

RESEARCH - BUDGET

h



Republic of the Philippines
VISAYAS STATE UNIVERSITY
Visca, Baybay City, Leyte

☒ Original PPMP

☐ Revised (Changed items, same budget)

☐ Supplemental



PROJECT PROCUREMENT MANAGEMENT PLAN (PPMP)
CY 2025



END-USER/UNIT: **Institute of Human Kinetics**
CHARGED TO GF-MOOE
Project, Programs and Activities (PPAs):

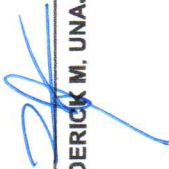
PPMP #: **PPMP-2025-072425-1336**
Project Code: **IHK.FTE.HIIT.0325-0326.01**

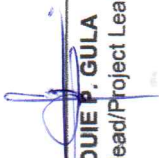
This study aims to determine the effects of High-Intensity Interval Training (HIIT) on speed, explosive power, and agility among athletes, specifically focusing on volleyball and badminton players at Visayas State University (VSU). By comparing performance before and after HIIT implementation, the research seeks to assess its effectiveness as a training regimen and provide evidence-based recommendations to enhance athletes' conditioning programs. Additionally, the study aligns with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education) by promoting optimal fitness and lifelong learning in sports.

Code	General Description	Quantity / Size	Estimated Budget	Mode of Procurement	Schedule/Milestone of Activities (in quantities)											
					Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Office Equipment															
	Ink, Epson 003, Genuine Black 65mL	3 btl	1,140.00	NP-53.9 - Small Value Procurement											3	
	Ink, EPSON 003, Genuine Cyan 65mL	3 btl	1,200.00	NP-53.9 - Small Value Procurement											3	
	Ink, EPSON 003, Genuine Magenta 65mL	3 btl	1,200.00	NP-53.9 - Small Value Procurement											3	
	Ink, EPSON 003, Genuine Yellow 65mL	3 btl	1,200.00	NP-53.9 - Small Value Procurement											3	
	Portable Trolley Speaker with Bluetooth	1 pc	6,200.00	Shopping - B											1	
	Sub-Total		10,940.00													
	Trainings															
	Digital Stopwatch	6 pcs	9,000.00	Shopping - B											6	
	Sub-Total		9,000.00													

Code	General Description	Quantity / Size	Estimated Budget	Mode of Procurement	Schedule/Milestone of Activities (in quantities)											
					Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
TOTAL BUDGET:					19,940.00											

Note: Technical Specifications for each Item/Project being proposed shall be submitted as part of the PPMF

Prepared by: 
RODERICK M. UNAJAN

Submitted by: 
LOUIE P. GULA
Unit Head/Project Leader

Date: 08/01/2025

ALICIA FLORES
Unit Head