



USFD Journal

of Physical Education
Pedagogy and Sports
Performance



**11th ASEAN
Council of
Physical
Education and
Sport (ACPES)
International
Conference
2025**

**Special
Issue 2026**

*Conference
Proceedings*

October 1-3, 2025
Mindanao State University-
Iligan Institute of Technology

*Theme:
Influencing the future of Sports, Health, and
Physical Education: Bridging Science,
Technology, and Well-being*



CHANCELLOR'S MESSAGE



ALIZEDNEY M. DITUCALAN, JD, LL.D.
MSU-IIT Chancellor

On behalf of the Mindanao State University–Iligan Institute of Technology, I extend my warmest greetings and heartfelt congratulations to all delegates and participants of the 11th ASEAN Council of Physical Education and Sport (ACPE) International Conference.

This year's theme—"Influencing the Future of Sports, Health, and Physical Education: Bridging Science, Technology, and Well-being"—speaks profoundly to the challenges and opportunities of our time. Across ASEAN and the world, we are witnessing the powerful convergence of disciplines that redefine the way we teach, study, and experience sports. Science expands our understanding of human performance; technology enhances learning and recovery; and the shared pursuit of wellness reminds us that health is both a personal journey and a collective responsibility.

As host, MSU-IIT takes pride in providing a platform where these ideas can meet and flourish. Our Institute and our city, Iligan, are honored to welcome distinguished educators, researchers, coaches, and students from across the region. Your presence transforms our campus into a crossroad of cultures and innovations—one where collaboration fuels lasting impact.

In embracing this theme, may we all strive to ensure that innovation in sports and physical education becomes inclusive, sustainable, and transformative. May the knowledge shared in this conference inspire programs that empower youth, strengthen communities, and uphold the ideals of discipline, resilience, and well-being.

Together, let us shape a future where sports serve not only as a field of competition, but as a foundation for unity, health, and nation-building across ASEAN.



MESSAGE



DR. ZASON CHIAN LIT KHOON
President, ASEAN Council of Physical Education and Sport (ACPES)

Mabuhay and Welcome to Iligan City, Philippines!

On behalf of the ASEAN Council of Physical Education and Sport (ACPES), it is with immense pride and heartfelt gratitude that I welcome all our distinguished local and international delegates to the 11th ACPES International Conference. It is truly inspiring to witness Iligan City and Mindanao State University – Iligan Institute of Technology become a vibrant crossroads of ideas, cultures, research, and innovation in sports, health, and physical education.

This year's theme, "Influencing the Future of Sports, Health, and Physical Education: Bridging Science, Technology, and Well-being," captures the urgency and responsibility we carry as educators, researchers, practitioners, and leaders in Southeast Asia and beyond. As technology rapidly reshapes the way we teach, train, measure, and perform, we are called not only to adapt—but to lead with wisdom, integrity, and a deep commitment to holistic human development.

The remarkable participation of 39 institutions from Cambodia, Malaysia, Thailand, India, Singapore, Japan, Indonesia, and the Philippines reflects the growing strength and unity of our ACPES community. This gathering is more than a conference; it is a shared commitment to amplify the importance of sports and well-being across ASEAN. It is a reaffirmation that sports teach resilience, health sustains vitality, and physical education builds foundations for lifelong wellness and character formation.

collaboration, and nurturing partnerships resonates deeply with our mission as a regional council. We are especially grateful to our host institution, Mindanao State University – Iligan Institute of Technology, under the leadership of Chancellor Alizedney M. Ditucalan, for opening its campus and its heart to the ACPES family. Their dedication to advancing research, fostering

The keynote address and scholarly exchanges throughout this conference challenge us to think boldly about the convergence of science, technology, and human performance. Artificial Intelligence, digital innovation, and emerging pedagogies present both complexity and opportunity. As we engage in meaningful dialogue, may we remain guided by one central principle: that technology must always serve humanity and promote inclusive, equitable, and sustainable well-being.

As President of ACPES, I encourage each of you to maximize this opportunity—to share your research generously, to listen with openness, to build lasting partnerships, and to cultivate friendships that transcend borders. Let us continue working toward a future where sports become a powerful platform for unity, empowerment, peace, and nation-building in our region.

May this conference strengthen our collective resolve to ensure that no nation, no institution, and no learner is left behind as we shape a future-ready ASEAN community grounded in science, innovation, and holistic well-being.

Once again, Mabuhay, welcome, and may ACPES 2025 be a meaningful and transformative experience for us all.





PREFACE

Mindanao State University – Iligan Institute of Technology (MSU-IIT), through the Department of Physical Education of the College of Education, proudly hosted the 11th ASEAN Council of Physical Education and Sport (ACPES) International Conference on October 1–3, 2025, in Iligan City, Philippines. Anchored on the theme, “Influencing the Future of Sports, Health, and Physical Education: Bridging Science, Technology, and Well-being,” the conference served as a dynamic platform for researchers, educators, practitioners, and policymakers in the fields of sport, physical education, and sport science to engage in meaningful exchange of ideas, innovative research, and practical applications.

The conference aimed to foster both national and international collaboration in advancing knowledge, promoting health and well-being, and shaping the future directions of sport and physical education across Southeast Asia and beyond. Through the active participation of diverse stakeholders, the event contributed to strengthening partnerships and encouraging continued dialogue toward the development of more responsive and evidence-based practices in the field.





ACKNOWLEDGMENT

The success of the 11th ACPE International Conference was made possible through the collective effort, generosity, and shared commitment of countless individuals. At the forefront is Chancellor Alizedney M. Ditucalan, LLD, whose unwavering and hands-on support provided both direction and confidence throughout the conduct of the conference, alongside Dr. Amelia T. Buan, Dean of the College of Education, whose steady and transformative leadership helped shape this undertaking into a meaningful academic gathering. Equally vital were the contributions of the Department of Physical Education faculty, the College of Education faculty and staff, and the entire MSU-IIT community, whose collaboration and dedication behind the scenes ensured the smooth implementation of every aspect of the event, as well as the ACPE officers and Board Members, whose leadership and commitment sustained the vision of advancing physical education. Above all, the conference found its true value in the active participation of more than 250 local and international delegates, whose presence and exchange of ideas enriched the discourse and affirmed the continuing importance of building connections, sharing knowledge, and strengthening the field of physical education.





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CRAFTING MASTERY: DEVELOPMENT OF ARNIS BROCHURE FOR BEGINNERS

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Abstract

This study focused on the development and validation of an instructional brochure titled "Crafting Mastery," which was designed to bridge the knowledge gap for beginner Arnis practitioners within the Philippine physical education curriculum. Utilizing a qualitative research design anchored by the Input-Process-Output (IPO) model and the Successive Approximation Model (SAM), the research involved an iterative development process informed by purposive sampling and one-on-one interviews with six national-level Arnis coaches and athletes. The resulting instructional material integrated essential fundamental skills, including specific grips (Tennis and Universal), various stances, and core striking patterns such as Sinawali, Abaniko, and the Six Basic Strikes. Results from expert validation indicated that the brochure served as a pedagogically sound tool, and it was praised for its clarity, visual engagement, and effectiveness in fostering learner independence and skill acquisition. By providing a standardized, accessible resource, this study contributed to the preservation of Filipino cultural heritage while enhancing 21st-century physical literacy among students and educators.

Keywords: Arnis, Instructional Materials, Fundamental Skills, Successive Approximation Model (SAM), Beginner Practitioners





Physical Activity, Health, and Well-being / 10

Validity and Reliability of the Physical Literacy in Children Questionnaire (PL-C Quest) among Elementary School Students Indonesia

Author: Achmad Syakur Fahri¹

¹ *Universitas Pendidikan Indonesia*

Abstract

Physical literacy has become a fundamental concept in modern physical education, emphasizing holistic individual development through physical activity. The Physical Literacy in Children Questionnaire (PL-C Quest) was developed in Australia to assess children's perceived physical literacy across four domains: physical, psychological, social, and cognitive. However, validation of this instrument in the Indonesian cultural context remains limited. This study aimed to examine the validity and reliability of the PL-C Quest among elementary school students aged 11-12 years in Bandung, Indonesia. A cross-sectional descriptive study was conducted with 92 elementary school students (50% male, 50% female) aged 11-12 years in Bandung. The study used purposive sampling stratified by school type (60% public, 40% private) and socioeconomic status. Validity was assessed using item-total correlation with Pearson product-moment correlation, while reliability was examined using Cronbach's alpha coefficient. All 30 items demonstrated acceptable validity with correlation coefficients ranging from 0.226 to 0.677 ($r > 0.207$, $p < 0.05$). The physical domain showed the highest item validity (P1: $r = 0.677$), followed by the psychological domain (P15: $r = 0.621$). Internal consistency reliability was good (Cronbach's $\alpha = 0.847$), indicating adequate reliability for practical use. Hence, the PL-C Quest demonstrated acceptable validity and reliability for measuring physical literacy among Indonesian elementary school students aged 11-12 years. The instrument can be recommended for physical literacy assessment in Indonesian physical education contexts, with consideration for cultural adaptation of items with relatively lower validity.





The Monitoring and Evaluation of the Application of Learning Management Activities: A Case Study of the Play and Learn for the Young Learners' Brain Development Workshop Project

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Abstract

This research is aimed at studying, monitoring and evaluating the transfer of knowledge gained from participating of the Play and Learn for the Young Learners' Brain Development Workshop Project, applications in the management of learning in schools, and comparing transfer of learning gained through participation in schools by variables, as well as compiling additional issues and suggestions on applying the knowledge obtained in learning management in schools and in order to recognize the value and usefulness of this training project. The target group is 15 school teachers attending the training from a specific selection. The tools used to gather data are queries. Statistics used to analyze basic statistics and content analysis to analyze problems and suggest maximum frequencies. This study evaluates the impact of a training program on teachers' ability to manage learning effectively in educational institutions. The findings reveal that teachers who participated in the training successfully applied their knowledge at an optimal level. Despite having similar education levels, teachers exhibited differences in application based on sex, age, education, school location, and teaching experience. Notably, teachers from 1st -6th grades demonstrated the most practical application of knowledge. The problem of applying knowledge was found to be that the maximum frequency was the difficulty teachers faced in designing courses for students with deficiencies in inclusive classrooms. Teachers expressed a need for additional guidance in this area. Overall, the training program was deemed valuable, providing teachers with modern, up-to-date knowledge, which they could apply and transfer effectively in their teaching practices.

Physical Activity, Health, and Well-being / 12

Enhancing Learning Achievement on E-Cigarettes among Grade 10 Students through Social Media Tools and Tangible E-Cigarette Model at Satthasamut School, Thailand

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Co-author: Atchara Purakom¹

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Abstract

This study aims to (1) develop instructional innovations, integrating social media tools and tangible e-cigarette model, (2) compare the learning achievement of Grade 10 students at Satthasamut School before and after the learning program through social media tools along with tangible e-cigarette model and (3) examine students' satisfaction toward e-cigarette learning program. Research instruments included a health education lesson plan, social media tools such as Kahoot, PowerPoint, and Canva, as well as TikTok as a digital platform to campaign against e-cigarette use and a tangible e-cigarette model was invented. The results showed that after four weeks of learning program, the mean posttest score was $\bar{X} = 13.85$, S.D. = 1.442, which was significantly higher than pretest score $\bar{X} = 12.78$, S.D. = 1.94, ($p < .05$). Furthermore, students' satisfaction of learning through instructional innovations was at the highest level ($\bar{X} = 4.74$, S.D. = 0.51). This study highlights that combining digital platforms and tangible tools are effective instructional innovations for enhancing students' learning outcomes and a positive shift in attitudes toward e-cigarette prevention and intention to quit vaping.

Keywords: Learning achievement, social media tool, Tangible E-cigarette model
E-cigarette

Play and Learn for Young Learners' Brain Development Training Program Evaluation Through Stufflebeam's CIPP Model

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Abstract

There is a growing need for effective early childhood interventions that promote brain development through engaging and evidence-based methods. However, limited evaluations exist on the effectiveness of workshops using structured assessment frameworks like the CIPP Model. Objective: This study aimed to evaluate the effectiveness of the "Play and Learn" workshop in enhancing young learners' brain development using Stufflebeam's CIPP (Context, Input, Process, Product) evaluation model. Methodology: A sample of 32 participants was selected to participate in the workshop. Data were collected using opinion questionnaires and knowledge tests, both of which demonstrated high reliability (Cronbach's alpha = 0.89 and 0.91, respectively). Descriptive statistics and t-tests were used for data analysis. Key Results: 1) The workshop's principles and objectives aligned with the participants' needs and met educational standards, receiving the highest ratings. 2) Trainers were well-prepared, with clear communication and appropriate language use. 3) Learning materials, particularly handouts, were rated as highly effective. 4) Implementation adhered closely to the plan, with adequate resources and effective coordination. 5) All participants surpassed the 60% evaluation benchmark. and 5) Knowledge significantly improved post-training (M = 12.31, SD = 1.55) compared to pre-training (M = 9.16, SD = 2.23), $p < .001$. Conclusion: The "Play and Learn" workshop effectively enhanced young learners' knowledge and supported brain development. The use of the CIPP Model provided a comprehensive evaluation framework, highlighting the program's strengths in design, delivery, and impact. This study contributes valuable insights into early childhood educational program evaluation and offers a replicable model for similar interventions.

Mind Over Muscle: How Mental Alertness Influences Athletic Performance

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Co-author: Hannah Joy Batucan¹ | J.H. Cerilles State College

Abstract

This study explores the impact of mental alertness on athletic performance among athletes from the Mindanao Association of State Tertiary Schools (MASTS) 2024, specifically those enrolled at J.H. Cerilles State College, Dumingag Campus. Recognizing that athletic excellence demands more than physical prowess, this research highlights the cognitive dimensions of sport—particularly reaction time and attention span—as critical determinants of success in high-stakes competitive environments. A quantitative correlational research design was employed, involving 61 student-athletes selected through total enumeration. Standardized instruments were adapted from the ZOGIM-A Mental Alertness Questionnaire and the Sport Performance Perceptions Scale (SPPS) to gather data on mental alertness and performance indicators: speed, accuracy, and endurance. Findings revealed that athletes demonstrated high levels of mental alertness, particularly in reaction time (mean = 4.32, “Highly Influential”) and attention span (mean = 4.13, “Influential”). Similarly, athletic performance was reported as largely manifested across all measured domains. Statistical analysis using Spearman rho correlation indicated significant positive relationships between mental alertness and all dimensions of athletic performance ($p < 0.001$). These results underscore the essential role of cognitive readiness in sports and support the integration of mental training into athletic development programs. To address these needs, the study proposes a cognitive enhancement program—ABTIKA (Activate Brainpower Through Training and Introspection for Keen Awareness)—designed to improve reaction time, focus, and mental resilience. The study concludes that cultivating mental alertness is vital for optimizing athletic performance and recommends institutionalizing cognitive training for holistic athlete development.

Keywords: mental alertness, cognitive training, athletic performance, reaction time, sports psychology

Performance Impact of Integrated Plyometric and Resistance Training on Shot Put Performance: A Contemporary Approach to Athletic Conditioning

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Abstract

The purpose of this study was to evaluate the impact of combined plyometric and weight training on Shot Put performance among intercollegiate male athletes over a 12-week training intervention. Thirty-two male students, aged 21 to 28, from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, participated in the study. The intervention involved a structured training program with progressive intensity levels ranging from 60% to 80%, assessed at three key points: before, during, and after the 12-week period. Shot Put performance served as the dependent variable, while the timing of assessment acted as the independent variable. Data were analyzed using descriptive statistics and repeated measures ANOVA with a significance level set at 0.05, utilizing SPSS software. Post hoc tests were conducted when significant F-values were observed to identify the stages with notable performance differences. The results showed a consistent and statistically significant improvement in Shot Put performance, especially in the second half of the training period (weeks 6–12), as compared to the baseline and initial phase (weeks 1–6). These findings underscore the effectiveness of training cyclicality, neuromuscular adaptation, and the role of eccentric-concentric muscle contractions in power development. The study concludes that a combined plyometric and weight training approach, when applied with proper progression, significantly enhances Shot Put performance in collegiate athletes.

Inclusive and Adaptive Physical Activity / 19

Queer Strength: Lived Realities of LGBTQ+ Fighters in Heteronormative Arena

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Abstract

Combat sports are deeply intertwined with societal and cultural constructions of masculinity, and individuals who do not conform to these norms often face marginalization. While numerous studies have examined the experiences of LGBTQ+ athletes in various sporting contexts, limited research has specifically focused on their participation in highly heteronormative spaces such as combat sports. This study addresses this gap by exploring the experiences of exclusion, the influence of identity on participation, and the coping strategies employed by LGBTQ+ athletes in combat sports. Using semi-structured interviews with nine LGBTQ+ athletes, the study uncovered themes of bias and social exclusion, dual-edge construct of identity, and resilience through self-motivation, discipline, and support. Anchored in Sustainable Development Goal (SDG) 10, which advocates for reducing inequalities, the findings highlight the urgent need to foster more inclusive sporting environments that fully embrace gender diversity and expression.

Comparative Analysis of Plyometric Training Effects on Functional Performance Metrics in Football: A Randomized Controlled Study

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Abstract

The purpose of this study was to examine the effects of an eight-week plyometric training (PT) program on selected skill-related performance parameters in male football players. A total of forty male football players (Except Goalkeepers) (aged 18.5 ± 0.5 to 22.4 ± 0.5 years) were randomly divided into two groups: a plyometric training group ($n = 20$) and a control group ($n = 20$). The PT group engaged in bilateral and unilateral lower-limb plyometric exercises three times per week in addition to their routine football training. In contrast, the control group continued with only their standard team-based football sessions. Performance metrics including 30-meter sprint speed, dribbling ability, agility with ball, and shooting accuracy were assessed before and after the intervention period. Post-intervention analysis revealed significant improvements ($p < 0.05$) in sprint speed, dribbling, and agility with ball performance in the PT group, indicating the effectiveness of plyometric exercises in enhancing functional, football-specific movements. The study found no meaningful difference in shooting accuracy between the two groups. These results indicate that although plyometric training can significantly boost explosive power and skill performance in dynamic situations, it may not directly improve precision-based actions like shooting. The research highlights the value of well-designed plyometric exercises in football training programs for enhancing overall performance during matches.

Keywords: Speed, Agility, Dribbling, Unilateral and Bilateral Plyometric training

Factors Associated with Fall Prevention Behaviors among Elderly in Ban Na District, Nakhon Nayok Province, Thailand

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Abstract

The descriptive survey study research. The objectives are to study fall prevention behaviors of the elderly, and to study factors related to fall prevention behaviors of the elderly in Ban Na District, Nakhon Nayok Province. In this study, the purposive sampling was used to recruit 118 elderly samples. The questionnaire was used as a tool to collect employed quantitative data. The content validity was improved and adjusted by the suggestion of the expert. Cronbach's alpha coefficient tested the reliability of the assessment tools. The health beliefs questionnaire was 0.95 level and Falling prevention behaviors questionnaire was 0.82 level. Data analysis was done by computer program. Statistic was to acquire frequencies, percentage, means, standard deviation, maximum, minimum, Chi-square test and Pearson's product moment correlation coefficient for statistically significant at 0.05 level. The result of this study showed that the fall prevention behaviors of the samples in Ban Na District, Nakhon Nayok Province was at a moderate level 62.71% ($\bar{x} = 52.31$, S.D.=3.62 Min. = 40, Max. = 60) and overall perceived falls factors were at a moderate level 72.04% ($\bar{x} = 164.88$, S.D.=16.25, Min. =121, Max. =211). The study was also found that personal factors; education ($\chi^2=15.73$, p-value=0.000) congenital disease ($\chi^2=8.89$, p-value=0.012) were significantly associated with associated with behaviors falls prevention. The perceive susceptibility ($r=0.206$, $p=0.025$), perceived benefits ($r=0.279$, $p=0.002$) and overall perceive falls factors ($r=0.236$, $p=0.010$) were positive relationship at a low level with the behavior of fall prevention of the elderly significant at $<.05$.



