This study on the skills, knowledge and attitudes of the Physical Education instructors of the higher education institutions of Urdaneta City, Pangasinan was conducted to determine the socio-demographic profile of physical education instructors; determine the level of skills, knowledge and attitudes of Physical Education instructors as evaluated by the students, supervisors/heads and themselves; determine the level of attainment of these instructors; determine the relationship between demographic profile and the skills, knowledge and attitudes of instructors; and find out the problems or issues affecting the skills, knowledge and attitudes of the respondents. This was conducted during the second semester of school year 2007-2008. The respondents of the study were 844 students, 13 physical education instructors and 5 supervisors/heads in physical education. To gather data and information from the respondents, a structured questionnaire was constructed by the researcher. Data were tallied, summarized in tables and analyzed using both the descriptive and inferential statistics.

The respondents are male dominated with an average age of 34 years and the majority is married. In terms of their educational attainment, there is an almost equal number of bachelors degree holders with the masters degree holders. The respondents are still new in the service and with a teaching load of 21 units and above. Majority of the Physical Education instructors and heads are full time Physical Education instructors. The respondents do not differ significantly on their socio-demographic profile in terms of gender, age, civil status, educational attainment, length of teaching experience in Physical Education, teaching load and employment status.

The level of skills, knowledge and attitudes of the instructors is good. The respondents differ significantly on the skills, knowledge and attitudes of Physical Education instructors as perceived by the students, instructors and the supervisors/heads of higher institutions of Urdaneta City, Pangasinan. In terms of the level of attainment of the Physical Education instructors along faculty, teaching procedure, students, general observation, faculty in the grading procedure, results showed that these were average or moderate. The respondents differed on their level of attainment in terms of faculty and general observation but not on teaching procedures, students and faculty in the grading procedures.

The relationship between the socio-demographic profile of the Physical Education instructors and their level of attainment of their skills is positive on gender and teaching load, but a negative correlation existed on age, civil status, educational attainment, length of teaching experience and teaching status. However, these correlations are not significant. On the other hand, on their level of attainment on knowledge with the demographic profile of the instructors, the correlation is similar to their skills. Again the relationship between these two variables is not significant. In terms of the attitudes of physical education instructors, all the correlations are negative. However, all these correlations were not significant.

The Physical Education instructors faced problems or issues that affect their skills, knowledge and attitudes in terms of instruction such as lack of instructional supplies and materials. Among the problems about the teachers, tardiness was the leading one, which is followed by the inadequate training of instructors. From the administration, the leading problem is the formulation of policies to serve as guidelines in effective teaching, which is followed closely by the lack of administrative support. On students’ related problems, lack of discipline, values and traits of students was noted with 39.0 percent and the least is tardiness of students. The respondents differed significantly on their problems or issues affecting skills, knowledge and attitudes in terms of instruction, faculty, administration and students.
PERFORMANCE LEVEL OF CORDILLERAN WUSHU ATHLETES

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This study aims to determine the profile of the Cordilleran wushu athletes, their level of performances, the factors affecting their performance and problems affecting their performance.

The findings show that majority of the respondents are male with their age ranging from 16-28. Almost all the athletes are single and only two of them are married. The majority of the athletes are practicing wushu sanshou as their specialization while others practice the art form of wushu taulo. They are generally light to medium built.

Under the performance of athletes in terms of knowledge acquired while practicing the sports, the athletes perceived that they are moderately knowledgeable on the sports in terms of basic skills and officiating as well as to the actual application to competitions. Under the level of performance in terms of competitions, most of the athletes are actively participating in local, regional, national and some have participated in international competitions. 21 athletes have competed internationally and contributed gold medals for the country and numerous silver and bronze medals in this specific sport. Among the international events that they actively participated are Wushu World Cup, Asian Games and Southeast Asian games. Some athletes are practicing this sport for as long as 7 years. The respondents have also developed and improved their values while practicing wushu such as self discipline, integrity, courage, respect, responsibility, peace, self reliance, love, excellence, spirituality and harmony. The athletes perceived that these values are much improved while they are practicing the sports wushu.

