teachers

TEACHING RELATED EXPERIENCES

September 2023- November 2023

SPORTS COACHING APPRENTICESHIP

*Student Teacher/Student Coach
Ipil National High School Ormoc City*

September 2023- November 2023

NEW ORMOC CITY NATIONAL HIGH SCHOOL

Student Teacher
Handled classes in the content course of MAPEH in BEC program and STE Program in New Ormoc City National High School.

October 29, 2023

Athletics Track and Field Officiating Official during the NOCNHS Intramurals 2023

November 8, 2023

Swimming Competition Officiating Official during the District Meet Siglaro held at New Ormoc City National High School

PAPER PRESENTATIONS

December 18, 2023

Enhancing Grade 10 Students' Attention in Physical Education Using Jigsaw Method

The research was presented at Phil Root Crops Visayas State University

This paper examines the level of students' attention using Jigsaw Method as intervention to enhance students' attention in physical education at New Ormoc City National High School.

TRAININGS/ WEBINARS ATTENDED

Webinar: Jazz Dance Spectrum "Building Passion in Teaching Dance in the New Normal"

1PhysEd.Ph Dance Series (June 2021)

Webinar: Teaching Philippine Folkdance during Pandemic "Building Passion in Teaching Dance in the New Normal"

1PhysEd.Ph Dance Series (June 19, 2021)

Swimming Sports Clinic

Bachelor Of Physical Education | Visayas State University (April 2, 2023)

Sports Camp Training for Officiating Officials for Various Sports

Bachelor of Physical Education | Visayas State University (September 17, 2023)

Webinar: "Ethics and Positive Coaching Approaches for Long-Term Athletes Success and Periodization and Training Load"

1st Lecture Series 2025 | University of the Immaculate Conception (March 8, 2025)

Webinar: "Contemporary Issues and Trends in Health Education in the Philippines"

National Association for Physical Education and Sports Science (March 8, 2025)

International Webinar: "Artificial Intelligence in Physical Education"

Cagayan State University (May 1, 2025)

ORGANIZATIONS

October 2020 - present

Bachelor of Physical Education Student Society Visayas State University

Member

The organization's mission is to create leadership opportunities that can foster student engagement through academic and extra-curricular activities.

August 2021 – present

TAMAK (Tunob sa mga Adbentistang Maampington sa Kinaiyahan)

Member

The organization's mission is to appreciate and preserve God's creation and take careful heed through mountaineering, river trekking and camping.

August 2021 – present

MASTERGUIDE (Junior Youth Leader)

Member

The organization's mission is to lead young people into a saving relationship with Jesus Christ and help them embrace His call to discipleship.

August 2018 – present

REDCROSS PHILIPPINES ORMOC CHAPTER

Volunteer

This is a premier humanitarian organization that aims to protect life and health and to ensure respect for the human being.

COMMUNITY SERVICE AND ENVIRONMENTAL WORK

January 3, 2021

SEVENTHDAY ADVENTIST RELIEF OPERATION DRIVE

Participant- volunteer

Participated the relief operation drive for the victims of Typhoon Odette in Southern Leyte, Philippines.

December 27, 2021

HYMNI SPEI CHORAL FEEDING PROGRAM

Participant – volunteer

Participated in the Feeding Program Event held at Barangay Nadongholan, Ormoc City Leyte. Foods and gifts were given to chosen families.

RECOGNITIONS AND AWARDS

A.Y 2022 - 2023

College Scholar

Visayas State University

The College Scholar a merit award (stipend) for students who attained a general weighted average of 1.46 – 1.75 for the Academic Year 2022-2023.

A.Y 2023 - 2024

Student Teaching Proficiency Awardee

Visayas State University

The Student Teaching Proficiency Awardee a merit award for an outstanding performance as a Student Teacher during the Teaching Internship for the A.Y 2023-2024.

SKILLS

Online Teaching

Basketball Coaching

Basic Trouble Shooting

MS Office

Freelance (Singer)

Digital Lay-outing

INTERESTS

Jon Jay is an aspiring physical educator. His interest involves sports activities and outdoor recreational engagement. That is why he became part of various organizations like TAMAK which involves outdoor recreational activities and environment preservation. He's also into attending different seminars about Sports Development and Officiating. He loves to play basketball, lawn tennis, and badminton. He also loves music and loves to sing and play guitar.

REFERENCES

Prof. Sheena Eunice B. Tabudlong

Bachelor of Physical Education
Visayas State University
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Ria Faustine M. Lagare

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Necah Emmanuel Academy Inc.
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Leonida T. Tumalak

Teacher II
New Ormoc City National High School
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