A National Physical Education Teaching and Learning Syllabus (PE TLS) for Students in Special Education (SPED) Schools in Singapore

Authors: Raymond Koh¹; Yong Jie Wong¹

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Abstract

This paper presents Singapore's pioneering effort in developing a national PE syllabus tailored for students with moderate-to-severe Special Educational Needs (SEN). While PE is essential for promoting active lifestyles and holistic development, students with SEN often face barriers due to limited awareness of adapted physical activities. This syllabus addresses that gap by enabling meaningful participation and accommodating diverse needs across 26 SPED schools. Students with SEN face motor and/or cognitive delays that hinder physical activity participation. Although regular physical activity enhances physical functioning, mental health, and overall well-being, participation remains limited. This syllabus aims to remove barriers by offering individualized support to foster interest and motivation in PE by: empowering students with skills and mindset for healthy, active living; providing clear direction on essential knowledge, skills, and attributes; and promoting pedagogical rigor and collaborative teaming in SPED schools. Development involved internal and external scans, literature review, SPED workgroups, expert validation, co-construction with schools, and parent feedback. The five learning areas are Movement Education, Games and Sports, Physical Fitness, Outdoor Education, and Aquatics. Each area includes progressive skill development across five levels with adaptations for diverse learners. Results show that the syllabus offers a structured framework, clear learning objectives, pedagogical guidance, robust assessment strategies, collaborative practices, and practical teaching resources. It emphasizes person-centered approaches and holistic development, integrating social-emotional and cognitive growth. Therefore, this comprehensive syllabus advances PE in SPED, balancing structure with flexibility and fostering lifelong healthy living and community participation.



The Influence of Outdoor Education (OE) on Student's Mental Health

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Abstract

The purpose of this study was to determine how the implementation of outdoor education affects mental health. Mental health of students has become a major concern in the last decade, especially related to stress and depression that can affect student activities in the college environment. This study aims to explore the effectiveness of adventure-based outdoor education in reducing student stress. The method used in this study was an experiment with a two-group pretest-posttest design, this study involved 30 students (15 sports students and 15 non-sports students) who were selected randomly. The research instrument used the validated Perceived Stress Scale (PSS-14) questionnaire. The results showed that involvement in outdoor activities (outdoor education) can reduce stress levels. Based on the results of data analysis, the significance value was 0.019 which indicated a significant effect of outdoor education on student stress levels. The conclusion of this study is that there is a significant effect of outdoor education on student stress levels. Outdoor education can be used as a media or tool to reduce student stress levels.

The Effect of Tri Angle Exercise Variations on Improving Passing Accuracy Using the Inside of the Foot in Futsal

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¹ *Sekolah Tinggi Olahraga dan Kesehatan Bina Guna*

Abstract

Based on the problems identified, the researcher obtained information and facts in the field that many students still make mistakes in passing techniques. Therefore, the researcher aims to apply a variation of exercises that are easy to understand and perform, namely the Tri Angle passing exercise variation. The purpose of this study is to determine the effect of the Tri Angle exercise variation on improving passing accuracy using the inside of the foot in futsal. This study employs an experimental research method, and the research design uses a “One Group Pre-Test-Post-Test Design.” This research is quantitative in nature, with the population and sample consisting of 12 futsal extracurricular students. After conducting the research, the results showed that the Tri Angle passing exercise variation has an effect on improving passing accuracy using the inside of the foot among futsal extracurricular students. The conclusion is that the variation in Tri Angle passing exercises using the inside of the foot for futsal extracurricular students indicates that this exercise variation is suitable for application to futsal extracurricular students at school.

Keywords: Exercise, Passing, Futsal

Training Load-Mediated Speed and Agility Gains in Wing Players: A Comparative Study of Circuit and Velocity-Based Resistance Protocols in Collegiate Handball

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Abstract

The present study evaluated the effects of Velocity-Based Training (VBT) and Circuit Training (CT) on sprint and agility performance in collegiate male handball wing players, using a randomized controlled trial with a non-training control (CON) group. Over a six-week intervention, athletes were assigned to VBT (n = 6), CT (n = 7), or CON (n = 6) groups, with all participants continuing regular handball practice. Sprint (40m) and agility (Illinois Agility Test) were assessed pre- and post-intervention. Internal training load was monitored using session-RPE. Results showed that the VBT group achieved significantly greater improvements in sprint (-0.21 ± 0.04 s) and agility (-0.38 ± 0.06 s) performance compared to CT and CON groups. The CT group demonstrated moderate improvements (sprint: -0.11 ± 0.03 s; agility: -0.21 ± 0.05 s), while the CON group showed negligible change. Despite similar training loads between VBT and CT, performance gains were greater in the VBT group, highlighting the role of neuromechanical specificity and velocity emphasis in eliciting functional adaptation. These findings support VBT as a superior in-season training modality for improving explosive performance in handball wing players. The study offers evidence-based guidance for coaches aiming to enhance speed and agility in sport-specific contexts.

Keywords: Agility, Athletic Performance, Handball, Resistance Training, Sprinting

Poster Presentation / 26

The Factor Analysis of the Components of the Resilience among Senior Citizens on the Continuing Exercise Behaviors

Authors: Nahrakorn Khwankhao^{None}, Patcharee Niamsri^{None}

Abstract

This study aimed to analyze the components of resilience related to continuing exercise behaviors among senior citizens. A total of 100 older adults were selected through accidental sampling at the Phanat Nikhom Municipality sports field, located in the district with the highest proportion of elderly in Chonburi Province. Data were collected from February 1 to March 31, 2023, by using a resilience-based instrument. Exploratory Factor Analysis with principal component extraction and Varimax rotation was employed. The results identified four components with eigenvalues greater than 1.0, accounting for 80.57% of the total variance. These components were as follows: (1) perceived competence and health goals, (2) health care planning ability, (3) support for Exercise Engagement, and (4) learning and adaptability. All variables showed factor loadings above 0.50, indicating strong contributions to resilience in sustaining exercise among older adults.

Keywords: Factor Analysis, Resilience, Senior Citizens, Continuing Exercise, Behavior

The Effects of Teaching Style and Arm Muscle Strength on Learning Outcomes in Shot Put

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¹*Sekolah Tinggi Olahraga dan Kesehatan Bina Guna*

Abstract

Students' shot put learning outcomes are still low. This is influenced by the teaching style of teachers and the strength of students' arm muscles, so it is necessary to examine the influence of both. This study focuses on ways to improve shot put learning outcomes. This study also aims to improve weaknesses in the physical education learning process and find solutions to make athletic activities enjoyable, happy, and able to improve physical fitness. The method used in this study is the field experiment method. The research design is a 2x2 design with three research variables: one dependent variable and two independent variables. The dependent variable is shot put performance, while the two independent variables are teaching style and arm muscle strength. The results of the study indicate that the self-check teaching style is more effective than the command teaching style in improving overall shot put performance. There is an interaction between teaching style and arm muscle strength. Students with high arm muscle strength are more suited to being taught using the command style, while students with low arm muscle strength are more effective when using the self-check style. In conclusion, the self-check teaching style is generally more effective in shot put learning. However, its effectiveness is influenced by arm muscle strength, where the command style is more suitable for students with high arm muscle strength, and the self-check style is more suitable for students with low arm muscle strength.

Keywords: Results, shot put, physical education

The Recreational Programs to Promote the Happiness of Students at Rajamangala University of Technology, Lower Central Higher Education Network Group, Railand

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Abstract

Mental health problems like depression and sedentary behavior are increasing, especially among university students. This research and development study aimed to create and develop recreational programs to promote student happiness. The research was conducted in three phases. The sample group in the first phase consisted of 400 students from Rajamangala University of Technology, Lower Central Higher Education Network Group, Thailand, and the sample group in 2-3 phases consisted of 19 experts. The research tools used include a questionnaire and in-depth interview guidelines. Phase 1 revealed that the preferred activities among students were, e.g., outdoor/nature activities (mean = 3.13), special activities during festivals (mean = 3.11), and social activities (mean = 3.10). Phase 2 developed a recreational program that included eight activities based on student needs: 1. Separation activity...tell them to identify 2. Self-reflection activity...in the shadows of the past 3. Running activity...don't roll and fall backwards. 4. Volunteer activity for artificial coral conservation 5. Tie-dye activity...tie and dye 6. Karaoke Singing Contest activity 7. Beautiful garden arrangement in glass bottles activity and 8. Tea Tree Ranger parade activity. These programs are offered in three formats: a full-time format (eight weeks, once a week), a condensed format (four weeks, twice a week), and the interest format, which is to choose 1-2 activities according to the sub-components of happiness. A 42-item happiness assessment tool was also developed to fit the context of those students. The findings of Phase 3 were that the recreational program was feasible and suitable for implementation.

Development of Gross Motor Skills through Rhythmic Movement Programs: A Preliminary Concept

Author: Muhammad Naeimmuddin Zakaria¹

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¹ *Muhammad Naeimmuddin Zakaria*

² *Borhannudin Abdullah*

³ *Shamsulariffin Samsudin*

Abstract

Gross motor skills are an important foundation for children's physical, cognitive and psychosocial development. However, the increasing rates of obesity and physical inactivity among Malaysian children have raised concerns about delayed motor development. This study aimed to evaluate the effects of a rhythmic movement program on the development of gross motor skills in primary school students aged 8 to 10 years. A total of 64 students were selected as a sample through stratified sampling for treatment group and control group. A quasi-experimental design involving treatment and control groups was used, with a 10-week intervention and the use of the TGMD-3 test to assess locomotor and manipulative skills. The study also took into account demographic variables such as age, gender, body mass index, physical activity time and socioeconomic status. The results of the study are expected to show an improvement in gross motor skills in the treatment group and provide practical recommendations for the integration of rhythmic movement into the primary school Physical Education curriculum in Malaysia.

Pétanque and Health: A Descriptive Review of Original Studies

Authors: Rivan Saghita Pratama¹; Syahru Romadhoni¹; Rizam Ahada Nur Ulinnuha¹; Limpad Nurrachmad¹; Yi Hung Liao²; Akhmad Fajri Widodo³; Yoga Irawan¹

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Abstract

Introduction: Nowadays, pétanque has become increasingly popular, as it is played in various prominent sports competitions. Several studies have also reported associations between pétanque and different aspects of health. Therefore, we aimed to provide a descriptive summary of studies examining the relationship between pétanque and health status. **Methods:** We searched PubMed and Embase for relevant articles from inception to July 12, 2025. All full-text observational studies investigating pétanque in relation to health outcomes were included. The findings from the included studies are presented descriptively. **Results:** A total of seven studies investigated the association between pétanque and health status. Reported outcomes included shoulder flexion limitation (1 study), anxiety levels (1 study), reductions in total cholesterol (3 studies), systolic and diastolic blood pressure (1 study), resting heart rate (1 study), rate of perceived exertion (1 study), HbA1c levels (2 studies), and visceral fat mass (2 studies). Additionally, one study found that 65% of participants chose pétanque as their preferred sport. **Conclusions:** Pétanque has been associated with improvements in several health outcomes; however, further research is needed to examine these effects in detail and to control for potential confounding factors in order to generate more robust evidence.

Keywords: Pétanque, health status, descriptive, review, SDGs.



Analysis of Attacking and Defensive Tactics of the Indonesian National Football Team in the 2024 Asian Cup

Author: Fajar Awang Irawan^{None}

Abstract

Strategy is a plan that is prepared before the match to obtain victory by covering various aspects such as attacking and defensive tactics. The purpose of this study is to analyze the attacking and defensive strategies used by the Indonesia U-23 national football team in the 2024 Asian Cup match. The research method used in this research is quantitative with a descriptive analysis approach. The design of the object of analysis through match videos uses a total of 24 instruments, consisting of 12 attacking aspects and 12 defensive aspects that have passed expert validation. In this study using video samples in matches at the Asian Cup in 2024. The results showed that overall, the Indonesian U-23 national team players applied a balance between attacking and defensive strategies in each match, with an average passing of 220 times and holding the ball 196 times per match. However, the final completion rate of the strategy is low, reflected in the shooting results of only 7.4%. players also do a lot of ball control with an average of 160 times per match, but only clear as much as 10%. The conclusion of this study found that the attacking and defensive strategies applied by the Indonesian national football team at the 2024 Asian Cup were effective because they were able to adjust to the characteristics of the opponent through counter attacks and situational pressing. The lack of shooting made is one of the factors for the lack of opportunities to score goals against the opponent.



The Effect of Hybrid Learning Model (Interactive Video + Traditional Games) on Improving Basic Movement Skills and Learning Engagement of Primary School Students

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Abstract

This study examined the effect of a hybrid learning model (interactive video and traditional games) on elementary students' basic movement skills and learning engagement. Motivated by the importance of basic movement development and low student engagement, this study used a quasi-experiment with a pre-test post-test control group design. The results showed that the hybrid learning model significantly improved both aspects compared to conventional learning. The integration of interactive videos was effective for concept understanding, while traditional games increased motivation and interaction. In conclusion, this hybrid learning model is highly effective and recommended to create a more holistic and engaging learning experience.

Keywords: Hybrid Learning, Interactive Video, Traditional Games, Basic Movement Skills, Learning Engagement, Primary School Students

Reimagining Physical Education through Flipped Learning: A Systematic Review of Pedagogical Innovations

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Abstract

The purpose of this research is to look into the use of Flipped Learning in Physical Education. The PRISMA standards for systematic reviews and meta-analyses were followed in this review investigation. The study must be published within the prior five years, from 2020 to 2024. In the search procedure, the following keywords are used: (1) Flipped Learning; (2) Physical Education. The search engines Science Direct (Science Citation Index Expanded; Social Science Citation Index; Arts & Humanities Science Citation Index). Flipped learning in PE benefits can provide an experimental reference for research on later adolescent education, self efficacy, enhance students' serve accuracy, serve quality, and self-reflection, influencing students' perception and, consequently, the success of this active methodology, self-efficacy successful, concretize, particularly constructive and interactive learning activities. Flipped learning in physical education emerges as a transformative approach, leveraging digital technologies to enhance students' engagement, physical activity levels, and understanding of key concepts. By restructuring the traditional classroom model, educators can optimize class time for active participation and personalized instruction, ultimately fostering holistic development and lifelong fitness habits among students.

Keywords: Flipped Learning, Physical Education, Systematic Literature Review

The Impact of Pro-Moto: A Structured Physical Activity Intervention for Gross Motor Development in Malaysian Children with Learning Disabilities

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Abstract

Inclusive education emphasizes the importance of ensuring that all children, regardless of ability, have equal opportunities to participate in meaningful learning experiences (Gallahue, Ozmon & Goodway, 2012). Among students with learning disabilities, physical development, particularly gross motor competence, is often overlooked despite its critical role in supporting academic readiness, classroom behavior and overall well-being (Piek, Dawson, Smith & Gasson, 2008). Early intervention through structured physical activity can help build a strong foundation for improved functional abilities, yet such approaches are not consistently implemented in special education settings (Wuang, Su & Su, 2012). Children with learning disabilities often struggle with motor skills that are crucial for physical engagement and social participation (Brian et al., 2018). These motor delays can impede academic learning, self-esteem and peer interaction (Piek et al., 2008). While international research supports the benefits of physical activity programs in improving motor outcomes (Wuang et al., 2012), there remains a significant gap in Malaysian-based interventions, especially for early school-aged children in special education. Addressing this gap, this study evaluates a locally designed intervention program to support national inclusive education goals.

The Effects of the Research Intelligence Workshop on the Skills in Applying Artificial Intelligence in Research and Academic Text- book Development among Educational Personnel in the field of Physical Education

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Abstract

The rapid advancement of technology, particularly artificial intelligence (AI), has significantly influenced research practices and the production of academic knowledge in the digital era. This study aimed to investigate the effects of the “Research Intelligence” workshop on participants’ skills in applying AI to research and academic textbook development. The participants comprised 24 volunteers, including graduate students, lecturers, educational personnel, and schoolteachers. This action research employed a pre-test and post-test design, and data were analyzed using the paired sample t-test. Findings revealed a statistically significant improvement in AI application skills at the .001 level, with the mean score increasing from 6.423 before the workshop to 8.384 afterward an average improvement of 19.54%. Despite participants’ limited prior research experience, noticeable skill development was achieved through appropriate training. ChatGPT was the most frequently used tool, followed by Perplexity and Gemini, each serving different purposes such as content generation, information retrieval, and data analysis. Participants expressed high satisfaction with the workshop, particularly regarding the instructors and program organization. These results suggest that targeted training programs can effectively enhance AI-related research competencies and highlight the importance of upskilling educational personnel to meet the demands of the AI-driven digital age. Ultimately, this contributes to improved research quality and the creation of responsive academic knowledge in an evolving global context.

Keywords: Artificial intelligence, education, research intelligence

The Role of Physical Education in Strengthening the Psychosocial Well-Being of Elementary School Students in Indonesia and Korea

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Abstract

This study aims to realize an exchange of scientific insights, especially in physical education regarding its role in strengthening the psychosocial well-being of students at the elementary school level. The research method involves elementary school-aged children from Korea and Indonesia (ages 7–12) who participate in this study. The exploratory variable is the frequency of participation in sports classes each week, while the dependent variables include psychological well-being. The overall results of this research show that 17.9% of children reported that they were not very enthusiastic about participating in physical education classes, while 72.1% reported being very enthusiastic about engaging in physical education learning. After adjusting for academic achievement, family economic status, and levels of physical activity, it was found that greater participation in physical education classes is proportionally related to happiness in both genders and grade levels ($p < 0.05$). On the other hand, participation in physical education classes conducted with enthusiasm is associated with a decrease/no stress in boys. The conclusion of this study is that more enthusiastic student participation in physical education classes is related to the psychological well-being of children in Korea and Indonesia. Increasing the number of mandatory physical education and sports sessions is a promising strategy to improve the psychological well-being of children in Korea and Indonesia.

Keywords: Indonesia, Korea, Physical Education, Psychosocial, Elementary School

Challenges Encountered by Teachers-Coaches in the Implementation of the Special Program in Sports (SPS): A Case Study

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¹ *Mindanao State University - Iligan Institute of Technology - IRDA*

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Abstract

The Special Program in Sports (SPS) plays a crucial role in enhancing the physical, social, and academic development of students, particularly those with a strong interest in athletics. This study examined the challenges faced by teacher coaches in implementing the SPS in Lanao del Norte Division for the 2024-2025 school year. The participants consisted of six teacher coaches, six school administrators, and six learners. They were chosen through a purposive sampling technique. An Interview Guide was used in gathering the data. Yin's method of data analysis was employed in analyzing the collected data. The data gathered yielded the following main themes: 1) institutional and instructional barriers in special programs in the implementation of the sports, 2) academic, time, and motivational pressures, 3) navigating dual roles through time management, 4) enhancing learner satisfaction through support, motivation, and safety, 5) institutional and structural support systems and holistic professional growth and student-centered development. The practical implementation of the Special Program in Sports requires addressing institutional and instructional barriers, supporting teacher-coaches in balancing dual roles, and providing comprehensive resources. Schools and program implementers may provide sufficient funding, continuous capacity-building for teacher-coaches, structured institutional support, and adopt learner-centered strategies.

Keywords: motivation, sports implementation, student-athlete, support system, teacher-coaches

Does Education Improve Nutrition Literacy and Physical Activity among Students, and is it Associated with Mental Health?

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Abstract

Education moderated the nutrition literacy (NL) and physical activity (PA) among students. The objective of this study is to investigate the association of education with NL and PA, and its association with mental health, such as stress, anxiety, and depression. The design was a cross-sectional study that was conducted at the Faculty of Sports and Health Sciences, State University of Surabaya. In total, we recruited 99 nutrition students and 77 physical education students. The logistic regression model was used to assess the relationship between nutrition literacy, physical activity, depression, anxiety, and stress levels. Nutrition students had a higher percentage of upper average NL scores compared to physical education students (68% vs 29.5%). In addition, nutrition students had a greater percentage of low PA compared to physical education students (54.5% vs 7.4%). NL had a borderline significant 0.401 times lower risk of anxiety ($p = 0.058$). Moderate levels of PA were associated with lower risk of stress ($OR=0.364$) while high levels of PA were associated with higher risk of anxiety ($OR=3.510$). Education can improve NL among nutrition students and PA among physical education students. Implementing the appropriate PA with NL among students may be beneficial to improve mental health.

Analysis of Service Quality, Satisfaction, Enthusiasm and Loyalty of Gym Members in Surabaya

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Abstract

This research investigates the impact of service quality, customer satisfaction, and enthusiasm on the loyalty of gym members in Surabaya. A quantitative method was employed, involving 220 respondents selected through purposive sampling. Data were collected using a questionnaire consisting of 40 items, measured on a four-point Likert scale. To ensure validity, the analysis was preceded by classical assumption tests, including assessments of normality, multicollinearity, and heteroscedasticity and linearity. The main analysis used multiple linear regression to examine the relationships between variables. Findings revealed that all three independent variables such as service quality, satisfaction, and enthusiasm significantly and positively influenced member loyalty. Notably, customer satisfaction emerged as the most influential factor in predicting loyalty levels. Collectively, these variables accounted for 58.9% of the variance in loyalty (Adjusted $R^2 = 0.589$). The study highlights the critical role of integrating both service performance and emotional engagement in building sustained loyalty among gym users. These results offer valuable insight for fitness center managers aiming to enhance customer retention in a competitive and experience-driven health industry.