The factors that affect the performance of the cordilleran wushu athletes are listed as physical factors, social and financial factors, and environmental factors. The athletes consider the following as Physical factor that affects their performance; Martial arts background, body built, weight and diets. Furthermore, the athletes perceived that the proper diets for athletes are seldom provided. As to the social and financial factors affecting the performance of the athlete, the national government, educational institution, non governmental organizations and the wushu federation are moderately supportive to the wushu athletes. These institutions are supportive in giving supports such as: financial, medical assistance, scholarships and incentives. The environmental factors such as climate, altitude Training, training period, topography, body built, cordilleran fighter personality, Cordilleran warrior instinct, highland life style, ethnic origin, weather, and highland diet are generally perceived by the athletes as effective for their athletic performance. Finally, the problem encountered by the athletes are lack of proper training program, sport related injuries, lack of accredited wushu trainers, lack of exposures to higher level of competitions, conflict of academics versus trainings. The athletes perceived these problems as moderately serious.

THE EFFECTIVENESS OF COACHING METHODS IN ADAPTED PHYSICAL EDUCATION AMONG SPECIAL EDUCATION SCHOOLS OF BAGUIO CITY

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This study was conducted to determine the effectiveness of coaching methods in adapted physical education among Special Education schools of Baguio City. Specifically, it aimed to: find out the profile of the respondents; determine the existing coaching methods; determine the level of effectiveness of the coaching methods used; and, determine the problems encountered by physical education teachers coaching special students in Special Education schools of Baguio City. This study was conducted during the school year 2007-2008 with 19 teacher respondents. Data were collected using a structured questionnaire constructed by the researcher. Data were tallied, summarized and analyzed using the appropriate statistical tools such as the frequency counts, percentages, weighted means, Cochran Q-test and the chi-square test. The 0.05 level of significance was the criterion point in rejecting or accepting the stated hypotheses.

Results indicate that the mean age of the respondents is 32. There are more teachers whose ages ranged from 26 and above or 77 percent of the respondents have ages ranging from 26 and above. The
number of males dominated the number of female teachers in relation to the coaching of special students. As to educational attainment, 11 pursued advanced studies. However, none has finished a doctorate degree.

The teachers have been teaching adapted physical education subjects for a mean of 6 years, and 7 years for those teachers teaching other subjects. In terms of the number of years coaching special students, the mean was 6 years. The respondents differed significantly in terms of gender and not significantly according to age, educational attainment, number of years teaching adapted physical education subjects, number of years teaching other subjects, and number of years coaching special students. As to the type of training these teachers attended, a little less than 50 percent attended the local level and none among them attended an international training. The respondents differed significantly on the trainings they have attended.

Results also showed that 47.4 percent of the special students coached by the teachers have hearing impairment. The teachers are coaching special students in physical education such as autistic, deaf, mentally retarded, visually impaired, with multiple disability, emotionally disturb, behavioral disorders, orthopedic impairment, and with specific learning disability. Teachers’ coaching differs. It depends on the type of special students they coached. On the specific events, these teachers coach athletic, movement and dance, badminton, golf, table tennis, wheelchair basketball, sitting volleyball, swimming, chess, tennis, billiards, goal ball and cricket. This means that the special students play different kinds of events in physical education. There is a significant difference on the events coached by the teachers.

The teachers in adapted physical education utilize different methods of coaching. However, these are only sometimes utilized. Result also shows that the teachers differ on the coaching methods they used. Among these, repetition and review method are always used. The least is the use of signs or pictures of American Sign Language. The level of effectiveness on the coaching methods utilized by the teacher respondents described as very effective. Nine out of 15 methods used are very effective. The least is the use of signs or pictures of American Sign Language. There is no significant difference on the level of effectiveness of the coaching methods used as perceived by the teacher respondents. The degree of seriousness of the problems encountered by the teachers in coaching special students is moderately serious. The respondents do not differ significantly as to the problems they encountered.

EXTENT OF EFFECTIVENESS OF PHYSICAL EDUCATION INSTRUCTION IN SELECTED HIGHER EDUCATION INSTITUTIONS IN THE CITY OF BAGUIO

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This study was conducted to analyze the effective instruction among Physical Education instructors of selected tertiary education in the City of Baguio. Specifically, it aimed to: determine the demographic profile of the instructors; determine the degree of effectiveness of personal, professional and work-related factors; find out the relationship of the demographic profile of the instructors and the degree of effectiveness of personal, professional and work-related factors; and determine the degree of seriousness of problems encountered by these Physical Education instructors of Baguio City. There were 32 respondents coming from selected tertiary institutions of Baguio City. Data were collected through the use of a questionnaire-checklist instrument. Data were tallied, summarized and analyzed using appropriate statistical tools such as weighted mean, frequency counts, percentage, chi-square test, Cochran Q-test, Pearson Product Moment Correlation coefficient and the ANOVA.

