

Sports Coaching Activities for Senior High School Learners in STI College Tanauan

An Action Research

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Abstract

This study is intended to determine how the Sports Coaching Activities for Senior High School Learners at STI College Tanauan's way of conducting sports coaching activities will be actualized among the senior high school students of STI College Tanauan in the first semester of the school year 2019–2020.

Moreover, the researcher also wants to investigate senior high school students' attitudes and performance towards sports activities as a subject and the challenges they face.

The researcher will employ the descriptive research design to gather adequate facts and data in order to answer the question concerning how effective sports coaching activities are. The study focuses on the effects and benefits of sports coaching activities. The researcher aims to determine the sports coaching activities and physical education learning achievement of 136 senior high school students at STI College Tanauan for SY 2019-2020.

The following recommendations were offered based on the fact that STI College Tanauan must continue improving its sports coaching activities because they bring great benefits to the students' wellness, not only physically but also mentally, emotionally, and socially.

Summing it all up, the researcher wants to recommend that the school fully implement, monitor, and evaluate the sports coaching activities action plan of the school, for it will have more chances of elevating the school's performance through sports.

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I. Context and Rationale

With the demand of the 21st century, preparing the students to cope and assent the process of the reality to acquire the specific knowledge and skills in order to successful has been the focal point of the recent educational reform movement in the Philippines. Students need to be comfortable with the idea of change and be willing to adapt to the changes that surround them. The purpose of preparing them is to relate the function of the diversity and changes of the real world education. Having been in this state could turn them to the most sought learners of the time.

Education is the chief tool to develop the performance of every individual. It assess the fundamental needs of the children up to the advance in order to have the so called quality education. However, with current situation of Philippine education system these have been one of the main problems being encountered. The enhancement of this education system will help the learners to become competitive and well – rounded.

With this, former President “Noynoy” Aquino signed into law the Republic Act No.10533 also known the Enhanced Basic Education Act of 2013 wherein the main objective is to enhance the Philippine basic education system by empowering its curriculum and increasing the number of years for basic education. In relation with this, the curriculum shall use the spiral progression approach to develop the same concept from one grade level to the next in increasing complexity and sophistication while at the same time they are related to the basics which are reemphasized/rediscovered many time for connection and mastery.

Clearly, the function of basic education system is to equip the students to become responsible, skillful and competent member of the society. In contrast to, (Anderman 2012), what the teachers make daily can affects

many of the important educational outcomes. Education is essential for every society and individual. It is life itself but not a preparation for life. Man has various qualities. These qualities of the individual should be developed for the improvement of the country. So education plays a complementary role for overall individual, social and national development. It enables an individual to realize his highest self and goal. The role of the teachers is to ensure that the students must acquire the finest education of all.

Moreover, the purpose of adding two more years in high school, the Senior High School (SHS) aims to provide every Filipino with quality, relevant, appropriate, and life-long learning education s/he needs to compete in global context. The goal of the curriculum is to give Filipino students enough time to master skills and concepts so that they are ready for tertiary education when the time comes.

An educated individual possesses the core values which makes him/her a whole person. A student is always guided and inspired by the vision – mission of the school. Thus, truly dedicated student practices explicitly and sincerely the positive values and good spirit of inculcated by the school (Alvarez, 2011).

According to Shephard (2012), one of the most significant responsibilities we have as a government institution and as educators is to give our students a strong foundation to build a full and active life. Physical activity for students has been linked to positive self-esteem, skill development, skeletal and cardiovascular health, and general healthy development. It is now widely established that teenage is the best time to establish positive attitudes and behavior relating to physical activity and a healthy lifestyle. Young people spend a significant amount of time at school and therefore school environments need to be supportive of students being physically active.

School sports coaching programs and physical education programs are an important part of a comprehensive approach to providing this support. Coaching sports is a highly contextual act and there are a number of factors that directly influence the coaching environment. Coaching is primarily a social activity that involves the coach to establish and maintain a number of coach-athlete relationships.

In support with this, students of STI College Tanauan - Senior High School must have this kind of program to increase students' participation in some sports competition to increase benefits from participating in the said program. The proposed Sports Coaching Activities will include team sports to ensure full participation.

STI College - Tanauan Senior High School (SHS) includes Physical Education for Grade 11 and Grade 12 since the start of K-12 curriculum. The Physical Education teacher faced difficulties in terms of teaching the subject because students find it so hard due to the following reasons: lacking of adequately qualified physical education personnel, lacking of facilities for medical examination, lacking of properly developed playground, an academically loaded curriculum, lack of time and funds, lacking of interest and participation in physical activities, and fear of possible injuries were given less importance.

Likewise, although Physical Education in school is important and a preparatory point to nurture lifelong participation in physical activity, it has limited curriculum time allocation and that's why it affects the needs of the students. It is also an integral part of whole educational program which is designed to promote optimum development such as physical, mental, social, emotional and spiritual aspects. Physical education may help prevent disease, improve overall health and wellness, maintain social and emotional balance through building relationships, enhances a students' academic learning and performance, and fosters positive life-long habits that lead to a happier life.

The main purpose of the research is to prepare and strengthen the abilities, skills and understanding in sports coaching activities of every students of Senior High School at STI College Tanauan so that they could participate in many competitions carrying the lesson learned in sports coaching activities. Seeing the students with lack of interest in any sports will definitely bother instructors and think on how their learners' condition will be maintained. Thus, with lack of awareness and willingness to learn sports coaching activities, it will helped the students to be guided and to be more prepared in terms of conducting sports event or competitions. In the long-run, empowering the purpose of the study will totally benefit the students. Aside from the said purpose, this study will assess the teacher –researcher about the efficiency and aids of sports coaching activities and competition in STI College Tanauan – Senior High School.