Customizing Physical Education for Students with Special Needs

Author: Gwendoline Wendy Koh¹

¹ *MINDS Lee Kong Chian Gardens School*

Abstract

MINDS is a Social Services Agency in Singapore which has four schools teaching students with special needs from ages 7 years to 18 years. Teachers in MINDS Schools developed a Physical Education (PE) curriculum for students with Moderate to Severe Intellectual Disabilities (MSID) adapted from the Physical Education Teaching and Learning Syllabus from the Ministry of Education in Singapore. This development encompassed three years of lesson observations, trials, and piloting the scope and sequence to ensure the holistic development of students with special needs during PE. The curriculum focuses on Swimming, Educational Gymnastics and Dance, Games and Sports, Outdoor Education, and Physical Health and Fitness. Apart from the psychomotor and cognitive development of students, Affective learning outcomes have also been factored in to ensure the holistic development of these students with special needs. The curriculum also comprises pedagogical strategies, and assessment ideas for teachers teaching students with MSID. The presenter will share how this book was developed as well as how this can be enacted in PE lessons.



Inclusive and Adaptive Physical Activity / 42

Using an MLE Approach to Teaching Games Concepts in Adapted PE

Author: Gwendoline Wendy Koh¹

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Abstract

Teaching psychomotor skills to students with special needs is at most times difficult especially if they are within the moderate to severe range of their condition and have intellectual difficulties. Helping them grasp the game's concepts so that they can effectively apply the psychomotor skills they have learnt is even more difficult. Most studies focus on teaching motor skills to students with special needs but not many touch on games concepts. What if there was a way to teach simple game concepts to these students providing them with the ability to enjoy playing games in an active and constructive capacity? Feuerstein, Rand, Hoffman and Miller (1980) developed the theory to a Mediated Learning Experience (MLE) through their work with orphaned and traumatized youths Feuerstein noticed that practice focused on students' failure to learn and not their potential for learning. He stated that "the quality of interaction between the individual and the environment via an intentional human being (the teacher) played a pivotal role" (Tan, 2003). An action research study on the effectiveness of an MLE approach in the teaching net-barrier games concept to students was conducted in Singapore. A baseline level of games concept application was taken. Intervention using the MLE approach was implemented, and post-data collection was conducted. Data showed a significant improvement in the application of the game concept. Based on the nature of the student cohort in special education schools, the findings were substantial. These will be shared at the session.

Barrier for High School Female Students Participating in Physical Education (Case Study in 1 High School in Svay Rieng Province, Cambodia)

Author: Vilay Vong

Abstract

NPO/NGO Hearts of Gold is cooperating with the Ministry of Education, Youth and Sport to implement the project to develop and diffuse Physical Education (PE). The author was in charge of Svay Rieng province and monitored PE classes there; she noticed that the participation of female students at the High School level is less compared to Primary School level. There might be barriers for them to be actively involved with physical education classes. Objective: This study is to understand the top barrier for female students in 1 High School participating in physical education class. Research Design: The author uses the focus group interview. 6 focus groups of students, categorized by their grade, are asked open-ended questions. Their answers were analyzed into the data by using grounded theory. This theory is a qualitative research methodology that aims to generate theories based on data that are grounded in the empirical reality of the research context. Starting with identifying the subject, coded, created meaningful themes through analytic induction and constant comparison and categorized the themes (Noble & Mitchell, 2016). Result and Discussion: In total, the author could find 9 categories. Those categories are 1. Physical Illness, 2. Emotion, 3. Personal Issue (Intrapersonal Barrier) 4. Parents, 5. Relative (Interpersonal Barrier) 6. School, 7. Teachers, 8. Content (Institutional Barrier), 9. Neighborhood (Community Barrier) and 10. Whether (Physical Environment Barrier). Conclusion: The author found out that the top barrier for Svay Rieng High School female students to participate in physical education is Intrapersonal Barrier.



Scoring Method for Forming a Rollersport Team

Author: Erlangga Ardianza Wibowo

¹ *Master's Degree Students*

Abstract

Rollersport is a sport that is widely popular and competed at National Olympic, SEA Games, Asian Games, and others. One common issue that arises is the conflict in selecting athletes for the core team. This study explores the team formation process of the Central Java Rollersport Team, which in PON XX / 2021 only won 1 silver and 1 bronze, but later in PON XXI / 2024 managed to become the second overall champion with 3 golds, 3 silvers, and 2 bronzes. This study uses a library research approach with a descriptive qualitative analysis method. The findings show that the formation of the Central Java rollerskate team used a scoring system. The medal achievements also indicate that 6 out of 8 core team athletes contributed medals. This method helps anticipate situations where a high-performing athlete may be unwell during the final test so they are not automatically disqualified. At the same time, the scoring method prevents an athlete who only excels in the final measurement test from suddenly making it into the core team. With scoring, the final core team formed is able to achieve optimal performance results.





Physical Education: Innovation and Pedagogy / 46

The Characteristics of the Quality of Physical Education Classes in Phnom Penh, Battambang and Svay Rieng in Cambodia

Author: Naoki Nishiyama¹

¹ *NGO Hearts of Gold*

Abstract

The quality of physical education classes is difficult to measure. NPO/NGO Hearts of Gold has developed Physical Education (PE) in Cambodia with the Ministry of Education, Youth and Sport (MoEYS) since 2006. While there has been developed the PE class assessment sheet and utilized for PE classes, which was developed from the Observation Checklist in Physical Education Class (Hino, 1996), there are still some inconsistencies among MoEYS members to score the sheet because of the questions and structures of the assessment sheet. In order to make them easier to use, it has been revised with a more detailed, easy-to-use format during the project. In this research, the author reviews the 79 latest PE class assessment results in 3 capital and provinces (Phnom Penh, Battambang and Svay Rieng) and investigates the results of the assessment sheets and finds the characteristics of questions, school levels, classes and capital and provinces. The research found that there are some characteristics such as, 1. Objective questions have more consistency among assessor score, 2. Lower and upper secondary schools had higher scores than primary schools, 3. Certain classes had tendencies to receive lower scores, 4. Svay Rieng had more classes scored higher while Phnom Penh had only primary school data and could not compare with other provinces. The research suggests taking more data from various school levels and kinds of sport which were taught in PE classes. The author further provides some suggestions in order to be able to assess more precisely in the future.



Abstract Status of Community Based Dance Troupe and Local Government Unit Dance Organization: Basis for Sustainability

Author: Marie Grape Viadnes-Soliman

Abstract

This study investigated the effectiveness of two dance troupe models: community-based and local government unit (LGU). Financial backing and collaboration proved to be the most significant factors, with both models thriving under stronger resource allocation and teamwork. Interestingly, coaching also had a clear positive impact. The elements like facilities, recruitment, training, and rehearsals didn't show statistically significant differences between the models; their influence shouldn't be discounted. These aspects might hold equal importance for both types of dance organizations, and their effect could be more nuanced. The study emphasized the importance of financial investment, collaboration, and professional guidance (coaching) for the success of dance troupes, regardless of their organizational structure. These factors likely create a more supportive environment, leading to better outcomes for the troupes. Future research could delve deeper into the specific mechanisms by which these factors influence effectiveness, potentially identifying which aspects were most crucial within each model.

Reliability and Validity of a Short Scale for Assessing Self-Rated Physical Fitness in Filipino University Students

Author: Jezreel Abarca¹; Bhen Joshua Acosta¹; Jonathan Cagas¹

¹ UP Mindanao

Abstract

The global decline in physical fitness among youth requires the inclusion of physical fitness monitoring into health surveillance systems. Traditional clinical and field-based physical fitness assessments are often costly and time-consuming. A short scale assessing self-perceived health-related fitness has been developed as an alternative to field testing. However, further validation is needed, particularly within higher education contexts. The study aims to assess the reliability and validity of the International Fitness Scale (IFIS) for evaluating physical fitness among Filipino university students. A sample of 283 students from a small state university in Davao City, Philippines, completed the IFIS and performed a series of field-based physical fitness tests. These tests include the 20m multistage shuttle run for cardiorespiratory fitness, handgrip dynamometry and standing long jump for muscular fitness, the 4x10 shuttle run for agility/speed (motor fitness), and a modified sit-and-reach test for lower body flexibility. Results indicated that the IFIS demonstrated highly acceptable internal reliability, with a Cronbach's alpha of .802 and item-total correlation ranging between .373 and .724. Bivariate correlation analyses showed a significant relationship between self-perceived physical fitness and various objective measures of physical fitness. These findings underscore the potential use of the IFIS in monitoring physical fitness among university students.

Keywords: fitness surveillance, college students, physical activity, cardiorespiratory endurance, exercise

Practical Assessment of Fundamental Motor Skills in Primary Education: Valid and Reliable Motor Skill Instrument Test (MSIT) Approach for Early Elementary Students

Author: Muchamad Arif Al Ardha¹; Sauqi Sawa Bikalawan¹; Sevesti Violin Wilujeng Herista¹; Nurhasan Nurhasan¹; Firman Yahya Simanjuntak¹; Sheva Edhu Wigraha¹

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Abstract

Background: Motor skill development during early elementary school years is crucial for children's physical and cognitive growth. Despite its importance, there is a lack of standardized, validated instruments specifically designed for assessing motor skills in first and second-grade students. Objectives: This study aims to evaluate the validity and reliability of a newly developed Motor Skill Instrument Test (MSIT) for first and second-grade elementary school students. Methods: The MSIT was constructed to measure fundamental motor skills appropriate for early elementary students. The test consists of 9 motor skill items. The instrument was administered to a sample of 54 students from first and second grade at an elementary school in Surabaya, Indonesia. Each student completed all test items under standardized conditions. To evaluate the instrument's validity, item-total correlations were calculated using Pearson's correlation via SPSS 25.0. Items with a significance level of $p < 0.05$ were considered valid. The internal consistency reliability of the instrument was measured using Cronbach's Alpha, with values above 0.27 (r table of product moment critical score). Results: The analysis indicated that 8 out of 9 items demonstrated statistically significant item-total correlations, confirming their construct validity ($p < 0.05$). The valid items included tests of balance, locomotor, and object control skills. The overall reliability of the MSIT, as indicated by Cronbach's Alpha, was 0.38 (> 0.27). Conclusion: The findings support the MSIT as a psychometrically sound tool for assessing motor development in young children.

Keywords: Early elementary school, motor skill assessment, instrument validity, instrument reliability, physical education

Ballroom Dance in Davao City: A Qualitative Study of Its History, Cultural Importance, and Current Societal Effect

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Abstract

Ballroom dancing in the context of Davao City, Philippines has a particular history. This case study uses a cultural approach to investigate the role of society in ballroom dancing through semi-structured interviews, archival documents, and observations. It aims to understand how ballroom dancing has been transformed into a dynamic community practice. Guided by Cultural Diffusion and Historical Theories, this research gathered data from 14 purposively sampled stakeholders employed semi-structured interviews, participant observation, and analysis of relevant documents. The analysis utilized Colaizzi's method for thematic analysis, which yielded three central themes: first, sociocultural incorporation on the adaptation of Filipino music, local traditions, and progressive gender norms; second, its formal institutionalization fostered by the Department of Education and local government units, which promoted ballroom as a creative art and a physical education discipline; and third, cultural caregiving wherein ballroom dancing served as a medium for healing, memory, and community. This research illustrates how Davao ballroom culture recontextualizes and transforms global dance traditions, expressive of creative defiance and cultural affirmation within local frameworks. This research expands Southeast Asian dance studies by framing ballroom as more than simply a performed activity; it serves as an embedded testament to culture, social empowerment, and heritage. The results highlight the need for cumulative policy steers, sustained institutional investment, and contextually motivated teaching frameworks necessary to cultivate and safeguard ballroom dancing as an evolved and accessible form of cultural expression in Davao City.

Keywords: Ballroom dancing, Cultural heritage, Qualitative case study, Community identity, Cultural diffusion, Davao City

The Effects of Sleep Behavior and Physical Exercise on Menstrual Conditions in Female Students: Case study on Srinakharinwirot University, Ongkharak Campus

Author: Poorich Boonsiripasuch¹

Co-authors: Sirinat Atthawanich¹; Varisa Khummueng¹; Kitti Phoyen²; Narut Sahanavin²; Benchaporn Tangth-aweewipat¹; Songpol Tornee²

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² Department of Public Health, Faculty of Physical Education, Sports and Health, Srinakharinwirot University, Nakhon Nayok, Thailand

Abstract

The objective of this research was to study the effects of sleep behavior and physical exercise on menstrual conditions in female students at Srinakharinwirot University, Ongkharak Campus. The cross-sectional survey was designed for determined sleep behavior, physical exercise activities, and menstrual conditions in 132 female undergraduate students-sample size using accidental sampling. Data were collected through a questionnaire covering sleep behavior, exercise habits, and characteristics of menstrual conditions. The questionnaire was validated for content accuracy with index of item objective congruence (IOC). The statistical analysis with Chi-square test, Continuity Correction and Fisher's Exact Test for confirmed the results revealed that female students with insufficient sleep behavior (less than 6 hours per night) and sedentary habits (no exercise or less than 30 minutes per week) were affected by various irregular menstrual conditions more than another group with sufficient sleep and more exercise lifestyle at significant level of 0.05.

Correlation between Nutritional Status and Physical Fitness on Dysmenorrhea of Vocational High School Students

Author: Benny Aprial M¹; Fatir Suhada²

Co-authors: Muhammad Isnandar ¹; Dedi Nofrizal ¹; Agung Nugroho ¹; Herli Pardilla ¹

¹ *Sekolah Tinggi Olahraga dan Kesehatan Bina Guna*

² *Sekolah Tinggi Olahraga & Kesehatan Bina Guna*

Abstract

The purpose of this study was to determine the relationship between nutritional status and dysmenorrhea in female students attending the Free Methodist Vocational School in Medan, North Sumatra; to determine the relationship between exercise and dysmenorrhea in female students attending the Free Methodist Vocational School in Medan; and to determine the relationship between nutritional status and exercise with dysmenorrhea in female students attending the Free Methodist Vocational School in Medan. The sample taken in this study was 20 female students. The study was conducted in Medan Helvetia, Medan City, North Sumatra. To conduct this sampling, questionnaires were distributed, body mass index (BMI) was calculated, and the participants' height and weight were measured. The conclusion of the findings: There is a relationship between a person's dietary health and the risk of developing dysmenorrhea. r hitung equals 0.651, and t tabel equals 0.4438. There is a relationship between exercising regularly and not experiencing dysmenorrhea. r count is 0.573, while the table value is 0.4438. If f count $>$ f table $>$ 3.88, then H_0 is rejected and H_a is accepted, which indicates that there is a strong relationship between X_1 and X_2 together to Y . Based on the hypothesis that has been explained above, it can be concluded that there is a significant relationship between the independent factor and the dependent variable.

Norms, Practices, and Ethos of Ultimate Frisbee in Mindanao

Author: Alejandro III

Co-authors: Raterta ¹

¹ *MSU-IIT Integrated Developmental School*

Abstract

This study aimed to explore and describe the norms, practices, and the ethos known as the “Spirit of the Game” in Ultimate Frisbee, based on narratives from players in Mindanao, Philippines. Using three research questions, the study examined these elements along with participants’ perceptions of the sport’s unique ethos. An exploratory descriptive qualitative design was used, with data collected through semi-structured interviews and unstructured non-participant observations of selected players. Ellickson’s model of order without law framed the analysis, explaining how players regulate conduct through informal norms rather than formal refereeing, resolving conflicts through mutual negotiation. Findings were organized into three themes: norms and practices, Spirit of the Game, and distinct features. Participants highlighted key elements such as team dynamics, bargains and negotiations, and conflict resolution as central to the sport’s informal system of norms. The “Spirit of the Game” was described as both knowledge of the rules and adherence to moral values. Distinct features noted included a community of players, mixed gender interaction, absence of cash prizes, and social events factors seen as promoting the sport despite its lack of formal recognition. This study contributes to the limited local literature on Ultimate Frisbee, particularly in its social- psychological dimensions. To ensure reliability, the researcher applied various qualitative strategies: a pilot study, triangulation (method, data, theory), member checking, transferability, audit trail, and bracketing.

Keywords: Distinct Features of Ultimate Frisbee, Norms and Practices in Ultimate Frisbee, Spirit of the Game

Relationships Between Physical Fitness Components and Mental Health Outcomes Among University Students

Author: Bhen Joshua Acosta¹

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¹ *University of the Philippines Mindanao*

² *University of the Philippines Diliman*

Abstract

Physical fitness plays a vital role, not only in maintaining physical health but also in promoting mental well-being, particularly among young adults. While existing studies highlight the benefits of cardiovascular endurance and muscular strength on mental health and quality of life, research examining the contribution of other physical fitness components remains limited. Addressing this gap is an emerging priority in physical fitness research. This study explored the relationships between health-related physical fitness components and mental health outcomes among university students. A total of 233 students (30% male; 70% female), aged 18-25 years ($M = 19.25$, $SD = 1.10$), from a state university in Davao City, Mindanao, Philippines, participated in the study. Participants completed the Depression, Anxiety, and Stress Scale (DASS-21) and the Short Form Health Survey (SF-36) and underwent standardized physical fitness assessments. Correlational and regression analyses revealed significant associations between mental health outcomes and all fitness components, except for BMI and flexibility. Cardiorespiratory endurance and muscular fitness emerged as the strongest predictors of mental health outcomes. These findings support the implementation of university-based fitness programs that prioritize both muscular and cardiorespiratory fitness to better support holistic mental health and overall well-being among students.

Keywords: Health Promotion in Higher Education, Inclusive Fitness Interventions, Physical Activity for Sustainable Development, Student Well-Being, Youth Mental Health

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Flow-Based Adaptive Tennis Program for Improving Motivation and Muscle Strength in Children with Down Syndrome

Author: Muhammad Asrul Sidik¹

Co-authors: Qurrota A'yuni Fitriana¹; Setiyo Hartoto¹; Adi Pranoto¹; Gigih Siantoro¹

¹Universitas Negeri Surabaya

Abstract

Children with Down syndrome face challenges in physical and psychological development, including muscle weakness and motor delays. This study aimed to test the effectiveness of a flow-based adaptive tennis program in improving muscle strength and motivation in children with Down syndrome. Flow approach is the optimal state of fully engaged activity that balances challenge and ability. This mixed-methods study included quantitative data from muscle strength tests (sit-to-stand and handgrips) and qualitative data from observations of children's engagement during the exercises. Ten children aged 6–10 years participated in a four-week exercise program, twice per week. Each exercise session was designed with the principles of flow: clear goals, immediate feedback, and a fun atmosphere. Results showed an increase in leg muscle strength (from 4 to 5.6 movements) and hand grip strength (from 4.9 kg to 5.5 kg). Flow scores also increased from 6.8 to 11.4. Children appeared more focused, happy, and engaged during the exercises. Parents reported increased enthusiasm and confidence in their children. It is concluded that flow-based adaptive tennis programs are effective in improving physical strength and motivation in children with Down syndrome. Furthermore, this approach can create a positive learning environment, increase engagement, and strengthen children's social relationships during physical activity. This program is recommended for widespread implementation in adaptive sports education and therapy.

Keywords: Down Syndrome, flow, motivation, adaptive sport, adaptive tennis

Motivating Students to Learn English at NIPES (National Institute of Physical Education and Sports)

Author: Samnang Eath¹

¹*Teacher*

Abstract

This study explores the factors influencing students' motivation to learn English at the National Institute of Physical Education and Sports (NIPES) in Cambodia. Despite the growing importance of English for academic success and international engagement in sports-related fields, many NIPES students demonstrate low motivation and limited progress in language acquisition. The objective of this research is to identify the key motivational drivers and barriers affecting English learning among physical education trainees. A mixed-method approach was employed, combining quantitative data from student questionnaires with qualitative insights from semi-structured interviews with both students and lecturers. The findings reveal that students are primarily motivated by career advancement, international communication opportunities, and academic requirements. However, obstacles such as lack of confidence, limited exposure to English outside the classroom, and perceived irrelevance to their field hinder sustained motivation. The study concludes that contextualized English instruction—integrating sports-related content and practical communication tasks—can enhance student engagement. Moreover, support from lecturers, peer encouragement, and digital learning tools significantly contribute to maintaining interest. This research highlights the need for a more tailored curriculum and targeted motivational strategies to improve English proficiency among future sports professionals. The findings provide valuable implications for curriculum designers, educators, and policymakers seeking to strengthen English education in specialized institutions like NIPES.

