

Curriculum Vitae



LYNDON L. MANINGO

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PERSONAL DATA

Gender:	Male
Age:	40 Years Old
Citizenship:	Filipino
Civil Status:	Married
Birthday:	November 10, 1983
Birthplace:	Montebello, Kananga, Leyte
Religion :	Roman Catholic

FIELD OF EXPERTISE

Instructor	Major and Service Physical Education Subjects	Institute of Human Kinetics, College of Education, Visayas State University
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WORK / PROFESSIONAL EXPERIENCE

Temporary Instructor	20014 – 2023	Visayas State University
Part-time Instructor	2013-2014	Visayas State University
Field Research Assistant	2009-2010	Lapanday Co., Guihing, Digos City, Davao del Sur
Account Officer	2008-2009	Center for Agric. and Rural Devl't. Inc. (CARD Inc.), Cebu, City
Customer Service Representative	2007	Teleperformance Company Central Square, Pasig City

WORK - RELATED ACTIVITIES

Instructor	2013 - 2023	Teaching Service Physical Education, BSED-MAPEH/BPEd Major Courses, & Professional Education Courses
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Supervising Teacher	2018-present	BSEd-MAPEH/BPEd Student Teachers
Academic Adviser	2018-present	BPEd Students, VSU
Technical Working Group	2018-present	Bids and Awards Committee (BAC), VSU
Technical Official	2017	Patid Cup, 93 rd VSU Founding Anniversary
Area Coordinator	2017-present	CoED-AACUP Extension Program, VSU
Technical Support	2016	PASUC Regional SCUAA, Naval State University
Coach/Trainer	2016-present	VSU Swimming Team, PASUC Regional and National SCUAA
Coordinator	2016-2023	IHK-Extension, VSU
Resource Person	2016-present	Langoy sa Kaluwasan (Learn-to-swim and Water Rescue)
Technical Support	2013-2016	Visayas State University Fun Run
Coach/Trainer	2015	VSU Tennis Women Team, PASUC National SCUAA
Tournament Manager	2015	Regional SCUAA Games Visayas State University
Coordinator	2015	Fun Run, Philippine Civil Service-VSU
Coordinator	2015	SPORTS CLINIC: Organizing, managing, and Officiating Swimming Competition, VSU-IHK
Member, Steering Comm.	2015	University-wide Faculty and Staff Sportsfest
Tournament Manager	2015 –present	VSU Anniversary Goodwill Games
Officiating Official	2015	Invitational Triathlon Championships, Senior Students Event Planners, VSU
Supervising Teacher Adviser	2014-2015 2014-2023	BSEd-MAPEH Student Teachers BSEd-MAPEH Club / BPEd Student Society

Coordinator	2014	Obelisk Cup, VSU
Coach/Trainer	2014-2016	VSU Football Team, PASUC Regioal SCUAA
Coordinator	2014	University-wide Intramural Council
Officiating Official	2014	Philippine Sports Commission Batang Pinoy National Championships
Officiating Official	2014	Baybay City Athletic Meet, Baybay City Div.
Adviser	2014-2016	Beta Phi Upsilon/Lambda Phi Delta Fraternity/Sorority
Technical Support	2013	Kulas Cup, Baybay City
Resource Person	2013	Hayag Family development Center and Peace Corps, Ormoc City
Swim Instructor	2013- 2023	Learn-to-Swim Summer Recreation Program
Officiating Official	2013	Philippine Sports Commission Batang Pinoy Visayas Qualifying Leg
Coach/Trainer	2013 - 2014	VSU Table tennis team

EDUCATIONAL BACKGROUND

Candidate - Master in Physical Education, Cebu Normal University, Tacloban City

Bachelor of Secondary Education major in MAPEH, Visayas State University

Bachelor of Science in Agriculture major in Plant Breeding, Leyte State University

Secondary Education, Isabel National Agrict'l and Vocat'l School, Isabel, Leyte, Philippines

Elementary Education, Bilwang Elementary School, Bilwang Isabel, Leyte, Philippines