Results indicate that the respondents are male dominated with 24 to 30 years of age; more than one half of them are married. These respondents differed significantly along gender but not on age and marital status. In terms of professional factors, the respondents are still relatively new in the teaching profession and more than fifty percent obtained their bachelor’s degree. Further, majority are civil service eligible and have attended trainings from district to international levels. Along this factor also, the teachers differed on their length of service, educational attainment, eligibility and on trainings attended. On work-related factors, the teachers have an average load of 24 units and some of them hold administrative positions. As to coaching assignment, more than fifty percent do not coach varsity teams. The Physical education teachers differed significantly on their teaching load and in their coaching assignment. The personal and work-related factors moderately affect the degree of effectiveness of the instructors. The professional factors on
the other hand, affect the respondents' effectiveness. However, the instructors do not differ on the degree of effectiveness in terms of personal, professional and work-related factors.

The relationship of gender, age, civil status, in-service trainings attended and teaching is positive but negative in terms of gender, educational attainment, length of teaching experience and coaching assignments along their perceptions on the degree of effectiveness. However, these relationships are not significant. On the other hand, positive correlations exist on gender, age, civil status, educational attainment, length of teaching experience, eligibility, in-service trainings attended and coaching assignments but negative on teaching load and the degree of effectiveness of the instructors along their professional factors. There is a significant relationship between gender and in-service trainings attended on the degree of effectiveness of these teachers but not significant on the other variables.

In terms of the work-related factors of the instructors, there exists a positive correlation on gender, age, civil status, educational attainment, length of teaching, eligibility, in-service trainings attended but negative correlation on teaching load and coaching assignment with the degree of effectiveness of the instructors. The relationship is significant on civil status, length of coaching and in-service trainings attended with their degree of effectiveness but not on the other variables. The instructors encountered problems in terms of personal, professional and work-related factors. The respondents perceived the personal factors as moderately serious as well as the professional factors. However, in the procurement procedures, the problems are not serious along procurement of facilities, reference materials, equipment used in individual, dual and team sports. These facilities and equipment were either owned, borrowed or rented by the teachers. There is a significant difference among the respondents on the degree of seriousness of problems encountered in the procurement of reference materials and equipment used whether in individual, dual or team sports. However, the instructors do not differ on the degree of seriousness of the problems they encountered along personal, professional and procurement of facilities. In addition, the teachers differed in the procurement of facilities and equipment on the different sports but not significant on procurement of reference materials.

SOCIAL COMPETENCE IN THE DEVELOPMENT OF SPORTS PERFORMANCE OF BACHELOR IN PHYSICAL EDUCATION STUDENTS IN TARLAC STATE UNIVERSITY

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This study focused in social competence, as a facet of sociology, and its relationship with sports performance. The study, also attempted to ensure that aside from the practical sporting abilities and various physical tasks for the respondents to be socially competent in order to have a very satisfactory work outputs. The Pearson Product-Moment Correlation was used to test the relationship between the social competence and the profile of the respondents and other variables through the survey-questionnaire. Also, a Social Competence Scale was administered as a tool to develop an index that measured social competence of the respondents during on-court and off-court sports experiences. Observations, interviews, video clips, group discussions and team dynamics activities were used as measuring tools to establish personal grasps of the respondent’s interactions and dynamics, as a team. Findings of the study will encourage the college sports coordinators, coaches, trainers and sports enthusiasts to focus in-deeply on the sociological and physiological well-being of their athletes. This will boost the morale and performance of their teams’ achievements; the social awareness enhancement of the Tarlac State University’s Sports Development Program and become an eye opener for the Sporting World.
THE PHYSICAL FITNESS LEVEL OF THE DANCE TROUPE MEMBERS
OF HIGHER EDUCATIONAL INSTITUTES
IN URDANETA CITY

TENGCO, MAY CRISTINA T., (MA Physical Education, May 2008)
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This study was conducted to determine the socio-economic profile of the dance troupe members as well as the factors affecting the students in learning dances, degree of capability and the effect of dancing on the physical fitness of the students. There were 82 respondents of this study coming from four higher education institutions in Urdaneta City. This was conducted during the second semester of SY 2007-2008.