The Impact of Teacher Feedback on Student Motivation at the National Institute of Physical Education and Sports (Case Study in NIPES, Cambodia)

Author: Kimsryn

¹ *Teacher*

Abstract

This study explores the types of feedback provided by teachers—namely, “Positive Feedback” and “Corrective Feedback” and how they influence students’ motivation in Physical Education (PE) at the National Institute of Physical Education and Sports (NIPES), Cambodia. Student participation in physical education classes highlights the importance of understanding the role of feedback in enhancing engagement and performance. This study aims to address the existing gap concerning how teacher feedback impacts student engagement in physical education at NIPES, Cambodia. It also analyses students’ perceptions and classroom practices, highlighting effective teaching strategies, active learning approaches, and long-term student motivation within the field of physical education. The study employed qualitative methods, including interviews with five students who performed a “Rhythm Exercise,” as well as classroom observations. The findings indicate that both types of feedback are important; however, “Corrective Feedback” was found to be more frequently used by teachers in class. Meanwhile, “Positive Feedback” was reported by students to increase their enjoyment and effort during lessons (based on direct student interviews). Conclusion: this study highlights the clear impact of teachers’ responses to students’ tendencies in the field of physical education at the National Institute of Physical Education and Sports (NIPES), Cambodia. Nevertheless, this study was limited to a single class and does not reflect a broader or more comprehensive scope.

The Stress Level of Bachelor Teacher Trainees in Physical Education at National Institute of Physical Education and Sports (NIPES)

Author: Vichet HO¹

¹Teacher

Abstract

In the 21st century, the field of education has undergone rapid changes, placing increasing demands on student teachers. Bachelor teacher trainees in physical education, in particular, often face both academic and physical pressures that may lead to significant stress. This research aims to understand the level of stress, the causes of stress, and the methods of stress management among student teachers at the National Institute of Physical Education and Sports. The researcher employed a mixed-method approach, combining both quantitative and qualitative methods. Results: Among the 25 student teachers, 22 experienced moderate stress, while one experienced high stress. The main causes of stress were excessive research assignments, high expectations for academic performance, low self-confidence, and the curriculum. For stress management, the student teachers primarily used coping strategies such as time management and adjusting their attitudes and beliefs. They did not utilize the counseling services at the National Institute because they felt too shy and lacked confidence in the effectiveness of those services.

The Challenges Faced by Teacher Trainers at the National Institute of Education and Sport in Using Digital Tools for Their Teaching

Author: Panha CHHAN¹

¹ *Teacher*

Abstract

Digital tools have become significant in modern education, but many teacher trainers face challenges and difficulties in integrating them into their teaching practices. This study aims to investigate the challenges and problems faced by teacher trainers at the National Institute of Physical Education and Sport in using digital tools for instruction. A quantitative research method was conducted by using a Google Forms survey. There are 46 teacher trainers with 41 responses collected. The results reveal that lack of digital training, confidence, limited knowledge, lack of equipment are the main barriers for teacher trainers in the National Institute of Physical Education and Sport. The study suggests that targeted digital training programs, increased access to equipment, and ongoing support are vital to help teacher trainers integrate digital tools or ICT effectively into their teaching practices. In brief, this study is vital for all teacher trainers in the National Institute of Physical Education and Sport. This helps them see the effectiveness, strength, and weaknesses of the teachers in using digital tools for their teaching. However, the research does not meet the high academic standard yet. Finally, I would like to suggest other researchers conduct deeper research to explore which digital tools are the most effective.

The Contribution of Motivation to Performance Readiness of Youth Badminton Athletes

Author: Hermawan Pamot Raharjo¹; Drastiana Siwi Maheswari¹; Dwi Gansar santi Wijayanti¹

¹ Universitas Negeri Semarang

Abstract

This study explores the motivation of youth badminton athletes, focusing on the role of intrinsic and extrinsic motivational factors in shaping performance readiness. The study employed a mixed-method approach involving semi-structured interviews and questionnaire surveys, targeting 30 active youth athletes affiliated with PB Djarum, Indonesia. Intrinsic motivation was examined through indicators such as personality traits, achievement orientation, and enjoyment, while extrinsic motivation included facilities, training methods, social support, and reward. The findings reveal that intrinsic motivation plays a more dominant role than extrinsic motivation in driving athletes' dedication and commitment to training. Key indicators include strong personal disciplines, self-confidence, and the desire to achieve high performance. Conversely, uncertainty and moderate engagement were found in areas related to enjoyment and reward-based motivation. These results align with the self-determination theory, which emphasizes the sustainability of internally driven motivation in sport performance. The study underscores the importance of integrating psychological development into an athlete's training program to support long-term growth and career transition beyond sports.

Behind Academic Walls: The Dark Reality of Sexual Harassment Exposed

Authors: Heny Setyawati¹; Drastiana Siwi

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Abstract

Sexual harassment in higher education is a serious problem that negatively affects students' mental well-being, academic performance, and learning climate. Unfortunately, these cases often go un-covered due to stigma, fear of retaliation, and lack of effective reporting mechanisms. This article presents a comprehensive review of the prevalence of sexual harassment on campus, causative factors, psychological, social, and academic impacts experienced by victims, and evidence-based coping strategies. This research uses the literature review method by examining various relevant studies and reports in the context of higher education. The literature study shows that the prevalence of sexual harassment on campus is quite high, with contributing factors including patriarchal culture, unequal power relations, lack of education about consent, and weak campus policies. The impacts include mental disorders, decreased motivation and academic achievement, and social isolation. Therefore, this article recommends the development of strict policies, gender equality education, safe reporting mechanisms for victims, and the provision of psychosocial support to create a safe, inclusive and equitable campus.

Prevalence of Sports Participation among Children and Adolescents in Mindanao: Findings from the 2019 FLEMMS Survey

Authors: Jonathan Cagas¹

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Abstract

Empirical evidence indicates that children and adolescents engaged in sports are more likely to meet physical activity guidelines compared to non-participants, and they tend to remain active in adulthood. With the high prevalence of physical inactivity among youth worldwide, sports participation provides a viable means for them to engage in physical activity. Thus, promoting youth sports participation can be an important public health strategy. The prevalence of sports participation among adolescents in the Philippines, particularly in Mindanao, remains undocumented. This cross-sectional study used data from the 2019 Functional Literacy, Education, and Mass Media Survey to describe the prevalence of sports participation among children and adolescents in Mindanao and to examine its correlates. The sample included 4,388,347 children and adolescents aged 10 to 17 years ($M = 13.49$, $SD = 2.26$), with 50.8% males and 49.2% females. Findings revealed that only 4.4% of Filipino youth reported engaging in sports. Binary logistic regression analysis indicated that older adolescents and females are less likely to participate in sports, whereas those residing in rural areas and attending private schools are more inclined to engage in sports. Results suggest that most Filipino children and adolescents do not participate in any sport activities. Sports leaders, educators, health professionals, local government officials, and policymakers, need to extend sports opportunities to a broader youth demographic, rather than concentrating efforts solely on those already exhibiting athletic tendencies. Females, adolescents, urban residents, and those from public schools could particularly benefit from such initiatives.

Keywords: public health, organized sports, youth



Coaching, Leadership, and Athlete Development / 69

Mental Health Literacy among Co-curricular Activity Sport Coaches: An Explanatory Study

Authors: Luis Calmeiro¹

Co-authors: Sreeja Narayanankutty¹

¹ *National Institute of Education*

Abstract

Coaches are frequently exposed to high levels of stress, which can affect both their own wellbeing and that of their athletes. Improving mental health literacy (MHL) and recognising early signs of mental health concerns may empower coaches to practise effective self-care and enhance their professional performance. This study investigates (1) the state of MHL among sport coaches in Singapore and (2) its potential links to their psychosocial wellbeing, pedagogical approaches, and coaching outcomes. Seventeen coaches (15 men and 2 women) from diverse sporting disciplines and ethnic backgrounds took part in semi-structured interviews conducted online. Participants ranged in age from 26 to 52 and had between 2 and 35 years of coaching experience. The interviews were transcribed and analysed using Braun and Clarke's reflexive thematic analysis method. Initial results identified 14 lower-order themes, which were organised into four overarching categories: (1) personal mental health challenges, (2) coping strategies and available support, (3) approaches to athlete mental health, and (4) unmet mental health training needs. While coaches are aware of the pressures they face, many struggle to distinguish mental health from mental illness. Informal support systems are commonly used, and there is a strong interest in incorporating practical mental health education into coaching frameworks.

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Innovation of Multi-dimensional Training Program Based on Smartwatch to Improve Holistic Fitness

Authors: Hariada Hariada¹

Co-authors: Imran Akhmad¹, Andarias Ginting¹, Khairul Usman¹

¹ *Universitas Negeri Medan*

Abstract

This study aims to develop a Multi-Dimensional Training Program based on Smartwatch (PLMDS) to enhance holistic fitness—physical, mental, and emotional. With sedentary lifestyles on the rise and non-communicable diseases becoming more common, smartwatches offer strategic support for fitness through real-time data and instant feedback. This research addresses current gaps by designing a personalized training application that integrates gamification, interactive guidance, progress tracking, and online community support. The application follows the ADDIE model: Analysis, Design, Development, Implementation, and Evaluation. The analysis and design phases are complete, and the project is now in development. In the analysis stage, user needs were identified, revealing key barriers like limited time, lack of motivation, and poor access to quality training. These insights guided the intervention design and program scope. In the design stage, the training framework was structured: cardio and strength exercises for physical health, guided meditation for mental well-being, and mood tracking for emotional support. An intuitive smartwatch interface and evaluation indicators were also created based on physiological and psychological metrics. Now in development, the program is being integrated into a smartwatch-compatible application that allows users to monitor heart rate, exercise duration, stress levels, and sleep patterns in real time. Initial trials are ongoing with 30 smartwatch users in Medan City, North Sumatra, using on-site sampling. The expected result is a technically feasible, user-friendly PLMDS application that supports sustainable holistic fitness improvement for smartwatch users.

Keywords: training program, multidimensional, smartwatch, holistic fitness

Emotional Maturity of Student Athletes in the Faculty of Sports Science

Authors: Faridz Ravsamjani¹

Co-authors: Rifqi Aufan¹; Alin Anggereni Ginting¹; Novita Novita¹; Budi Valianto¹

¹ Universitas Negeri Medan

Abstract

Student's success in academic activities is influenced by their emotional maturity. Emotional maturity is defined as the level of balanced emotional management, responding positively to external stimuli, and making appropriate decisions or acting based on mature considerations and remaining consistent with mood. The purpose of this study was to assess the emotional maturity of student athletes in the Faculty of Sport Science. The method used in this study was a quantitative descriptive questionnaire. The questionnaire consisted of 36 items with five main indicators. The questionnaire used a Likert scale with four response options: Very Appropriate (VA), Appropriate (A), Not Appropriate (NA), and Very Not Appropriate (VNA), with a reliability value of 0.792. The subjects in this study were 128 student athletes. In this study, only 108 students completed the questionnaire, while 20 others did not complete it due to participating in training camps and other competitions, both domestically and internationally. The results showed that the majority of student athletes 15 students fell into the very high category (13.9%), 42 students fell into the high category (38.9%), 34 students fell into the moderate category (31.5%), 13 students fell into the low category (12%), and 4 students fell into the very low category (3.7%). The conclusion of this study indicates that the majority of student athletes in the Faculty of Sport Science, UNIMED, have a high level of emotional maturity. This indicates that they are able to manage academic and athletic pressures in a balanced manner.

Keywords: Emotional Maturity, Academic Activities, Student Athletes

The Effect of Hybrid Learning Model (Interactive Video + Traditional Games) on Improving Basic Movement Skills and Learning Engagement of Primary School Students

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Abstract

This study aims to investigate the effect of a hybrid learning model that integrates interactive video with traditional games on improving basic movement skills and learning engagement of primary school students. This learning model is designed to utilise the advantages of digital technology in material delivery (interactive video) while maintaining the pedagogical values of collaborative physical activity (traditional games). Through a quantitative approach, this research will involve primary school students as subjects to measure the effectiveness of the hybrid model in developing students' gross and fine motor aspects, as well as their level of participation and motivation in the learning process. The next two months will be dedicated to the implementation of the experiment, data collection through observation, movement skills test, and learning engagement questionnaire, as well as statistical data analysis. The results of this study are expected to contribute significantly to the development of innovative and effective learning strategies to improve the quality of physical education at the primary school level.



Profiling Sports Studies Program Applicants: Insights from the Screening Process of a State University in Mindanao

Authors: Catherine Joy Lariosa¹

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Abstract

Growing interest in sports-related programs at the tertiary level has been observed as more universities now offer associate and bachelor's degrees in this field. It is crucial to admit students who are the best fit for the program. However, not all universities that offer sports courses have a systematic screening process. This paper describes the academic profile, fitness test results, and athletic portfolios of 76 applicants to an associate-level sports program in a state university in Mindanao. Results showed that applicants who competed in national-level events generally scored higher in the fitness tests compared to those with a lower level of competition. However, this was not consistent across all tests. Some applicants who are academically strong but have limited competitive experience also performed adequately in the physical fitness tests. Reviewing the academic performance, physical fitness, and athletic portfolios of applicants provides valuable insights that can help define indicators that determine who will be suitable for the sports program.

Keywords: Sports program admission, physical fitness profile, athletic portfolio

Developing a Sports Science Coaching Framework for Silat: A Systematic Synthesis of Research from Universiti Teknologi Mara (2013-2024)

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Abstract

This paper brings together more than a decade of Silat research led by Universiti Teknologi MARA (UiTM), with a focus on Silat as taught and practiced within the Seni Silat Malaysia curriculum. Drawing from 47 studies published between 2013 and 2024, the synthesis maps how Silat has evolved from a traditional martial practice to a modern subject of academic, scientific, and cultural inquiry. The research highlights three major phases: early studies on physiology and fitness (2013–2016), the introduction of innovative training methods and educational models (2017–2020), and the more strategic and interdisciplinary explorations into Silat’s global identity and competition formats (2021– 2024). With the formation of the AIRBORNE Research Interest Group in 2021, Silat research at UiTM entered a new phase of scholarly collaboration and strategic alignment. Themes such as Silat Tempur, recovery science, pedagogy, and cultural identity underscore Silat’s growing role in youth development and academic discourse. This study provides a comprehensive view of Silat’s research journey and offers new directions for its continued growth in the fields of sports science and martial arts education.

Evolving Silat Scholarship: Malaysia's Path from Cultural Tradition to Global Academic Recognition

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Abstract

This paper examines the progressive academicization of Silat in Malaysia between 2014 and 2024, highlighting its journey from a deeply rooted cultural tradition to an internationally recognized academic discipline. Anchored by Universiti Teknologi MARA (UiTM) and supported by national bodies such as PASSMAL and PESONA, Silat has been institutionalized through curriculum development, international collaborations, and scientific innovation. Using a qualitative methodology comprising literature review, expert interviews, and case studies, the study maps the integration of Silat into higher education and global research ecosystems. Key milestones include the establishment of Silat-focused coaching certifications, the application of motion analysis technology in training, and the proliferation of Silat studies in Scopus-indexed journals. Collaborative platforms such as IMACSSS and UNESCO ICM have been instrumental in elevating Silat's academic stature and fostering cross-cultural dialogue. However, the expansion also presents challenges, such as the risk of cultural dilution and unequal knowledge partnerships. The findings underscore the importance of safeguarding Silat's philosophical roots while embracing interdisciplinary scholarship. Malaysia's experience offers a forward-thinking model for integrating indigenous martial arts into academia—preserving authenticity while expanding global relevance. This study contributes to the broader discourse on traditional knowledge systems, cultural sustainability, and the evolving landscape of martial arts education.

Developing Preschooler Motor Skills with iPLAY Exergaming System

Author: Jernice S.Y. Tan

Abstract

This study explored the effectiveness of the Interactive Physical Learning Activity for the Young (iPLAY) exergaming system in developing the gross motor skills (GMS) of preschoolers. Traditional GMS assessment and intervention often face challenges with engagement, objectivity, and data tracking, making comprehensive and effective programs difficult. iPLAY, an innovative digital platform, aims to address these limitations by leveraging interactive exergaming technology. In a quasi-experimental design, 93 preschoolers (Intervention: $n = 44$, 23 girls, 21 boys; mean age = 3.81 ± 1.02 years; Control: $n = 49$, 26 girls, 23 boys; mean age = 4.24 ± 1.00 years) participated with parental consent and child assent. The intervention group completed 20 sessions of iPLAY exergaming system over 7 weeks, while the control group received standard assessments only. Their GMS were measured using 10 task protocols from the Motor Assessment Test for Children (MATCH; Tan & Lim, 2020) at pre-, mid-, and post-intervention. Results showed significantly greater overall GMS improvement in the intervention group compared to the control group. Specifically, the intervention group demonstrated marked progress in stability and object manipulation, and notable gains in locomotion. These findings highlight iPLAY's potential as a novel, efficient, and engaging digital intervention to enhance GMS in early childhood, offering a contemporary approach to motor skill development and assessment.

Motor Intervention with Constraints-Led Approach for Children with Developmental Delay

Author: Jernice S.Y. Tan

Abstract

This study investigated the effectiveness of an intensive motor intervention for children with Developmental Delay (DD), employing a Constraints-Led Approach (CLA). This methodology emphasizes manipulating individual, task, and environmental constraints to encourage learners to discover optimal movement solutions, rather than prescribing rigid movements. Nineteen children with DD (M age = 6.44 years) participated in a quasi-experimental design, allocated to intervention (n = 11) or control (n = 8) groups. The intervention involved 8 intensive 30-minute sessions, referencing the task protocols from the Motor Assessment Test for Children (MATCH; Tan & Lim, 2020). Accommodations and varied equipment were introduced as manipulating constraints. Gross Motor Skills (GMS) were assessed using MATCH protocols at pre-and post-intervention. While overall GMS showed no statistically significant improvement ($p > 0.05$) after 8 sessions, component-specific analyses revealed substantial gains within the intervention groups. Specifically, stability improved by 68% in the intervention groups versus a 28% regression in the control group. Object manipulation saw a remarkable 137% gain for intervention participants compared to 78% for controls. These findings suggest that even brief, targeted interventions, when guided by a CLA that fosters problem-solving, can effectively facilitate specific motor skill improvements in children with DD. This underscores the potential of CLA in optimizing intervention efficiency, warranting further investigation with larger samples.

Physical Education Teachers' Readiness in The Implementation of Physical Activities Towards Health and Fitness (Pathfit) Course Across All Academic Programs

Author: Sharmina Santos¹

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Abstract

Physical education (PE) teachers faced new challenges in the field of exercise and health promotion, as a nationwide application of Physical Activities toward Health and Fitness (PATHFit) in physical education towards improving health outcomes through movement competency. The researcher believes that through PATHFit as a new platform in teaching physical education focusing on health and fitness as integration for the improvement and expanding the scope and content of the curriculum. The readiness of the physical education teachers on the implementation of PATHFit as the new trend in teaching physical education (PE) across all courses. The study used quantitative and qualitative; descriptive research design focusing on the implementation of PATHfit as the new platform of instruction in physical education as an advocacy for health and fitness. The study was conducted among selected HEI's schools in the Province of Tawi-Tawi, BARMM. The researcher utilized the probability sampling technique. The sampling method involves randomly selecting a sample, or a part of the population (physical education teachers) to determine the impact of PATHfit as a new platform towards maintaining health and fitness. Hence, the use of Pearson r (Product Moment Correlation) was utilized to determine the relationship on the implementation of PATHFit and the Teacher's readiness to integrate PATHFit into the curriculum. It was concluded that, a varied approach to increase teachers' competencies and literacy on the increasing prominence of PATHFit in physical education that serves as an avenue to promote the importance of physical fitness and its impact to health maintenance and lifestyle change. The implementation of the PATHFit is crucial towards providing lifelong learning skills to both teachers and students that transcend the importance of physical activity and its effects towards health and fitness. The teachers must be equipped with the right competencies, literacies and training towards effectively integrating PATHFit not limited to physical education but encouraged as a health intervention plan throughout the program. It was recommended for teachers to be open to change and not resistant to embrace the principles of PATHFit as a tool towards promoting healthier lifestyles. Teachers were suggested to put emphasis on strengthening the core curriculum and training involving well organizing seminars and training for teachers to improve the implementation of PATHFit. Consequently, access opportunities like training/s to improve on his or her own professional practice were highly recommended with strong collaboration among schools domestic and abroad.

