



VISAYAS
STATE UNIVERSITY

RESEARCH
OFFICE

February 28, 2025

Mr. Louie P. Gula
Study Leader, IHK
Visayas State University
Visca, Baybay City, Leyte

Dear **Mr. Gula**:

Herewith is the approved CY 2025 budget appropriation for your project entitled: **(1) High-Intensity Interval Training (HIIT): Its Effects on Speed, Explosive Power, and Agility among Visayas State University Athletes** with project code: IHK.FTE.HIIT.0325-0326.01 in the total amount of **P 20,000.00** **(2) Physical Fitness Assessment: An Analysis on the Physical Fitness Level of the Service Physical Education Students in the Visayas State University** with project code: IHK.FTE.PFA.0325-0326.02 in the total amount of **P 55,000.00** charged to the geonomics funding with the following breakdown:

MOOE CY 2025	
Project Code: IHK.FTE.HIIT.0325-0326.01	
Supplies and Materials Expenses	20,000.00
TOTAL	20,000.00

MOOE CY 2025	
Project Code: IHK.FTE.PFA.0325-0326.02	
Supplies and Materials Expenses	55,000.00
TOTAL	55,000.00

In observance to the University's research monitoring and evaluation protocols, the following reminders are hereby provided for the researcher (s) to follow:

1. Quarterly research progress reports. A brief research highlights for submission every 1st week of every quarter. This will serve as a reference for research updates/highlights for the University President's report to BOR during its quarterly meeting;
2. Annual research progress reports. As per ISO, DBM, CHED and ISO requirements. For submission every 4th week of January of the succeeding year;
3. Presentation of research highlights or papers during the Research In-house Review and Evaluation;
4. Submit the research highlights or papers of the study for presentation in coordination with the project leader during the Research In-house Review and Evaluation.
5. Presentation of paper in regional/ national R&D Symposia/fora (**as scheduled by Consortium/National agency concerned with prescribed standard format**);
6. Terminal report. For submission 3 months after completion of a research program/project;

RESEARCH OFFICE

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