Data were collected using a questionnaire constructed by the researcher. Results indicate that the average age of the respondents is 20 years old and there is an almost equal number of males and females. Majority of them are single and are Roman Catholics. As to ethnic affiliation, there are more Ilocanos than other affiliations. The physical, emotional, social, environmental and psychological factors significantly affect the students in learning dances as perceived by the respondents. The overall level of the factors significantly affected the students’ learning of the different dances as indicated by the weighted mean of 3.77. There is a significant difference between the expected and actual level of the factors affecting the students in learning dances. However, the students can still improve themselves in learning dances. In terms of the degree of capability as to creative rhythm, folk/ethnic dances, social/ballroom dances, recreational and creative dances of the students in learning dances, a high degree of capability was perceived with an overall mean of 3.85. There is a significant difference between the hypothesized levels which is moderate and the actual which is high capability and this is justified by the result of the t-test. The students can still improve themselves to attain a high degree of capability with the motivation of dance troupe (DT) trainors of Higher Educational Institutes (HEI’s).

The level of effect of dances on the physical fitness and behaviors/attitudes on the physical fitness of the students is described as significantly effective. There is a significant difference between the hypothesized levels of effect of dances with that of the actual level of effect as perceived by the respondents. The students can still improve themselves in order to attain a higher level of effectiveness of dances on the physical fitness level of students. This can be attained through better fitness programs as initiated by DT trainors of HEI’s in Urdaneta City as well as in other places.

THE USE OF EDUCATIONAL TECHNOLOGY IN LEARNING SECONDARY PHYSICAL
EDUCATION IN THE SOUTH SCHOOLS CONSORTIUM
OF NATIONAL CAPITAL REGION

TOQUERO, RENE L., (MA Physical Education, October 2008)
ESTRELLITA N. CORPUZ, M.A., Adviser

This study was conducted to determine the extent of use of the following educational technologies by students in learning secondary physical education in terms of visual aids and audio visual aids; the degree of effectiveness of these educational technologies; degree of benefits with the use of educational technology in learning secondary physical education in terms of cognitive, affective and psychomotor dimensions; and the degree of seriousness of the problems encountered by the students in learning secondary physical education in terms of administrative and health-related aspects. There were 479 respondents of this study coming from the South Schools Consortium of the National Capital Region. This was conducted during the SY 2007-2008. Data were collected using a questionnaire constructed by the researcher. Before floating the questionnaire, a permission to the school heads of the four institutions was asked. Upon the retrieval of the questionnaires, data was then tabulated, summarized in tables and analyzed using both the descriptive and inferential statistics at 0.05 level of significance.

The salient findings of the study are the following: The use of the educational technologies such as visual aids and audio visual aids in learning secondary physical education as perceived by the respondents is moderately useful. The overall extent of use of these educational technologies is 3.47 and 3.46, respectively, described as moderately useful. Statistically, the extent of use is significantly different from.
what is hypothesized of being moderate. The respondents however, believed that the utilization of these technologies are not very useful. This indicates that maybe other instructional materials are useful in learning secondary physical education. In terms of the degree of effectiveness of using these educational technologies, the respondents perceived moderately effective for both the use of visual aids and audio visual aids with means of 3.46 and 3.48, respectively. This is significantly different from being slightly effective as justified by the result of the t-test. The respondents believed that the visual aids and audio visual aids used by these students are not very effective in as far as learning physical education is concern. The respondents’ degree of benefits achieved in using these educational technologies along the cognitive, affective and psychomotor is beneficial with weighted means of 3.84, 3.93 and 4.07. The degree of benefits in using these educational technologies is significantly different along cognitive and psychomotor but not along affective dimension. This is with evidence to the result of the t-test at 0.05 level of significance. The respondents encountered problems in terms of students development, financial, administrative and health related problems which are moderately serious. The degree of these problems are all significantly different from what is hypothesized as serious. This means that what the respondents believed of these problems encountered are moderately serious and not serious as hypothesized.