Keywords: Physical Education, Physical Activity, Health, Fitness, Lifelong Learning Skills

The Effect of Traditional Engklek Games Toward The Balance of Deaf Students

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¹ *Universitas Negeri Semarang*

Abstract

Deaf students often experience a deficiency in balance, which is caused by a disorder in the vestibular system that affects their balance ability. The purpose of this study is to determine the influence of the traditional game of engklek on the balance of deaf students of SLB Muhammadiyah Surya Bangsa. This type of research is experimental research. The sample used was 11 deaf students from elementary, junior high, and high school. The data used in this study is quantitative. The data collection technique uses the standing stroke test balance test method. Data processing and analysis use percentages and t-test. The results of the study showed that the average balance of students in the pretest was 28. Meanwhile, the average result of student balance in the posttest was 40.45. The results showed that there was an increase in the average balance of students after being given exercises of 12.45. Based on the t-test between the pretest and the posttest, the results show that the calculated t-value of 7,998 is greater than the t-table value of 1,812, indicating that the hypothesis proposed in this study is acceptable. The results of data analysis showed that the traditional game training program of engklek had a significant positive influence on balance ability

Coaches Lived Experiences, Challenges and Strategies in Motivating Para-Athletes Performance in Selected High School in South Cotabato

Authors: John Claire Balasa¹; Leo Jay Fuscablo²; Kristan Lawrence Escosio³

¹ *President, Student Council of Physical Education*

² *Vice-President, College of Education Students' Organization t*

³ *None*

Abstract

This qualitative study explores the lived experiences, challenges, and strategies of high school coaches in South Cotabato as they work to motivate para-athletes. Despite the growing recognition of para-sports, the role of coaches remains under-researched, particularly in localized and resource- constrained educational settings. Anchored on Self-Determination Theory and employing a phenomenological design, this research investigates how coaches navigate the emotional, social, and physical dimensions of coaching student-athletes with disabilities. In-depth interviews with selected coaches from five public high schools were conducted to gather rich, narrative data. The findings re- veal that coaches employ adaptive and emotionally intelligent strategies such as autonomy support, individualized training, empathy-driven engagement, and resilience-building to address diverse impairments and systemic barriers. Coaches face persistent challenges, including lack of specialized training, limited institutional support, emotional burnout, and infrastructural inadequacies. Despite these difficulties, their intrinsic motivation, driven by a deep sense of purpose and commitment to inclusive athletic development, sustains their efforts. The study underscores the necessity for policy reform, coach education programs, and support systems that are responsive to the needs of para- athletes and their coaches. These insights contribute to the development of more inclusive, effective, and empathetic coaching frameworks within the Philippine high school sports system.

Effectiveness of Blended Learning in Physical Education

Authors: Hazzel Joyce Boston; Argen Laurente

Abstract

This study aimed to find the relationship between student's perception and academic performance in learning Physical Education using blended learning. The study used a descriptive correlational quantitative method research design. The respondents were the PATHFIT students of Northwestern Mindanao State College of Science and Technology in the first semester of the academic year 2023-2024. The level of students' perception of blended learning in physical education is average. The academic performance of students in Physical Education was very good. There was no relationship between student's perception and academic performance in learning Physical Education using blended learning. The transition of learning modality from face-to-face classes to distance learning caused by the COVID-19 pandemic challenged PE students and teachers. In order to increase blended learning's overall efficacy in physical education, educators should consider discussion on the issues related to perception and support in addition to technical challenges in the future.

Keywords: academic performance, blended learning, PATHFIT

Employees' Health, Wellness, Stress Levels, and Job and Life Satisfactions at Maritime Academy of Asia and the Pacific

Author: Leonora Dela Cruz¹

Co-author: Francis Felix Mascardo¹

¹ MARITIME ACADEMY OF ASIA AND THE PACIFIC

Abstract

This descriptive survey research focused on satisfaction in life and how it is affected by other variables. The respondents of the study are 115 personnel of the Maritime Academy of Asia and the Pacific (MAAP). The study was completed in the first quarter of 2024. The study determined the respondents' demographic profile, lifestyle, health status, wellness, stress level, and job and life satisfaction. Results show that health status is associated with lifestyle factors such as food intake, physical exercise, and hours of sleep. The study also reveals that life satisfaction is influenced by marital status, health condition, and job satisfaction in terms of compensation. The study recommends further enhancement of the wellness program in order to promote a better health status and lifestyle to attain higher satisfaction in life.

Keywords: Effects, lifestyle, satisfaction, wellness

Physical Fitness Variables of Health, Well-Being and Physical Activity as Predictors of Willingness of Iligan City Nurses to Respond or Report to Work Amidst a Disaster

Author: Jan Igor Galinato¹

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Abstract

Abstract

Disasters are unforeseen events that cause significant damage, disruption, and human suffering, often requiring external assistance at national or international levels. As primary healthcare providers, nurses play a critical role in disaster response; however, their willingness to report to work may be influenced by their physical fitness. This study examined whether nurses perceive physical fitness—specifically health (normal Body Mass Index), well-being (absence of morbidities), and physical activity (ability to swim)—as factors affecting their willingness to respond during disasters. A descriptive-correlational design was employed, involving 80 registered nurses from Iligan City selected through convenience sampling. Data were collected using a modified questionnaire adapted from previous research on disaster preparedness. Descriptive statistics, chi-square analysis, and regression analysis were utilized to examine relationships among variables. Results revealed that 27.5% of respondents would not report to work if they had an abnormal BMI, 31.3% would not respond if they had existing morbidities, and 66.3% would not respond to flood-related disasters if they lacked swimming ability. Chi-square analysis indicated a significant association between physical fitness variables and willingness to respond. In contrast, demographic variables such as age, gender, civil status, and training were not significant predictors. Only 28.7% of respondents reported a very high likelihood of responding during disasters. The findings suggest that nurses' perceived physical fitness significantly influences their willingness to respond in disaster situations. It is recommended that healthcare institutions promote employee wellness through regular health monitoring, physical activity programs, and skills training such as swimming to enhance disaster preparedness.

Designing for Culture: The Development of ‘Tara, Dula’ Higaonon Games and Sports Manual

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¹ *Mindanao State University-Iligan Institute of Technology*

Abstract

It is vital to preserve indigenous culture through education, particularly for groups that are under-represented in the mainstream curriculum. In order to document and promote the rich traditional games and sports of the Higaonon community, this study aims to develop an instructional manual called Tara, Dula: Higaonon Games and Sports Manual. Guided by the Successive Approximation Model (SAM), the study followed three iterative phases: preparation, iterative design, and development. A total of four (4) traditional games and four (4) indigenous sports were selected based on cultural relevance and physical education potential. In the development phase the manual went through three (3) rounds of validation from the four (4) experts, through integrating feedback, the developed manual improved to better serve educational goals enhancing overall learning experiences. The iterative process helps refine the material’s format, content, presentation and organization, accuracy and up-to-dateness ensuring effectiveness in various educational contexts. Therefore, after the thorough iterative evaluations, the validators’ insightful recommendations have significantly contributed in enhancing the comprehensiveness of the manual which will serve as a repository of the Higaonon games and sports to cultivate preservation and promote its rich culture. It is recommended that the manual will be implemented in rural and urban elementary schools.

Keywords: Instructional manual, Culture Preservation, Development, Games, Sports

Motivation in Motion: Building Positive Attitudes Toward Physical Education

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Abstract

This study explored the relationship between motivation and attitudes toward physical education (PE) among students in a STEM-oriented secondary school in Mindanao, Philippines. Employing a descriptive-correlational design, the research surveyed 243 Grade 7–12 students aged 12–18, representing 37% of the school population. Data were gathered using validated scales for motivation and PE attitudes, with analysis conducted through descriptive statistics, Pearson’s correlation, and simple linear regression. Findings showed moderate to high motivation levels and generally favorable attitudes toward PE. A significant moderate positive correlation ($r = 0.749$, $p < 0.001$) indicated that higher motivation was linked to more positive perceptions of PE. Regression results confirmed that motivation significantly predicted attitudes, though other personal, social, and environmental factors may also influence student perspectives. These results support self-determination theory, highlighting intrinsic motivation as a key driver of positive PE experiences and sustained participation. The study underscores the importance of creating autonomy-supportive, student-centered programs—such as gamified lessons, student-led activities, and personalized goal-setting—to foster motivation and improve attitudes. By extending motivation–attitude research to a culturally distinct STEM-focused context, the findings offer practical insights for designing inclusive, engaging PE programs that contribute to Sustainable Development Goals on health, education, and equality.

Keywords: Attitude, Motivation, Physical Education, STEM students, Physical Activity Perception

Development of Gross Motor Skills through Rhythmic Movement Programs: A Preliminary Concept

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¹ *Muhammad Naeimmuddin Zakaria*

² *Borhannudin Abdullah*

³ *Shamsulariffin Samsudin*

Abstract

Gross motor skills are an important foundation for children's physical, cognitive and psychosocial development. However, the increasing rates of obesity and physical inactivity among Malaysian children have raised concerns about delayed motor development. This study aimed to evaluate the effects of a rhythmic movement program on the development of gross motor skills in primary school students aged 8 to 10 years. A total of 60 students were selected as a sample through stratified sampling for treatment group and control group. A quasi-experimental design involving treatment and control groups was used, with a 10-week intervention and the use of the TGMD-3 test to assess locomotor and manipulative skills. The study also took into account demographic variables such as age, gender, body mass index, physical activity time and socioeconomic status. The results of the study are expected to show an improvement in gross motor skills in the treatment group and provide practical recommendations for the integration of rhythmic movement into the primary school Physical Education curriculum in Malaysia.

Keywords: Gross Motor Skills, Rhythmic Movement, Physical Education, Locomotor Skills, Manipulative Skills, Curriculum Development, Motor Development

From Empty Courts to Enduring Spirit: Phenomenological Insights into Indonesian Badminton Coaching amidst Pandemic

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Abstract

The COVID-19 restrictions disrupted sports and coaching activities, confronting badminton coaches with numerous challenges. This study explored the lived experiences of badminton coaches in Indonesia amidst the pandemic. Using a qualitative phenomenological design, seven (7) active badminton coaches with at least five years of coaching experience participated. Data were gathered through in-depth interviews guided by a semi-structured interview protocol. Findings revealed significant challenges, including the unavailable training venue, cancelled tournament, and negative psychological effect. In response, coaches adopted coping strategies such as the usage of at-home training, home tournaments and giving of constant motivation to maintain athlete engagement. The study underscores the need to address these challenges to sustain coaching effectiveness and promote athlete development during crises. It also emphasizes the importance of enhancing coaches' preparedness for unexpected disruptions, ensuring that training and competition opportunities remain accessible despite restrictions. Future research is recommended to examine the development and effectiveness of adaptive coaching strategies in badminton during public health emergencies, providing evidence-based practices that can help sports organizations and coaches remain resilient in the face of future crises.

Keywords: Badminton, coaching, covid-19, Indonesia, phenomenology

Towards Sustainable Sports Marketing: Consumer Preference on Biodegradable Packaging and Its Impact on Purchase Intention – A Conceptual Paper

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Abstract

Sustainability has emerged as a central concern in sports marketing, particularly regarding packaging practices. This conceptual paper examines how sports consumers' preference for biodegradable packaging influences their purchase intention towards sports products. Drawing on the COM-B Model, this study positions biodegradable packaging not only as an environmental necessity but also as a strategic marketing tool for sports brands. The paper synthesizes existing literature to propose a conceptual framework whereby the elements of capability, opportunity, and motivation are related to consumer preferences to purchase sports products. A conceptual contribution, this paper does not present empirical data but provides insight that can guide future research. Ultimately, the framework developed here offers a foundation for future empirical testing and contributes to advancing sustainable practices in sports marketing.

Role of Travel System in Enhancing Access to Outdoor Recreation among University Students

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Abstract

Transportation plays a crucial role in facilitating students' engagement in outdoor recreation, particularly for those enrolled in recreation-based academic programs. This study examines the role of the bus travel system in enhancing access to outdoor recreation among Outdoor Recreation students in the Faculty of Sports Science and Recreation, Universiti Teknologi MARA (UiTM) Shah Alam. A quantitative research design was employed using a structured questionnaire distributed to 120 students, with data analyzed through descriptive statistics and inferential tests. Findings revealed that the availability, reliability, and affordability of the bus system significantly influence students' participation in outdoor activities, with accessibility identified as the strongest contributing factor. The study highlights the importance of efficient transportation in ensuring equitable opportunities for experiential learning and recreational engagement. Recommendations include strengthening the scheduling, frequency, and management of the bus system to better support students' academic and recreational needs. This research contributes to the discourse on mobility and recreation accessibility in higher education, offering practical insights for policy makers and university administrators.

Effects of Wearable Resistance Loading Distributions on Kinematics of Jumping Kicks Among Pencak Silat Athletes

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Abstract

Wearable resistance (WR) is increasingly used in sport training to enhance performance by allowing athletes to perform sport-specific movements under added load. Despite its potential, research on the effects of WR during jumping kicks in Pencak Silat remains limited. This study aims to determine the effects of wearable resistance with loading distributions on the kinematics of jumping kicks among Pencak Silat athletes. Fifteen university-level Pencak Silat athletes participated in a within-subjects, randomized crossover design. The acute effects of four WR conditions—3% of body mass (BM) applied at the shank, thigh, and combined shank and thigh—and an unloaded condition (0% BM) were examined during the execution of jump front kicks and back kicks. Kinematic variables analyzed included kicking velocity, kicking time, kicking height, hip angle, and leg displacement. Each participant completed one WR condition per session, with four sessions separated by at least 72 hours. Kinovea software was used for video-based motion analysis. Results showed that for the jump front kick, WR led to significantly longer kicking time, reduced kicking velocity, shorter kicking distance, and decreased hip angle and leg displacement compared to the unloaded condition. For the jump back kick, significant differences in kicking velocity were observed across WR load placements. This study demonstrates that applying 3% wearable resistance (WR) to the lower limbs induces subtle but measurable changes in the kinematics of jumping kicks among Pencak Silat athletes. Specifically, WR slightly reduced performance indicators such as kicking velocity, height, and displacement, particularly in the jump front kick. Although these changes were statistically significant, the magnitude of performance decline was minimal and likely within acceptable limits for training purposes. These findings suggest that low-level WR can be strategically used to stimulate neuromuscular adaptations without substantially impairing technical execution. Applying 3% wearable resistance (WR) to the lower limbs resulted in measurable yet minor changes in kicking kinematics. While some performance variables such as kicking velocity and displacement were slightly reduced, the overall impact was limited. These findings support the use of WR as a sport-specific training tool to promote neuromuscular adaptation without substantially altering the measured kinematic patterns.

The Influence of Consumer Perception on Purchase Intention Towards Sport Massage Services Among University Students

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Abstract

In today's world, many sport massage companies have shown inconsistent service and struggle to close the gap between customer perception and purchase intention. This study aims to investigate how consumer perception influences purchase intention towards sport massage services among university students at UiTM Shah Alam. As interest and wellness and recovery services rises, understanding the role of perceived convenience, service quality, and perceived value becomes crucial for services providers targeting the student demographic. Using a quantitative approach, data were collected from 95 students via online questionnaires with a 5-point Likert scale. Analysis through SPSS version 29 includes descriptive statistics and Pearson correlation. The finding reveals a significant, positive correlation between consumer perception and purchase intention ($r = 0.741$, $p < 0.05$), with service quality emerging as the strongest influence ($r = 0.703$, $p < 0.05$) followed by perceived convenience ($r = 0.679$, $p < 0.05$) and perceived value ($r = 0.633$, $p < 0.05$). These results provide practical insight for improving marketing strategies enhancing service delivery and adjusting offerings to student needs. Ultimately, the study contributes to the growing literature on consumer behaviour in wellness services and offers actionable recommendations on increasing engagement in sport massage offering among university students.

Cardiac Adaptations Among Universiti Putra Malaysia Rugby 7's Athletes

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Abstract

Electrocardiography (ECG) is a crucial diagnostic instrument in sports medicine for identifying physiological cardiac adaptations and possible pathologies in athletes. Rugby 7's is a high-intensity contact sport that puts a lot of stress on the heart and lungs, which could change the rhythms of the ECG. The objective of this study was to investigate ECG findings in Universiti Putra Malaysia Rugby 7's athletes. Nineteen athletes (8 males, 11 females) performed a conventional resting 12-lead ECG evaluation. The results were divided into normal sinus rhythm, sinus bradycardia, sinus tachycardia, benign early repolarization (BER), and left ventricular hypertrophy (LVH). All subjects exhibited normal sinus rhythm. BER was found in 36.8% of athletes, with a higher prevalence in males (62.5%) compared to females (18.2%). One male athlete (5.3%) had LVH. There were no recorded instances of sinus bradycardia or tachycardia. Most of the Universiti Putra Malaysia Rugby 7's athletes had normal resting ECG patterns, with some benign variations that were compatible with how their bodies adjust to intense training. The results show how important it is to have regular ECG screenings to tell the difference between normal athletic remodeling and possible underlying heart problems. This will keep athletes safe and help them perform better for longer.

Keywords: ECG, cardiac adaptation, left ventricular hypertrophy, benign early Repolarization

Assessing the Reliability and Validity of a Modified Stop Signal Task with Sport-Specific Visual Stimuli in Measuring Inhibitory Control in Athletes

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³ *Universiti Teknologi MARA*

Abstract

This study evaluated the reliability and validity of a Modified Stop Signal Task (mSST) specifically designed to measure inhibitory control in athletes. Unlike the traditional Stop Signal Task (SST), which relies on abstract arrow cues, the mSST incorporated sport-specific visual stimuli using colored teammate avatars (red and blue) as go signals and an opponent as the stop signal. A total of 21 male university students from UiTM Shah Alam participated, classified into three groups: sport-specific athletes, non-specific athletes, and non-athletes. Participants completed both the SST and mSST. Data were analyzed using SPSS Version 29, with reliability tested via Intraclass Correlation Coefficient (ICC) and validity assessed through Pearson correlations. Results indicated strong reliability for the mSST, with an average ICC of 0.818 ($p < 0.001$). Construct validity was also supported, with significant correlations between mSST and SST variables, particularly goRT_all and goRT_correct ($r = 1.000$, $p < 0.001$). However, SSRT did not show significant alignment ($p = 0.136$). These findings suggest that the mSST is a reliable and valid instrument for measuring inhibitory control, with enhanced ecological validity due to its sport-specific visual modifications. The task holds promise for cognitive testing in athletic populations, providing a more representative measure of inhibitory control in dynamic sporting contexts.

Keywords: athletes, inhibitory control, reliability, sports psychology, validity

Perfectionism and Burn-out Among Athletes

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Abstract

Perfectionism is a prevalent trait among athletes that can either serve as a driving force for achievement or contribute to psychological distress when left unmanaged. This study investigates the relationship between perfectionism and burnout among junior high school student-athletes in the Philippine context, where empirical evidence on the topic remains limited. Utilizing a quantitative descriptive-correlational design, the study surveyed student-athletes using standardized instruments to assess levels of perfectionism and burnout. Results showed high levels of self-oriented perfectionism and emerging indicators of emotional and physical exhaustion. A weak but significant correlation was found between maladaptive perfectionism and burnout. Findings emphasize the need for mental health support systems in school-based athletic programs, aligning with the global agenda of promoting well-being through sports.

Keywords: Perfectionism, Burnout, Student-Athletes, Mental Health, Junior High School

Game Changer: Volley Bounce as a Gender-Responsive and Inclusive Innovation in Physical Education

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Abstract

This study developed and evaluated Volley Bounce, an innovative team sport designed to address skill disparity, limited resources, and large class sizes in Physical Education (PE). Grounded in the ADDIE model, a mixed-methods approach combined surveys to measure acceptability and playability with interviews to enrich evaluation. Participants were 279 second-year college students enrolled in the PED014 subject, playing in mixed-gender groups to examine inclusivity. Volley Bounce featured simplified mechanics, smaller teams of three, and a reduced playing area—adaptations that lowered technical barriers, increased engagement among less-skilled players, and encouraged equitable participation among girls, boys, and non-binary students. Quantitative results showed high ratings for facilities and equipment ($M = 4.52$), playability ($M = 4.41$), officiating ($M = 4.33$), and rules and regulations ($M = 4.21$). Qualitative analysis identified three themes: (1) Accessibility and Inclusivity, (2) Engagement and Enjoyment, and (3) Teamwork and Communication. Findings demonstrate that Volley Bounce is effective, engaging, and inclusive, making it a promising addition to PE curricula. Minor rule refinements are recommended to enhance clarity and inclusivity. This study highlights the value of gender-responsive, culturally relevant sport innovations in promoting equity, active participation, and quality learning in PE, particularly in under-resourced settings.