Kindergarten, Bilwang Elementary School, Bilwang Isabel, Leyte, Philippines

LEARNING & DEVELOPMENT INTERVENTIONS/TRAININS PROGRAMS ATTENDED

Standard First Aid Training – Health Care Provider	Jul 13-14, 2023	Department of Health, Region 8
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Regional Conference of Mental Health Month: "Drawing the Lime: De/Reconstructing Guidance and Discipline for Student's Well-being"	Oct. 8-9, 2022	Philippine Association of Practitioners of Student Affairs and Services (PAPSAS) Region 8, Inc., Tacloban City
Hands-Only Cardiopulmonary Resuscitation (RHU-Baybay City)	Jul. 21-22, 2022	Visayas State University
PHILIPPINE NATIONAL ANTI-DOPING CONFERENCE 2022: PUSO ng Atletang Pilipino	Mar. 2-4, 2022	Philippine Sports Commission Philippine Anti-Doping Organization
Extension Training-Workshop: Developing Extension Proposal	Nov. 8-12, 2021	Office of the Vice President for Research and Extension, Visayas State University
Trainers Training Course in Swimming and Life-Saving in Accordance to the Basic Requirements of Water Rescue	May 24-28, 2021	Philippine Life Saving Society, Visayas State University
International Webinar on Research Advising for Qualitative Research	Mar. 25-27, 2021	Asian Society of Teachers for Research
National Training and Workshop for Sports Coaching	Mar. 10-12, 2020	PASUC-National, TUP Ermita, Manila
Seminar on the Current Trends in Physical Education	Oct. 25-27, 2019	Cebu Normal University
Extension Proposal Writing	July 18-20, 2018	Office of the Vice President for Research and Extension, Visayas State University
PhileASNet Extension Policy Symposium	Oct. 3-4, 2018	Philippine Extension Advisory Service Network Inc.
KAYAKASIA PHILIPPINES' 1 STAR Kayak Certification Course	June 23-24, 2018	KAYAKASIA PHILIPPINES
PASUC-SCUAA 8: Registrars and Document Officers Training-Workshop	May 30-31, 2018	PASUC SCUAA Eastern Visayas
38 th National Folk Dance Workshop	May 21-25, 2018	Philippine Folk Dance Society
Training Workshop on Innovative Learning Strategies	May 15-16, 2018	College of Education, Visayas State University

Sports Clinic in Finswimming and Instructor's Course	May 10-12 2016	Philippine Finswimming Federation
Sinulog Festival Management Seminar Workshop	Jan. 10, 2010	Sinulog Foundation Inc., Cebu City
SPORTS CLINIC: Organizing, managing, and Officiating Swimming Competition	May 25-26, 2015	Institute of Human Kinetics, Visayas State University
Free Coaching Training Seminar	May 7-9, 2015	Coaches Across Continents
Outcomes-Based Education Seminar-Workshop	May 4-5, 2015	Visayas State University
Kasibulan Grassroots Coaching Course and Festival	Nov. 7-9, 2014	Philippine Football Federation
Learning Activities and Techniques for Students with Special Needs and Teaching Effectiveness	July 4, 2014	Institute of Human Kinetics, Visayas State University
Towards an Outcomes-Based Education for ASEAN 2015	Mar. 8, 2014	Leyte Normal University
Strength and Conditioning Seminar	Jan. 29-30, 2014	Philippine Center for Sports Medicine, Bacolod City
Strength and Conditioning Seminar	Sept. 26, 2013	Philippine Center for Sports Medicine, Maasin City
Regional Division-Based Training in Coaching and Officiating	Aug. 29-30, 2013	Baybay City Division, Baybay City
Lecture and Workshop on Sports Injury and Sports Conditioning	Nov. 20, 2010	The Philippine Academy of Rehabilitation Medicine Visayas Council
Regional Arnis Seminar Workshop	Sept 23-25, 2010	Philippine Sports For All Assoc & Institute of Human Kinetics

SCHOLARSHIPS

K-12 CHED Transition Program Scholarship	2016	Visayas State University
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AWARDS AND RECOGNITION

Student Teaching Proficiency Award	2013	College of Education, Visayas State University
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PUBLICATIONS

Effects of “Langoy sa Kaluwasan (Learn to Swim)” Program to the Swimming Competency of
Emergency Personnel

TECHNICAL EXPERTISE

Health Care Provider	2023-present	Department of Health – Health Emergency Management (Standard First Aid and Basic Life Support)
Finswimming Instructor	2016	Philippine Finswimming Federation
Swimming Instructor	2013-present	Institute of Human Kinetics, Visayas State University
Player/Coach/ Trainor/ And Officiating Official	2013-present 2014	Institute of Human Kinetics, Visayas State University Philippine Sports Commission, Batang Pinoy National Championships

MEMBERSHIP IN ASSOCIATION/ ORGANIZATIONS

Member	Eastern Visayas Regional Football Association Tacloban City
Member	Philippine Extension and Advisory Services Network, Inc. (PhileASNet)
Member	Philippine Folk Dance Society
Member	Singles for Christ
Member	Focolare Movement
Vice-President	MAPEH Alumni Association, Baybay City
Member	Plant Breeding Majors VSU Alumni Association
Member	Brotherhood of Christian Businessmen and Professionals (BCBP)
Member	Beta Phi Upsilon/Lambda Phi Delta Fraternity/Sorority

SKILLS

Computer skills (Microsoft Word, PowerPoint, and Excel), organizing events, arts and crafts, outdoor adventure, Playing Variety of Sports, Dancing, Singing, Playing Guitar, and Driving motorized vehicles.

REFERENCES

Prof. RICARIDO C. NANGAN JR.
Siliman University
Dumaguete City, Negros Oriental
Philippines
09668700846

Prof. MARY JEAN M. SAPAN
Visayas State University
ViSCA Pangasugan, Baybay City, Leyte
Philippines
09423679323