Keywords: Volley Bounce, instructional innovation, inclusive game, adapted games, gender-responsive pedagogy

Santri SEJATI Program (Santri Sehat Jasmani dan Sehat Hati) as a Space for Physical Activities in Islamic Boarding School

Authors: Hijrah Maulidiah Afifah¹; Wahyu Ragil Kurniawan¹; Hermawan Pamot Raharjo¹; Dwi Gansar Santi Wijayanti¹

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Abstract

One of the most important components for children and adolescents to maintain their health and well-being is physical activity. Based on observations at the Rijalul Qur'an Islamic Boarding School, physical activity among students is relatively neglected, as they spend most of their time praying and studying religious knowledge. However, a lack of physical activity has negative impacts on students' physical and mental health and social development. Some of the issues identified include: the absence of dedicated spaces or areas for students to engage in physical activity, limited understanding among teachers/instructors about the importance of physical activity for students, and the lack of a specialized physical activity program for students. The proposed solution is to establish the Santri SEJATI Program (Healthy Body and Healthy Mind), a physical activity program for students at the Rijalul Qur'an Islamic Boarding School aimed at fostering students who are physically healthy and mentally/emotionally well-balanced. The implementation methods include conducting discussions and assessments with teachers at the boarding school regarding the students' physical activity needs. After mapping the needs, the next step is to procure goods and equipment funded by the community service grant received. The supply of goods is carried out at the boarding school and directly received by the foundation's management.

Exergaming and Health Outcomes in Institutionalized Older Adults: A PRISMA-Guided Systematic Review

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Abstract

Exergaming, which combines physical exercise with interactive video game elements, has emerged as a promising intervention for improving the overall well-being of older adults in institutional care. This systematic literature review aimed to identify the types of exergaming interventions utilized in institutional settings, evaluate the methodological quality of existing studies, and identify research gaps. Guided by the PRISMA 2020 framework, a comprehensive search was conducted across Scopus, ScienceDirect, PubMed, and Web of Science databases for studies published between 2015 and 2024. Inclusion criteria required participants aged 60 and above, implementation in institutional care environments, and the use of exergaming as a primary intervention. A total of thirty-one studies were included in the final analysis. Most interventions employed motion-based video games, gamified rehabilitation systems, and cognitively engaging dual-task platforms. Although randomized controlled trials and validated outcome measures were frequently applied, limitations such as small sample sizes, brief intervention durations, and inconsistent reporting of adherence were observed. Overall, findings demonstrated beneficial effects on physical and cognitive functions, with emerging indications of psychosocial improvements. However, social, emotional, cultural, and gender-responsive outcomes were underexplored. This review underscores the necessity for future research to conduct longer-term, culturally diverse studies with robust methodologies and expanded outcome measures to better inform evidence-based practices in geriatric care.

A Comparative Study of National Physical Education Curricula in Secondary Education in Japan and Cambodia

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Abstract

This study conducted a comparative analysis of national physical education curricula at the secondary level in Japan and Cambodia, focusing on their written curricula. While the written curriculum serves as a foundational element for educational quality, existing international comparative data—such as the OECD (2019) report—have predominantly targeted middle- and high-income countries, with developing nations largely absent from the analysis. Cambodia represents a noteworthy case, as a resource-limited country that has developed its own physical education curriculum with international support, reflecting its cultural and social contexts. Therefore, using Bereday’s three-stage comparative method (description, juxtaposition, comparison), the study examines official documents from both countries. Findings reveal structural similarities in curriculum goals and content areas, including an emphasis on lifelong sports participation and social competencies. Conversely, some distinctive characteristics of Cambodia’s curriculum became evident through differences observed in comparison with Japan. These include the curriculum revision policy informed by alignment with ASEAN frameworks and the incorporation of bokator, an indigenous martial art, in the martial arts content areas. These differences suggest that Cambodia’s written curriculum reflects contextual characteristics shaped by the country’s unique cultural background and constraints in educational resources. Since this study focused exclusively on a comparison of written curricula, future research should explore other dimensions—such as the taught curriculum and the learned curriculum—in order to further clarify the specific features of Cambodia’s curriculum in actual teaching and learning contexts.

Keywords: Physical Education; Comparative Curriculum Analysis; National Curriculum; Written Curriculum; Sport for Development

Cultural Barriers and Exercise Adherence: Exploring the Mediating Role of Physical Activity Motivation

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Abstract

Physical activity is essential for maintaining overall health and well-being, offering numerous physical and mental health benefits. However, for Muslim women, particularly Meranao women, engaging in regular physical activity is often constrained by cultural and religious contexts. This study aimed to explore the complex relationship among cultural barriers, exercise adherence, and the mediating role of physical activity motivation among Meranao women aged 18–30, officially enrolled at Mindanao State University–Marawi City during Academic Year 2024–2025. Using a descriptive-correlational and mediation design, the study investigated how cultural and religious beliefs, gender norms, family and social support, clothing expectations, environmental barriers, and external perceptions impact motivation and adherence. A total of 369 purposely selected respondents answered three adapted survey tools: Cultural Barriers Questionnaire, Adherence to Exercise Rating Scale, and the Motivation for Physical Activity Questionnaire. Data were analyzed using SPSS Version 20, employing the estimation-maximization technique to address missing values. Findings revealed that Meranao women face significant structural and cultural constraints, including the lack of women-only spaces, gender-segregated facilities, modesty norms, and limited role models. Despite these, many women exhibited intrinsic motivation rooted in personal well-being and self-development. Regression analysis showed that motivation significantly predicts exercise adherence, while cultural barriers exert both direct and indirect effects. Environmental barriers emerged as the strongest predictor, followed by clothing norms and family support. The study emphasizes the importance of culturally sensitive interventions that consider both motivational and structural dimensions to effectively promote physical activity among Meranao women.

Keywords: cultural barriers, exercise adherence, motivation, Meranao women, physical activity



Exploring The Influence of Adventist Values on the Educational Philosophies of Physical Education Majors

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Abstract

The Adventist values ought to be policymakers in the different educational philosophies of Physical Education (PE) majors studying at an Adventist university in the Philippines. The mixed-methods case-study design used to collect the data consisted of surveys, in-depth one-on-one interviews, and focus group discussions with five senior PE students. After undergoing qualitative content and framework analysis, the results revealed that progressivism was the most prevalent educational philosophy held by these participants, focused on a student-centered and experiential type of learning. Values aligned with the Adventist tradition, such as respecting others, lifelong learning, being responsible, and humbly assisting others, were frequently articulated. This value system significantly shaped the educational philosophies of the participants, being more concerned with holistic student development, character building, and service-oriented teaching practice. Such findings show a strong connection between participants' progressive educational philosophies and their incorporation of Adventist values, which indicates a willingness to integrate them into their future role as PE educators and emphasizes the necessity of conducting value-based teacher education in Adventist institutions.



Exploring the Influence of Physical Exercise on High School Students' Mental Health Amid the Covid-19 Pandemic

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Abstract

Physical activity has been traditionally important in treating mental health issues. This study aims to assess the impact of physical exercise engagement on students' mental health in Molave, Zamboanga del Sur during COVID-19 pandemic-a descriptive study using stratified sampling. The Kessler Psychological Distress Scale (K10), Patient Health Questionnaire (PHQ-9), and Generalized Anxiety Disorder (GAD) were used (GAD-7). It states that most of them are females aged 17-19, ideally in Senior High School (Grades 11 and 12), single, and living on less than Php 40,000 or (Php 3,333) annually. On average, participants engage in moderate to light physical activity for 15-29 minutes each day during their P.E. sessions, and 96% do their routine outside of class. With an average score of 18, individuals are expected to be well, with minor symptoms at an average score of 7 and mild anxiety at 6. The study also found a low negative connection between physical activity, psychological distress ($r=-0.481$) and a vital link ($p=0.000$). Exercise has a moderate negative relationship with depression severity ($r=-0.619$) and a significant negative correlation ($p=0.000$). It also shows a moderate negative association between physical activity and depression severity ($r=-0.699$) and a meaningful relationship ($p=0.000$). It also implies that increasing physical activity reduces psychological suffering, depression severity, and anxiety. Thus, physical exercise engagement is suggested to benefit everyone's mental health.

Keywords: physical exercise, mental health, students

The Correlation of Physical Activity and Self-esteem: The Moderating Role of Body Image among Students

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Abstract

The purpose of this study was to determine the relationship of physical activity to self-esteem of the students, and to determine whether body image moderates the effect of the relationship of physical activity and self-esteem. This study employed the descriptive-correlational type of research. This was conducted among the Department of Physical Education students. The International Physical Activity Questionnaire (IPAQ) developed by Dinger, Behrens & Han (2006) was used to measure physical activity, the Rosenberg Self-Esteem Scale (RSES) developed by Dr. Morris Rosenberg (1965), utilized to evaluate individual self-esteem, and the 19-Item Body Image Questionnaire, developed by Marilou Bruchon-Schweitzer (1987) to measure the body satisfaction associated with sex, health, and with current and future emotional judgment. Frequency and percentage distribution were used to assess the descriptive data. Linear regression and ANOVA were used in analyzing the data through the Statistical Package for Social Science v.20 to assess the relationship of the independent variable to the dependent variable, and the moderating variable of this study. The results show that there is no significant relationship found in physical activity and self-esteem. However, a significant relationship was found, in which body image moderates the relationship of physical activity and self-esteem.

Keywords: Physical activity, self-esteem, body image

Elite Athlete Physical Performance Monitoring System Analysis Application

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Abstract

Athlete performance is the ability to achieve optimal results in sports, which is influenced by various physical, psychological, and nutritional factors. The application of an elite athlete physical performance monitoring system aims to determine the level of fitness and physical condition of athletes, which will then be combined into an application. This study is a continuation of previous research, using a battery of fitness tests to detect fitness levels within an integrated digital administration framework. The implementation of this study is similar to that of a typical test, but the difference is that the process will be integrated online with the equipment, and the test results will be automatically entered upon completion of the test. The research method uses the Borg and Gall Model research and development (R & D) method which is divided into 2 research stages; Stage 1, development of test tools and Stage 2, development of application software. The results of the study were tested on 100 athletes from 10 sports with the test results of three product assessment indicators that the effectiveness of product use, display of use and the results of the test evaluation on this elite athlete monitoring system application can be used with an overall percentage of 89% suitable for use. The conclusion of the research trial was to improve the appearance of the test equipment to make it more attractive and the appearance of the test results application to make it easier for users to read the results. This research will contribute to the development of test implementation in North Sumatra Province, Indonesia.

The Lived Experiences of Filipino College Students' Volition in Exercise in Northern Mindanao: Basis for Contextualizing the Volition in Exercise Questionnaire

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Abstract

This study investigated the lived experiences of Filipino college students from Local Universities and Colleges (LUCs) in Northern Mindanao regarding their volition in exercise, with the aim of contextualizing the Volition in Exercise Questionnaire (VEQ). Employing a phenomenological design as part of a convergent mixed-methods research study, the investigation aimed to capture students' motivations, barriers, and adaptive strategies for maintaining exercise engagement within their socio-cultural environment. A total of 70 participants were purposely selected from eight LUCs across Bukidnon, Lanao del Norte, and Misamis Oriental. Data were gathered through 10 in-depth interviews and eight focus group discussions, supported by a semi-structured protocol validated by experts. Thematic analysis yielded six essential themes: (1) navigating life and practical constraints in exercise commitment, (2) academic and family responsibilities as competing priorities, (3) health and well-being as intrinsic motivators, (4) social, environmental, and technological influences, (5) self-improvement and confidence-building through resilience, and (6) structured programs as enablers of consistency. Findings highlight that Filipino students' volition in exercise is shaped by collectivist values, strategic scheduling, adaptive coping, and contextual limitations in resources. Thematic cross-comparison revealed that while the VEQ captures core constructs such as self-confidence, coping with failure, and reasons for exercising, it underrepresents adaptive postponement, socially mediated confidence, and the positive role of peer and family support. The study concludes that the VEQ requires cultural refinement to reflect the realities of Filipino students accurately. Results provide empirical grounding for the development of a Filipino Volition in Exercise Scale (F-VES) and inform the integration of culturally relevant strategies into PATHFIT programs and higher education curricula.

Keywords: Volition in exercise, phenomenology, Filipino college students, psychometric adaptation, cultural context

Examining the Mediating Effect of Self-Esteem in the Relationship Between Perfectionism and Social Physique Anxiety

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Abstract

Despite extensive research on physical appearance perfectionism and social physique anxiety, the mediating role of self-esteem in this relationship, specifically in the Physical Education academic setting, remains unexplored. Therefore, the present study sought to examine this mediating effect. A total of 250 university students enrolled in the required Physical Education course participated in the study, which utilized an online survey and standardized, validated instruments to measure the key variables. The results show that students who are more dissatisfied with their body image and who hold high hopes of achieving body image perfection experience less anxiety about how their bodies are perceived by others. Moreover, high hopes for perfection are associated with higher self-esteem, which implies that striving for body image perfection and admiring physique imperfection is linked to self-confidence. Furthermore, students with lower self-esteem are more likely to experience higher levels of social physique anxiety. This means that students who do not feel good about themselves may worry that others negatively evaluate their physical appearance. In light of these findings, the indirect effect of perfectionism, specifically hope for perfection, on social physique anxiety through self-esteem was statistically significant and negative, demonstrating that increased hope for perfection contributes to increased self-esteem, which in turn leads to a reduction in social physique anxiety. Therefore, a stronger sense of self-worth serves as a protective factor against body-related anxiety, highlighting self-esteem as a critical psychological tool for resisting external pressure and body image concerns.

Keywords: Perfectionism, Self-Esteem, Social Physique Anxiety

Dance Genre: Situational Interest of Student Dancers in MSU- IIT

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Abstract

Guided by the interest-based motivation theory, this study examined the moderating effect of gender, age, and years of dance experience on situational interest and dance genre preference. The study used a descriptive correlational research design. The respondents of this study were the 248 undergraduate student dancers enrolled in Mindanao State University - Iligan Institute of Technology in the A.Y. 2023-2024. Logistic Regression Analysis was utilized to evaluate the significant relationship between situational interests in dance and preferred dance genre. The results show that only a student's situational interest in dance significantly predicted their preference for Ballet ($p=0.013$), Jazz Tap ($p=0.001$), and Zumba ($p=0.005$). Age only significantly moderated the relationship between situational interest and preferred dance genre for Jazz Tap ($p=0.042$), suggesting that as students get older, their interest has a slightly weaker association with choosing Jazz Tap. No other genre showed a significant main effect of situational interest or a moderating effect of age. Intrinsic motivation, as explained by the Interest-Based Motivation theory, is a key factor influencing dance preferences among MSU-IIT students, with genres like hip-hop and Zumba being highly favored. The study highlights a strong link between situational interest and dance genre choice, emphasizing the importance of individual preferences and the moderating role of age in shaping these interests.

Keywords: Situational Interest, Dance, Student

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Teachers' Literacy Levels in Utilizing Artificial Intelligence Tools for Teaching Physical Education

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Abstract

This study investigated AI literacy among secondary Physical Education (PE) teachers, analyzing their proficiency, attitudes, perceived barriers, and self-efficacy in AI integration. Employing a quantitative research design, purposive sampling was utilized to gather data from 108 respondents within Misamis Oriental. Findings revealed teachers' neutral AI integration proficiency (Overall M= 3.16), particularly in assessment and feedback, despite a strong positive attitude towards AI's benefits in PE (Overall Mean: 3.80). A paradox emerged in professional development, with high perceived benefit but neutral participation and school support. Data also highlighted pervasive barriers, all "Strongly agree," notably data privacy (M= 4.73), lack of training, and institutional support. Teachers consistently showed "Neutral" AI competence self-efficacy across all dimensions (e.g., AI Knowledge Overall M= 3.06). Correlation analyses rejected both null hypotheses, demonstrating significant relationships: teacher characteristics (proficiency, professional development, attitude) positively correlated with AI literacy dimensions (e.g., Professional engagement with proficiency: 0.434), while perceived barriers significantly negatively correlated with AI literacy (e.g., AI Knowledge: -0.337). In conclusion, while PE teachers recognize AI's potential, significant barriers and low self-efficacy impede effective integration. Addressing these challenges through targeted training, robust support, and ethical guidelines is crucial to bridge the gap between aspiration and practical AI adoption in PE.

Keywords: Artificial Intelligence, AI Integration, AI Literacy, Physical Education, Professional Development

Global Research Trends and Theoretical Perspectives on Character Education in Physical Education: A Bibliometric Analysis (2001–2025)

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Abstract

Character education has become a global priority, with physical education (PE) strategically fostering respect, teamwork, and perseverance. However, its implementation remains inconsistent, and comprehensive bibliometric studies are still limited. This study aims to analyze global research trends on character education in PE from 2001 to 2025 through bibliometric methods using RStudio 4.5.1. Findings indicate an annual growth rate above 12%, led by the United States, Indonesia, and the United Kingdom, with extensive collaboration networks across America, Europe, and Asia. Keyword analysis highlights the dominance of values education, social learning theory, and experiential learning, alongside emerging themes such as digital PE, gamification, and inclusive pedagogy. Teachers appear as key transformative agents through professional development and reflective practice. Regional variations are evident: Europe emphasizes teacher professionalization, while Asia focuses on primary school character education. Overall, PE is affirmed as a vital arena for life skills, citizenship, and social participation.

Keywords: Character Education, Physical Education, Bibliometric Analysis

Standardizing Likert-Scale Interpretation in Physical Education Research: Enhancing Reliability and Pedagogical Decision Making by Range-Gem+ Method

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Abstract

Physical education (PE) research often relies on Likert-type scales to measure complex constructs such as motivation, coaching effectiveness, and learner attitudes. However, inconsistencies in how researchers interpret Likert-scale data - particularly the widespread use of unstandardized total score intervals-introduce risks to both reliability and pedagogical decision-making. This study introduces the Range-Gem+ Method formula, a novel approach that standardizes Likert-scale interval interpretation using a micro-adjustment factor (Gem) to ensure equal-width and mid-point adjusted class intervals. Using the Positive Coaching Strategies Scale-30 (PCSS-30) as a pilot instrument, demonstrates how Range-Gem+ overcomes key limitations of total score interpretation, enhances comparability, and improves the rigor of data categorization. These findings support a shift away from total score dependence toward a unified mean score-based interpretation model.

Keywords: Likert-type scales, Range-Gem+ method, Positive Coaching Strategies Scale-30, Mean vs. Total scores, Unified Mean Score-based Interpretation Model

Safeguarding Tradition: The Significant Features and Gameplay of Kakuya

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Abstract

This study explored and documented the significant features and gameplay of Kakuya, a traditional Meranaw game, to preserve it as part of the community's intangible cultural heritage. Using a qualitative ethnographic design, the research was conducted in Piagapo, Marawi City, and Pantar, Lanao del Sur, involving ten purposely selected participants: elders, players, community members, PE teachers, and students. Data were gathered through interviews, observations, and visual documentation, and analyzed using Braun and Clarke's thematic analysis with NVivo software. Findings revealed two major themes: Significant Features and Mechanics and Gameplay, further elaborated into eight sub-themes. Results showed that Kakuya has evolved from a minimally equipped activity into a structured game incorporating tools such as the Tomatik (winner indicator), Rimbo (signal marker), and rope for lane division, promoting fairness and safety. Traditionally played during gatherings, Kakuya reflects cooperation, discipline, and resilience. Its rules, scoring systems, and officiating roles highlight competitiveness while preserving cultural authenticity. Beyond recreation, the game transmits identity, values, and intergenerational connections. By systematically documenting its materials, rules, and meanings, this study provides an authentic reference for educators and cultural advocates, ensuring the appreciation and continuity of Kakuya for future generations.

Keywords: Kakuya, Meranaw, Indigenous Games, Gameplay, Cultural Heritage

Development of Vodcast in Teaching Common Philippine Folk Dance

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Abstract

Within the changing environment of 21st-century learning, the integration of Information and Communication Technology (ICT) is critical to improve instructional practices and retain cultural heritage. Seeing the plight of MAPEH teachers, limited access to credible sources, lack of training in digital tools, and reliance on outdated or unverified materials. This research works on creating a vodcast (a video podcast) as a virtual instructional material for teaching basic Philippine folk dance movements. Utilizing the Successive Approximation Model (SAM), the researchers used a qualitative method that included expert consultation, iterative design, and thematic analysis. Data were collected using purposive sampling and comprised folk dance experts, MAPEH teachers, ICT experts, trained student models, and a music specialist to attest to the cultural relevance, pedagogic value, and technical quality of the vodcast. The process of development included planning lessons, developing a storyboard, shooting demonstrations, and finalizing the vodcast based on expert consultation. The completed vodcast is composed of compartmentalized episodes with a sequential teaching method: observe, practice together, and practice alone, aimed at facilitating self-paced and interactive learning. Findings showed that the vodcast successfully blended pedagogical correctness with cultural authenticity. Experts attested to its pedagogical validity, user engagement, and capacity to facilitate student learning at their own pace. The research concludes the development of the vodcast needed to be well planned and carefully combined with clear instructions, technical precision, and interactional elements. In spite of its challenges, it became a feasible and functional tool for teaching common Philippine folk dance. It is suggested that teachers and curriculum developers incorporate similar multimedia materials into teaching cultural subjects to promote both digital literacy and cultural appreciation.

Keywords: Vodcast, Philippine Folk Dance, ICT Integration, Successive Approximation Model (SAM)

Predicting Moral Character Development from Parental Ethnic Socialization Among Meranaw Student-Athletes, and The Moderating Role of Coach-Athlete Relationship

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Abstract

This study examines the moderating role of the coach-athlete relationship on the predictive link between parental ethnic socialization and moral character development in sports among Meranaw tertiary student-athletes. An associational type of quantitative research design: a merging of predictive- correlational with a simple moderation analysis and causal-comparative designs were utilized. Additionally, demographic differences across sex and sports type as criterion groups were evaluated. Meranaw student-athletes of Mindanao State University (MSU)-Main Campus, Marawi City, and Adiong Memorial State College (AMSC), Ditsaan-Ramain, Lanao del Sur, AY 2024-2025 were the respondents; 134 athletes participated through total-enumeration. Adapted self-reported questionnaires, subsequently pilot-tested, were the primary measures. Frequency and percentage counts, mean, Pearson r , stepwise multiple regression analysis, moderation analysis, and Z-test were the statistical treatments. The results indicated a moderate positive linear correlation between parental ethnic socialization and sports moral character, and accorded a moderate predictive effect explaining 25.25% of the variance in the dependent variable. Meanwhile, coach-athlete relationships posited a negative moderation effect, and revealed significant differences when compared across sex. The study recommended that non-Muslim coaches extend efforts of abiding their principles and styles with Islamic principles as well as the socio-cultural traditions of the Meranaw society.

Keywords: parental ethnic socialization, moral character development, coach-athlete relations

Duelo: A Choreographed Synthesis of Filipino Martial Arts and Cultural Dance

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Abstract

This study presents *Duelo*, a choreographic work that synthesizes *Arnis*, the Philippines' national martial art, with traditional Filipino dance motifs to portray a layered narrative of courtship, conflict, and cultural identity. Framed within a practice-based research methodology, the composition integrates the twelve basic *Arnis* striking techniques into folk inspired movement vocabularies. These are arranged across six choreographic figures: *The Grace of Fierceness*, *A Warrior's Charm*, *The Courtship*, *Duelo*, *Striking Techniques*, and *Combo Finale*. Each segment demonstrates martial elements such as *kumintang* hand gestures, triangular formations, cartwheels, forward rolls, and warrior stances, emphasizing both narrative fluidity and combat precision. The creative process involved collaborative movement generation, reflective journaling, and audience feedback, supporting the thematic development of each sequence. Beyond its artistic function, *Duelo* offers a cultural and pedagogical tool for promoting Filipino values such as bravery, honor, and love while presenting a dynamic model for integrating martial heritage into physical education and MAPEH curricula. The study argues that hybridized performance forms like *Duelo* can serve as impactful vehicles for cultural preservation, curriculum enrichment, and the sustainability of indigenous knowledge systems, especially within Southeast Asian academic and community settings.

Keywords: *Arnis*, Filipino martial arts, cultural dance, practice-as-research, performance studies, Southeast Asian arts

Unlocking Behavioral Potential: Coaches' Emotions, Mental Toughness, and The Athlete's Response

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Abstract

The purpose of this study is to examine the impact of the coach–athlete relationship on athletes' performance, motivation, and emotional well-being. Specifically, it explores how coaches' emotional expressions and mental strength influence athletes' behavioral and psychological responses. To assess these dynamics, the study employed standardized instruments, including the Emotion Regulation Questionnaire, the Mental Toughness Questionnaire, and the Behavioral Regulation in Sport Questionnaire. Using a quantitative research design, data were collected through surveys administered to student-athletes and coaches from Iligan City National High School during the academic year 2024–2025. A purposive sampling method was applied, resulting in a total of 177 participants representing various sports disciplines. This approach allowed the study to focus on athletes' behavioral outcomes in response to coaches' emotional expressions. The findings hold significance for both sports psychologists and coaches, as they highlight the need for adaptive emotional regulation strategies that support, rather than hinder, athletes' behavioral regulation and mental toughness. Ultimately, the study aims to provide deeper insights into how emotional and behavioral processes shape athletes' perceptions of their performance. It also emphasizes that the emotional states and psychological resilience of coaches play a critical role in guiding athletes' motivation, behavior, and overall development.

Keywords: Mental Toughness, Athlete Response, Coaches Emotions, Athletes Performance

Why Coaches Stay in the Game: Job-Demand-Resource Model Insights on the Role of Coaches' Positive Emotions and Effectiveness in Sustaining Engagement

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Abstract

Sports coaching demands sustained engagement, yet the underlying psychological factors that stimulate this engagement remain insufficiently understood. While positive emotions have been widely linked to increased work engagement in various professional settings, limited studies have examined how these emotions influence work engagement through effectiveness in sports coaching. This study explored the mediating role of coaches' effectiveness in the relationship between coaches' positive emotions and work engagement. A cross-sectional design was employed, involving 220 teacher-coaches (118 females and 102 males; $M = 42.99$, $SD = 8.65$) from various sports disciplines. Positive emotions were assessed using the Achievement Emotions Questionnaire-Teachers (AEQ-T), engagement using the Utrecht Work Engagement Scale (UWES-9), and coaching effectiveness through the Coaching Efficacy Scale II for High School Teams (CES II-HST). Mediation analysis revealed that coaching effectiveness significantly mediates the relationship between positive emotions and engagement of coaches. Coaches who experience higher levels of enjoyment and pride tend to perceive themselves as more effective across key coaching dimensions which subsequently contributes to increased engagement in their professional roles. By integrating effective and performance-based constructs within the Job-Demand Resources (JD-R) model, this study offers valuable insights for coach development programs aimed at promoting sustainable engagement in high-demand coaching environments.

Psychological Capital Mediates the Relationship Between Coaching Behavior and Athlete Engagement

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Abstract

Effective coaching behavior plays a crucial role in developing athlete engagement and well-being. This study explores the mediating role of Psychological Capital (PsyCap), a construct encompassing hope, self-efficacy, resilience, and optimism in the relationship between perceived coaching behavior and athlete engagement. A total of 308 secondary school athletes from various sports programs participated by completing standardized questionnaires measuring coaching behavior, psychological capital, and athlete engagement. Mediation analysis revealed several key findings. First, coaching behavior was found to significantly enhance athlete engagement, particularly through training and conditioning methods and strategic guidance. Second, coaching behaviors were strongly associated with the development of athletes' psychological resources; for instance, training and conditioning influenced hope and self-efficacy, competition strategies affected hope and resilience, and goal-setting practices and coach attitude significantly impacted all four PsyCap components. Third, higher levels of PsyCap were significantly associated with increased athlete engagement. Finally, PsyCap significantly mediated the relationship between coaching behavior and athlete engagement. Although both direct and indirect effects were individually weak ($\beta = 0.2067$ and $\beta = 0.3391$, respectively), suggesting partial mediation, the total effect was strong and statistically significant ($\beta^* = 0.5458$, $p < 0.01$). These findings suggest a partial mediation. suggest that while effective coaching behaviors directly influence athlete engagement, their impact is further amplified when mediated through enhanced psychological capital. This highlights the importance of fostering PsyCap in athletes as a mechanism to strengthen the outcomes of effective coaching.

Keywords: Athlete engagement, coaching behavior, psychological capital,

Behind The Bars: Examining The Impact of Physical Activity on the Quality of Life of Persons Deprived of Liberty

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Abstract

This qualitative study investigates the lived experiences of Persons Deprived of Liberty (PDLs) at the Bureau of Jail Management and Penology (BJMP) in Tipanoy, Iligan City, focusing on their engagement in physical activity, the challenges they face in incarceration, and their coping mechanisms. Recognizing the rehabilitative potential of sports within correctional settings, the research aimed to explore how physical activity influences emotional well-being, social interaction, and personal transformation among inmates. Using a phenomenological research design, data were collected through in-depth, semi-structured interviews with five selected PDLs. Thematic analysis was employed as the primary tool for analyzing the qualitative data. This method enabled the identification of recurring patterns and core themes that captured the essence of the participants' experiences. Findings revealed three major themes: (1) emotional and psychological strain due to separation from family and confinement, (2) the significant role of trustee responsibilities and religious practices in coping, and (3) the transformative impact of sports and physical activity in fostering resilience, reducing stress, and rebuilding a sense of identity and hope. Participants described how engaging in sports helped them establish social bonds, maintain discipline, and envision personal change. The study concludes that structured physical activity can be a meaningful component of rehabilitation. It recommends expanding programs that integrate sports into correctional settings and suggests strong support for physical activity facilities and equipment to sustain PDLs' wellness within the jail.

Keywords: Person Deprived of Liberty (PDL), Challenges and Quality of Life, Physical Activity, Incarceration



Experiences of Physical Education Teachers on the Transition Teaching from Online to Face-to-Face Modality: A Grounded Theory

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Abstract

This research examines the transition of Physical Education instructors from online to face-to-face training, laying the groundwork for theoretical development. This study used Charmaz's grounded theory, which organizes inductive methods to construct theories in qualitative research. Purposive sampling was employed to select ten participants for this study, ensuring diversity. Physical education educators from universities participated. Theoretical sampling determined the sample group size. They were recruited through professional networks and academic conferences, providing a diverse range of perspectives. This investigation provides two phases of early data. The researcher hypothesizes the categorized phenomena. Second-phase studies indicated that themes were forming as the data saturated. The data was presented using Charmaz's (2006) themes. Phase 1 includes technology adaptation, integrated learning, creative teaching, student involvement, support networks, and mental health awareness. Phase 2 encompasses technology integration and adaptation, addressing obstacles and finding solutions, and promoting flexibility and participation in teaching and learning. Finally, the ideas were merged, and the Adaptive Educational Resilience Theory (RGB) was defined. In conclusion, some key findings from physical education teachers transitioning from online to in-person teaching approaches are helpful for transition teaching.

Keywords: Hybrid learning, grounded theory, physical educators' experiences, technological adaptation,



Hope Beyond Struggles: Trans Women Athletes Journey to Inclusion in Sports

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Abstract

Several researches indicated how trans women athletes experienced challenges and barriers in participating sports and physical activities such as rights in sports competitions, discrimination and stereo- typing. Yet, a dearth of research indicating the hopes of trans women athletes in sports participation. Thus, this study aimed to examine the struggles and hopes for inclusion in sport participation. A total of six trans women athletes who participated in this study with at least 3 years of sports participation, had undergone feminizing hormone therapy for at least three years and were interviewed using a semi-structured approach. Thematic analysis revealed two key struggles: performance issues and hormonal changes. Despite these significant obstacles, participants expressed hopes centered on supporting LGBTQIA+ community and policy, and the achievement of personal empowerment and community acceptance. The findings highlight the critical need for inclusive policies, resources, and supportive environments that enable trans women athletes to fully and fairly participate in sports. Trans athletes often face discrimination, unequal treatment, and a lack of understanding, all of which limit their chances to succeed and feel accepted. True inclusion goes beyond simply allowing participation that requires the creation of safe, respectful, and affirming spaces where trans women can grow and thrive. The study also reveals that hope for policy reform, broader acceptance, and equal opportunities plays a vital role in sustaining their motivation and resilience. These findings call on sports organizations, policymakers, and communities to take meaningful action in building a more inclusive and equitable sporting world for all.

Keywords: Transwomen athletes, sports participation, inclusion, gender identity, hormone therapy

Teaching Competence in Distance Education: Challenges and Adaptations of Senior High Schools' Physical Education teachers in Davao City

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Abstract

The educational landscape has been shifted by the advent of digital technologies re- configuring traditional pedagogical practices and forcing educators to rethink their teaching skills. Purpose: This study sought to explore how Secondary Physical Education teachers of senior high schools in Davao City develop their teaching competencies in distance education implementation specifically on content adaptation, technology integration, and assessment competencies. A phenomenological method was employed to six PE teachers in 2020–2021 through semi-structured interviews. Data was analyzed using Colaizzi's seven steps method. Three themes were identified: Content Adaptation Competency Challenges (70-75% feeling prepared, constraints of tablet module), Technology Integration Competency Gaps (Learning Management Systems (LMS) navigation difficulties, low digital literacy) and Assessment and Feed- back Competency Adaptations (held onto pedagogical confidence but encountered difficulties with virtual feedback delivery). Physical educators showed perseverance in the face of severe competency difficulties. To achieve a successful distance PE, professional development on technological pedagogical content knowledge, improved infrastructure and distributed systems is needed.

Keywords: TPACK framework, modular learning, digital literacy, pedagogical adaptation, emergency remote teaching

Comparison of Serves Between Collegiate and National Male Table Tennis Players

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Abstract

In many studies on table tennis, data on the serve are mostly focused on elite players. There is a lack of data on the type of serve collegiate athletes use. In this study, serve activities between collegiate level male varsity and national level male table tennis players were recorded and compared through notational analysis. Data on the frequency of serve types, serve outcomes, serve placements, and the number of points won on these variables were collected from eight collegiate level athletes and nine members of the Philippine national table tennis team during a tournament. Nine hundred serves—450 from collegiate athletes and 450 from national athletes—were recorded and were analyzed using a chi-square test and a significance level of $\alpha = 0.05$. The results showed significant differences in the serve type frequency and the points won. The national athletes' group used short serves more frequently and had more varied placements than the collegiate athletes. On the other hand, the collegiate athletes relied more on long serves and were more predictable in their placements than the national athletes. Additionally, the national athletes won more points when the longer rallies were longer, while the collegiate athletes end points faster. The findings suggest that it would be advantageous to male collegiate table tennis players if they use more forehand short serves, adapt to longer rallies, and vary their serve placements—especially on the outside and middle forehand zones. This research offers preliminary insights into performance indicators that may benefit college-level table tennis players and can be used to develop training programs that could enhance their performance. Moreover, knowledge on the type of serve that collegiate athletes use may help them on the tactical side of their game.

The Metaphorical Lens: Lived Experiences of BPED Graduates Teaching MAPEH

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Abstract

A significant challenge arises from the misalignment between the CHED prescribed BPED curriculum and the broader competencies required in the MAPEH program of basic education, a gap that becomes most evident during internships when pre-service teachers encounter difficulties in teaching Music and Arts. Thus, this study explored the lived experiences of BPED graduates teaching MAPEH, with emphasis on the challenges they encountered, their coping mechanisms, and the implications for teacher preparation. Utilizing a mixed-methods design, quantitative data were collected from 34 BPED graduates through an online survey assessing content knowledge in Music and Arts, while qualitative insights were obtained from focus group discussions with eight purposely selected participants. Data were analyzed using descriptive statistics and Thematic Content Analysis. Results revealed difficulties stemming from limited subject-matter knowledge, curriculum misalignment, and challenges in handling Music and Arts. This study emphasizes that effective teaching requires adequate content expertise, as educators cannot impart knowledge they do not possess. It underscores the need to equip BPED graduates with relevant competencies to minimize instructional struggles. The study recommends a systematic review and enhancement of the BPED curriculum to ensure alignment with MAPEH requirements and to prepare future educators for the complex demands of teaching.

Innovative Training Programs for Tertiary-Level Badminton: Enhancing Performance through Modern Techniques

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Abstract

This report presents an innovative, strategic framework for a collegiate badminton training program developed by synthesizing the coaching philosophies of elite coaches. The program's design is guided by the Input-Process-Output (IPO) and Successive Approximation Model (SAM) frameworks, ensuring a dynamic and adaptable system for continuous improvement. The framework includes a tiered curriculum focusing on progressive skill development, from foundational drills like hitting accuracy and footwork to advanced tactical drills such as “netshot recover kill” and counter-tactics. It outlines a phased approach to physical conditioning, integrating general fitness with sport-specific endurance through high-intensity multi-feeding drills and plyometrics. The program emphasizes a continuous evaluation cycle, utilizing tools like timed drills, quarterly assessments, and performance in tournaments to monitor athlete progress and refine the training regimen. This model moves beyond a static list of drills to provide a living system that can be meticulously tailored to the diverse needs of collegiate student-athletes, enhancing their performance, fitness, and strategic thinking for competitive play.

Keywords: Badminton, Training, Collegiate Athletics, Coaching, Performance Enhancement

A Study on Factors Bullet Screen Commenting Behaviours of E-Sports Fans During Live Watching from the Perspective of Social Cognitive Theory

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Abstract

This study explores the factors influencing bullet screen commenting behaviour among e-sports fans during live watching, based on social cognitive theory. Using survey data from 1,457 respondents, the analysis shows that viewing motivation, self-efficacy, and immersion significantly promote commenting, with self-efficacy and immersion exerting stronger mediating and chain effects. The findings reveal the psychological and behavioural mechanisms driving interactive participation in e-sports live streams. Practically, they suggest that enriching content, enhancing immersion, and optimizing the commenting environment can effectively boost audience engagement, providing valuable guidance for improving e-sports broadcasting quality and tournament service strategies.

Keywords: e-sports, viewing motivation, self-efficacy, sense of presence, bullet screen commenting behaviours

Weight Bias Internalization and Mental Toughness Among Young Adults

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Abstract

Weight bias has been shown to negatively affect mental health, particularly among young adults. This study investigated the relationship between Weight Bias Internalization (WBI) and Mental Toughness (MT). WBI occurs when individuals who experience weight stigma begin to accept and believe negative attitudes about themselves based on body weight. Addressing WBI is important for fostering self-acceptance and promoting body positivity. MT, in contrast, refers to the capacity to remain resilient, motivated, and focused when confronted with pressure or setbacks. While the negative effects of weight bias are well-documented, limited research has examined its connection to MT. Using a snowball sampling method, data were gathered from 150 young adults with above-normal weight in selected barangays of Iligan City. Findings revealed a significant relationship between WBI and MT, suggesting that individuals who internalize weight bias may still demonstrate resilience and effective coping strategies. These results emphasize the importance of developing community-based programs that raise awareness about the psychological effects of weight bias and strengthen mental toughness to support overall well-being.

From Intermediate Learners to Advanced Learners: Improving The Senior High School Students' writing Skills Through PBL

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Abstract

Project-Based Learning (PBL) is a constructivist theory where students learn and develop critical thinking skills by investigating and solving real-world problems. This research uses PBL framework as a teaching method aligned with the American Council on the Teaching of Foreign Languages (ACTFL) guidelines where students respond to a problem by writing and creating an informative, persuasive, and visually appealing infographic-infomercial project proposal. The project integrates ACTFL standards such as communication and communities to ensure that students develop strong writing skills that are effective and applicable in various contexts. The project begins with the senior high school (SHS) students working in groups to solve problems on the school campus. Throughout the project, students engage in various stages of writing, including drafting, revising, and finalizing content. Data were collected over the course of 18 weeks and consisted of students' drafts, scripts, and writing skills assessment rubric scored by the teachers. The project culminates with student presentations, which highlight the real-world applications of their work. Findings indicate that using PBL enhances SHS students' writing skills. Peer collaboration and feedback play a crucial role in this development, helping students progress from intermediate to advanced writers leading to improved quality of their writing.

Keywords: project-based learning, peer collaboration, feedback, writing skills, real-world application

Tracing The Historical Origin and the Evolution of the Kappa Malong Malong Dance: Cognizance and Performance

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Abstract

This study explores the historical origins and evolution of the Kappa Malong Malong dance of the Maranao people through a mini-ethnographic approach. Using semi-structured interviews, participant observation, and historical documents, the research highlights how the dance evolved from a cultural expression into a performance art form shaped by both tradition and modern influences. Findings reveal that while institutional figures such as the Darangen Cultural Troupe and Prof. Ele were central in its popularization, community custodians such as the onor (traditional chanters) and elders played a vital role in preserving authenticity. Two major themes emerged: (1) The Historical Origins, highlighting the roles of documentation, attribution, creative inspiration, and cultural memory; and (2) The Evolution, covering the transformation of movements, expressive styles, and external influences such as borrowed choreography and audience-oriented adaptations. Seven key participants contributed diverse perspectives: a cultural practitioner, cultural expert, local official, community member, cultural ambassador, student performer, and physical education teacher. Their insights reveal a balance of lived memory, institutional record, and contemporary reinterpretation. Results underscore the importance of preserving the dance's authenticity amid modernization pressures. The study concludes that the Kappa Malong Malong is both a cultural archive and a living performance, requiring balanced preservation and adaptation to remain relevant for future generations.

Keywords: Kappa Malong Malong; Maranao dance; cultural preservation performance evolution

Developing TGFU-ABC as a Medium for Strengthening Psychosocial in Physical Education for Elementary School

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Abstract

This study aims to develop and validate the TGFU-ABC (Teaching Games for Understanding–Anti- Bullying Character) model as an innovative learning medium to promote psychosocial development in elementary school physical education. The developed product consists of four types of modified tactical games; Invasion games, Net/Wall games, Target games, and Striking & Fielding games that are integrated with anti-bullying behavioral values. The research employed research and development (R&D) design, involving expert validation, small-scale trials, large-scale implementation, and dissemination. Validation by two experts resulted in a score of 87%, indicating high validity. A small-scale trial involving 80 students and ten product-related statements yielded a score of 82%. Feedback from ten elementary physical education teachers suggested improvements in simplifying game rules and adjusting the complexity of movements in each game type. After revisions, a large-scale trial with 200 students produced a score of 90%, showing that the model was well-accepted and suitable for classroom implementation. The final stage involved dissemination by publishing the TGFU-ABC guidebook, complete with tutorial videos, and distributing it through teacher training activities and subject forum groups. In conclusion, the TGFU-ABC model is valid, practical, and appropriate as a learning medium for integrating psychosocial values into elementary physical education.

Keywords: Anti-Bullying, Physical Education, Psychosocial Development, TGFU-ABC

Development of a Psychomotor Test Instrument on Volleyball Lower Passing in Elementary Schools

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Abstract

This study aims to develop a psychomotor test instrument design of volleyball lower passing for elementary school students. The approach used is Research and Development (R&D), focused on the instrument design stage based on the analysis of teacher and student needs and the study of psychomotor development theory. The results of the needs analysis showed that the current assessment is still subjective, less standardised, and students need clear feedback. The instrument was designed in the form of an observation rubric with three main aspects: Start, Execution, and Follow-through, complete with detailed technical indicators and test protocols using modified balls according to student characteristics. The design emphasises technical aspects that students often struggle with, such as body position, ball contact, and coordination of movements, thus supporting a more objective and structured assessment. This instrument is still an initial design and is the basis for further research for testing and implementation in PJOK learning. Keywords: lower passing, volleyball, psychomotor, instrument, primary school.

Levels of (SAD) Stress, Anxiety, and Symptoms of Depression Among High School Filipino Student-Athletes

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Abstract

Adolescents, particularly student-athletes, face heightened vulnerability to stress, anxiety, and symptoms of depression (SAD) due to ongoing brain maturation, academic demands, and competitive pressures. Unaddressed psychological challenges can negatively impact their athletic performance, academic success, social development, and overall well-being. This quantitative study assessed SAD levels among 391 junior and senior high school student-athletes from Region 10 (Northern Mindanao), Philippines, using the Depression, Anxiety, and Stress Scale –21 Items (DASS-21). Respondents were selected through stratified random sampling based on competition level (local, regional, national). Data were analyzed using SPSS version 12, and all ethical protocols—including informed consent, assent, and confidentiality—were strictly followed. Findings revealed that student-athletes exhibited mild levels of stress, severe levels of anxiety, and mild levels of depression. These results indicate that adolescent athletes are at significant emotional risk, with anxiety emerging as the most pressing psychological concern. The study underscores the need for targeted psychological interventions, such as stress management programs, mental health awareness campaigns, and coach-led support initiatives, to reduce SAD levels among student-athletes. Addressing these concerns can enhance their well-being, academic success, and athletic performance, aligning with the goal of holistic learner development in Philippine education.

Keywords: Anxiety, Depression, High School, Level, Stress, Student-Athletes

Socio-economic Status and Hand Hygiene Knowledge and Practices of Elementary Students in Iligan City

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Abstract

While the significance of effective hand hygiene (HH) in disease prevention, both in clinical settings and the community, is well-established, there exists a notable research gap concerning the intricate relationship between individual socioeconomic factors and hand-washing behavior among school children. For this reason, this study aimed to investigate the relationship between hand hygiene and the socioeconomic status of elementary Students in Iligan City. A total of 492 Grade six students from different schools of Iligan City participated in the study comprising 41% male and 59% female. The result showed that most of the respondents believed that it is important to wash their hands before eating. When it comes to Hand cleaning practices most of the students indicated that they washed their hands when their hands were visibly dirty with water and soap. Furthermore, most of the students used personal towels or handkerchiefs when drying their hands. Furthermore, the results also indicated that there is a significant relationship between the SES of the students and their hand hygiene knowledge level and practices. Therefore, the higher the SES status the higher their hand hygiene knowledge and practices will be. Lastly, including other factors that may affect the hand hygiene knowledge and practices of the students such as gender and age in the study is highly recommended.

The Needs and Expectations of Stakeholders: A Case Study of the Play and Learn for the Young Learners' Brain Development Workshop Project

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Abstract

The research aimed to investigate the needs and expectations of stakeholders involved in organizing a “Play and Learn to Development of Children’s Brains” workshop project. The stakeholders were categorized into three groups: participants, sponsors, and supervisors of participants. The study utilized survey questionnaires and in-depth interviews as research tools. Statistical analysis of the data included averaging, standard deviation, and percentage calculations. Key findings from the research include demographic information of the respondents, with 62.5% male, 31.25% female, and 6.25% unspecified gender. A significant portion (25%) of respondents fell within the age range of 25-30 years, predominantly holding bachelor’s degrees, with the largest percentage (37.5%) being teachers. Regarding the needs and expectations of stakeholders, the survey identified high-level needs in terms of location, equipment, and facilities (mean = 4.83, SD = 0.47), speakers (mean = 4.79, SD = 0.56), knowledge acquisition (mean = 4.97, SD = 0.13), activity planning (mean = 4.90, SD = 0.25), and overall expectations for successful organization (mean = 4.87, SD = 0.36). Interviews with sponsors revealed their expectation that funding or product support would contribute to achieving project objectives, with the additional hope that participants would become familiar with and prefer their products in the future. Supervisors of participants emphasized their expectation that staff would apply workshop knowledge to enhance teaching, research, and child development activities. Overall, the research highlighted critical insights into stakeholder needs and expectations, providing valuable guidance for organizing future educational workshops aimed at children’s brain development.

Investigating the Link Between Self-Efficacy and Perceived Student Engagement: An Analysis of Teacher Perspective

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Abstract

This study investigates the influence of school sports facilities and equipment on student engagement in Physical Education (PE), emphasizing the teachers' self-efficacy. Results show that while the availability of facilities (e.g., basketball and volleyball) is high, individual and culturally significant sports are underserved. Regression analysis reveals that teacher self-efficacy significantly predicts student engagement across intellectual, psychomotor, and learning dimensions ($p < .001$), whereas facilities alone have a direct effect on students' engagement. The findings highlight that self-efficacy is a stronger predictor of engagement than resource availability. This suggests that improving PE outcomes requires not only addressing disparities in infrastructure but also strengthening teacher development programs. Therefore, the study recommends equitable resource allocation, promotion of inclusive sports programs, and continuous professional development to empower teachers and foster a more engaging, holistic, and culturally responsive physical education environment.

Keywords: Physical Education, facilities, equipment, student engagement, teacher self-efficacy, regression analysis, resource allocation, professional development.

Creating Educational Materials for Arnis: A Research on Structured Pamphlets for Livestick Patterns

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Abstract

This mixed-methods study successfully developed a structured pamphlet for Arnis livestock patterns to enhance the practice and mastery of these techniques among beginner practitioners. The research addresses the challenge beginners face in mastering the complex and fluid movements of livestock patterns due to a lack of structured and accessible educational materials. Employing a purposive sampling method, the study involved ten respondents, including five expert arisnadors and five beginner practitioners. Data was gathered through a structured questionnaire, feedback forms, and expert consultations. The qualitative data was analyzed using thematic analysis, while quantitative data was analyzed using descriptive and inferential statistics. The result is a comprehensive, user-friendly, and systematic educational resource designed to facilitate skill development and improve training outcomes by providing clear, step-by-step guidance on livestock patterns.

Keywords: Arnis, Livestick Patterns, Educational Materials, Structured Pamphlet, Mixed-Methods Research

Level of Competency Among BPEd Pre-Service Teachers

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Abstract

Teacher competence is a fundamental factor in ensuring effective instruction and achieving quality education outcomes. In the Philippine context, the Philippine Professional Standards for Teachers (PPST) provides a benchmark for evaluating the preparedness of future educators. This study assessed the level of competency among Bachelor of Physical Education (BPEd) pre-service teachers, who represent the pioneering graduates of the program in Mindanao State University–Iligan Institute of Technology. Specifically, it sought to determine their strengths and readiness across the seven domains of the PPST. A descriptive-quantitative research design was employed, and the respondents consisted of 75 graduating BPEd students from the academic year 2021–2022. Data were gathered through a standardized PPST-based survey questionnaire distributed electronically, and results were analyzed using weighted mean. The findings revealed that the pre-service teachers demonstrated high competence across all domains, including content knowledge and pedagogy, learning environment, diversity of learners, curriculum and planning, assessment and reporting, community linkages and professional engagement, and personal growth and professional development. Notably, the highest competencies were observed in establishing effective learning environments and pursuing continuous professional development, while slightly lower but still high ratings were recorded in addressing learner diversity. Despite facing challenges from two years of online learning brought by the COVID-19 pandemic and the pressure of being the first cohort under the revised BPEd curriculum, the respondents were able to achieve the standards of beginning teachers. These results underscore the adaptability, resilience, and readiness of pre-service teachers in navigating curriculum shifts and evolving educational landscapes. The study highlights the need for flexible and responsive teacher education curricula that can adapt to future disruptions while sustaining high levels of teacher preparation. It also emphasizes the importance of fostering continuous professional growth to produce globally competitive educators capable of meeting 21st-century teaching demands.



Developing a Distinct MSU-IIT Model for Modern Arnis Basic Anyo: Enhancing Fundamental Skills for Beginner Filipino Martial Arts Practitioners

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Co-author: Griffter Sumando¹

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Abstract

This study aims to develop a distinct MSU-IIT Model for Modern Arnis Basic Anyo, a Filipino martial art that emphasizes skills such as striking, blocking, footwork, and weapon handling. The research addresses the current limited structured training models at MSU-IIT and in Iligan City, and the challenges beginners face in executing fundamental techniques. This study successfully developed and validated a distinct MSU-IIT Model for Modern Arnis Basic Anyo, a Filipino martial art emphasizing fundamental skills like striking, blocking, footwork, and weapon handling. The research addressed a significant gap in structured training models for Modern Arnis in both the MSU-IIT community and Iligan City. Employing a qualitative research design anchored in the Input-Process-Output (IPO) model, the study gathered rich insights from a select group of three Arnis coaches and two experienced players through one-on-one interviews. The collected data underwent a thorough thematic analysis, which guided the creation of a culturally responsive and pedagogically sound instructional model. The final output is a comprehensive guide designed to improve coordination, balance, and muscle memory, serving as a foundational reference for beginner practitioners in the MSU-IIT community.

Keywords: Modern Arnis, Filipino Martial Arts, Physical Education, Instructional Model, IPO Model





From Tradition to Transformation: Indigenizing Fitness Through Hataw Higaonon

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Abstract

The Higaonon tribe of Iligan City, Northern Mindanao, is renowned for its rich cultural traditions, including dances that embody their spirituality, lifestyle, and identity. While existing scholarship has largely documented these dances in descriptive or ethnographic form, there is limited integration of such movements into structured, culturally responsive fitness programs. Addressing this gap, this study developed Hataw Higaonon, a low-impact dance fitness routine that blends indigenous Higaonon movements with contemporary exercise design. Guided by the Input–Process–Output (IPO) framework and the Successive Approximation Model (SAM), the research utilized a qualitative approach through immersive methods such as community consultations, cultural validation, participant observation, and focus group discussions. From seven documented Higaonon performances, four were identified as culturally permissible for non-Higaonons, leading to the validation of seven essential steps which were choreographed into the Hataw Higaonon routine. The prototype was video-documented and pilot-tested with selected participants to ensure authenticity, cultural sensitivity, and practical applicability. Findings from cultural experts and participants revealed that the routine was culturally relevant, engaging, and enjoyable, while simultaneously fostering appreciation of Higaonon heritage. The study concludes that Hataw Higaonon functions not only as a fitness intervention but also as a cultural archive, providing innovative pathways for cultural preservation, health promotion, and social identity reinforcement. These outcomes underscore the potential of indigenized fitness programs to contribute to the Sustainable Development Goals, particularly SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), by fostering inclusive, community-driven approaches to wellness and cultural continuity.





MINDALIT: A Digital Dance Repository for Physical Education Using the Successive Approximation Model

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Abstract

This paper presents MINDALIT, a digital repository designed to preserve and promote the folk and ethnic dances of Northern Mindanao, as a case study in applying digital innovation within Physical Education. Utilizing the Successive Approximation Model, the study followed iterative phases of preparation, design, and development to transform cultural knowledge into a functional high-fidelity prototype. Insights from ethnic dance experts and web application specialists guided the refinement of low-fidelity prototypes into a user-friendly platform developed through Google Sites and QR codes. Beyond safeguarding cultural heritage, MINDALIT supports Physical Education by providing accessible instructional resources that enhance the teaching and learning of traditional dances. This integration of technology into PE pedagogy illustrates how digital tools can sustain cultural identity while addressing the evolving needs of education in the digital era. The study underscores the potential of web-based repositories to bridge tradition and innovation, enriching both dance education and cultural preservation.





From Fear to Fuel: Unpacking the Motivation of Failure Avoidance in Team Sport Athletes

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Abstract

The fear of failure exerts a significant influence on the motivational orientation of student-athletes, often shifting their drive from intrinsic to extrinsic sources. Grounded in Self-Determination Theory (SDT), this study examined the predictive relationship between fear of failure and athletic motivation. A total of 321 student-athletes from various educational institutions in Iligan City participated, all of whom possessed at least five years of athletic experience and had competed in tournaments ranging from the regional to the national level. The Performance Failure Appraisal Inventory (PFAI) was employed to assess fear of failure, while the Sport Motivation Scale (SMS) was used to evaluate motivation. Data were analyzed through bivariate correlation and multiple regression using JASP version 28. Results revealed that all five dimensions of fear of failure significantly influenced student-athletes' motivation. Among these, fear of displeasing important others was identified as the strongest predictor, followed by fear of experiencing shame and guilt, fear of devaluing one's self-worth, fear of an uncertain future, and fear of losing others' interest. The findings suggest that fear of failure undermines the basic psychological needs of autonomy, competence, and relatedness, thereby fostering controlled rather than autonomous forms of motivation. Consequently, creating autonomy-supportive environments and ensuring psychological safety are essential in reducing fear-based pressures and in promoting sustainable, self-determined motivation among student-athletes.



The Dark Side of Student-Athletes' University Life: How Academic Stress and Burnout Affect Athletes' Engagement in Sports

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Abstract

Student-athletes often face the dual challenge of balancing academic demands with sports commitments. While moderate stress can foster growth and resilience, excessive academic pressure may lead to burnout and a decline in participation in sports. This study aimed to explore how academic stress and burnout influence the level of sports engagement among non-elite university student-athletes. A descriptive-correlational design was employed with 1,486 student-athletes (64% male, 36% female), aged 18-24 from various universities in Iligan City, Philippines. Respondents were selected based on their competitive experience and years of participation. Standardized survey instruments measured academic stress, burnout, and sports engagement, and responses were analyzed to determine patterns and associations. Findings revealed that academic stress produced mixed effects on sports engagement. While some stress factors, such as self-perception and performance pressure, contributed positively to motivation and participation, heavy workloads and high expectations diminished engagement. Burnout consistently lowered sports engagement, with dimensions such as cynicism, exhaustion, and inadequacy showing strong negative impacts. The results highlight the dual role of academic stress, acting as both a motivator and a barrier depending on its intensity and the athlete's coping strategies. Burnout, however, emerged as a uniform risk factor, undermining enthusiasm, energy, and commitment to sports. To sustain student-athletes' engagement, schools and athletic programs must balance academic rigor with support systems that reduce burnout risks. Strategies such as academic flexibility, stress management initiatives, and mentorship can help student-athletes thrive in both academic and athletic domains.

Keywords: Student-Athletes, Academic Stress, Burnout, Sport Engagement

Effectiveness of Game-Based Activities in Enhancing Immediate Recall and Engagement in Cognitively Demanding Subjects

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Abstract

Anatomy is a cognitively demanding course in Physical Education, requiring students to recall extensive information that serves as a foundation for professional practice. Despite its importance, many students struggle with immediate recall of anatomical knowledge due to the subject's complexity and the traditional lecture-based approaches commonly used in instruction. This challenge highlights the need for innovative teaching strategies that actively engage learners and enhance memory retention. Game-based learning has emerged as a promising pedagogical approach that integrates interactive, competitive, and rewarding elements into the educational process. Games stimulate active participation, foster motivation, and create meaningful learning experiences, which can facilitate encoding and retrieval processes essential for immediate recall. Embedding game-based activities into lesson plans provides a structured means of reinforcing content in a way that is both engaging and effective. In this study, a quasi-experimental design was employed to examine the effectiveness of game-based activities in improving immediate recall among students enrolled in Anatomy. Lesson plans embedded with game-based activities were validated by experts to ensure content accuracy and pedagogical appropriateness. A pre-test was conducted one week prior to the intervention, and the same instrument was administered as a post-test following the lesson. The results demonstrated a significant improvement in immediate recall ($p < .001$), suggesting that integrating game-based activities into Anatomy instruction can enhance students' ability to remember content in the short term.

Keywords: Game-based learning, immediate recall, cognitive learning

Aquarobics Intervention Improved Metabolic Profile and Reduced Inflammatory Markers in Female

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Abstract

Background: Chronic low-grade inflammation and metabolic irregularities are strongly associated with obesity, increasing the likelihood of type 2 diabetes, insulin resistance, and cardiovascular diseases. Aquarobics, a low-impact aerobic exercise performed in water, can provide a safe and effective method to enhance the metabolic health of obese individuals. This study aimed to evaluate the impact of a structured aquarobics program on the metabolic profile and inflammatory markers in individuals with obesity. **Methods:** A quasi-experimental study was conducted with 40 obese individuals (BMI ≥ 30 kg/m²), aged between 15-20 years. Participants were allocated to either an intervention group (n=20), which engaged in supervised aquarobics three times weekly for 12 weeks, or a control group (n=20) that did not participate in any organized physical activity. Blood samples were obtained before and after the intervention to evaluate lipid profiles (total cholesterol, HDL, LDL, triglycerides), fasting glucose levels, and inflammatory markers (CRP and IL-6). Body composition and VO₂max were also assessed. **Results:** After 12 weeks, the intervention group exhibited notable enhancements in HDL levels (p<0.01), along with decreases in LDL, total cholesterol, triglycerides, and fasting glucose (p<0.05). The inflammatory markers CRP and IL-6 showed a significant reduction compared to baseline, experiencing a 12.4% improvement in VO₂max (p<0.01) and a 3.8% reduction in body fat percentage (p<0.05). After 12 weeks, the intervention group showed significant improvements in HDL levels (p<0.01), reductions in LDL, total cholesterol, triglycerides, and fasting glucose (p<0.05). Inflammatory markers CRP and IL-6 also decreased significantly compared to baseline (p<0.01), while no significant changes were observed in the control group. VO₂max improved by 12.4% (p<0.01) and body fat percentage decreased by 3.8% (p<0.05) in the intervention group. **Conclusion:** Aquarobics is an effective non-pharmacological strategy for improving metabolic profile and reducing systemic inflammation in obese adults. This water-based intervention can be recommended as a safe, accessible exercise modality for obesity management and cardiometabolic risk reduction.