II. Brief Review of Literature

This part will be responsible for the related literature that the researcher had gathered from different studies. All the information will support the proponent to deeply understand the topic.

Physical activities include all movements that can contribute to improve health. Physical education activities through sports programs improve the quality of life and the physical well-being of an individual. Students of all ages enjoy playing games and engaging in recreational activities to maintain good health. The main purpose of the sports program is to optimize quality of life through enjoyable physical activities and sports experiences (Orlanda, 2012).

Sports coaching involves teaching, training, instructing and more. It is not purely about serving people to learn sports skills, improve performance and reach their full-potential. It is also about identifying understanding,

respecting and providing for other needs of athletes. These wants are many and cover wide range such as social and emotional needs, as well as the more obvious needs related to athletics' success and completion (Bhardwaj, 2011).

Good coach ought to have a code of behavior based on a code of ethics which places the rights and needs of his athletes before those of by hand. This will need to enhance a caring and persistent relationship with the competitors he coach. Participation in sport is a collective method. Coaching will therefore have great strength to form the lives of his athletes through this social activities and leadership process. Coaching sports is a highly contextual act and there are a number of factors that directly influence the coaching environment. Coaching is primarily a social activity that involves the coach to establish and maintain a number of coach-athlete relationships. For some, sports coaching is a job. For others, it is a pastime wherein they willingly give up their time to do on a voluntary basis. Some pursue the academic study of sports coaching for personal attainment or for sharing ideas and information; others pursue the vocational study of sports coaching to acquire certification that demonstrates a particular level of competence (Robinson, 2012).

Although sports have the potential to provide youth with benefits, the sports themselves cannot provide these outcomes on their own. In order for youth to grow from their sport 11 experience they need guidance from coaches, parents, and other important figures. Each involved individual plays a vital role in making youth sport a success (The most important factor in determining outcomes is the manner in which this important social learning situation is structured and supervised by the adults who play an increasingly active role in highly organized youth sport programs of today Of these individuals, the coach is one who can make one of the strongest impacts due to the amount of direct involvement with youth within the sport context (Smith, 2014).

According to Lyle (2011), the purpose of sports coaching is to improve the performance of an athlete or sports team. Providing a definition of sports coaching that full encapsulates what is, can be somewhat problematic and goes beyond this introduction. What makes Sport coaching activities different from other variants of teaching sports in physical education, are the main features. One of the most unique and important features of sports coaching activities is that seasons are used rather than traditional units. Another feature of sport coaching activities is that students are organized into mixed-ability teams that they stay with throughout the season. Within these teams, students can assume different roles throughout the season. These roles can be, but are not limited to, player, coach, scorekeeper, referee, journalist, sports caster, team captains, etc. Through these roles and responsibilities, modes of learning and application of knowledge can be seen in the psychomotor and cognitive domain as scores, records, statistics, and standings are kept.

This sports coached as techniques or approach involves isolating the individual skill and practicing it in a drill format, whereby players progress from basic to complex motor skill patterns in practice tasks focusing on learning the 'correct' technique. Effective demonstration of the coach are used when showing athletes new techniques. Demonstration are an important tool which should be used by coaches to support and develop athletes all abilities. The first thing that a coach will consider is whether they use an image, a video or themselves for demonstration (Rollins, 2012).

Sports coaching had continued to evolve with the help of human competitiveness. In addition, competitive nature of sport encourages some participants to attempt to enhance their performance through the use of medicines, or through other. Nature of sports coaching and the process inherent within the field has become widely contested territory (North, 2013).

Coaching is not an innate talent, it is something that is cultivated and improved. Comparable to any other area of studies it could also be taught and imparted from one to another. Traditionally, the process of coaching has been considered as something that can be modelled and taught through formal methods; a conceptualization that has emerged from the positivistic roots of the field located within the sports science (Abrahams, 2011)

Having been in the sports coaching activities, everyone is involved to learn, acquire and receive the total impact of it. As has been cited in the study of (Siedentop, 2011) Sports coaching activities will enhance the ability of student – athletes to become knowledgeable in his chosen field of event. This will also help the students in modes of application of the acquired skills.

The main purpose of having skills and techniques is for you to be able to memorize and practice the advantages of it. Once the proper set of skills implied, this would be able to focus on improving and finding out what best suits and to where were comfortable in doing. Alongside the continuous improvement of the skills and technique, one must also be familiar with his own body, his limits, the area he lacks and what he excelled at. Learning these methods might lead the students – athletes to a correct techniques and skillful individual (Pill, 2013).

According to North (2013), this will also improve their talent and skills that will guide them in preparation to competitions. Competitions wasn't just for viewing or for added excitement, many join to gain confidence, experience and knowledge. Joining competitions further broaden your existing knowledge and enhance the skills and technique used through the stimulation of an experience. Thus, competing in many competitions will develop the performance and motivate the overall aspect of players.

Coaches' importance could be seen on how the students would perform. Coaches and students had to work together and have good communication to maximize the benefits they could get from their relationship. Hence, both coaches and students – athletes will be benefiting on how they conducted a training plan, what kind of strategies and techniques they have as well as how students – athletes will embrace and pursue the importance of the said event (Collins, 2011).

According to Golston (2011) engaging students can be far easier when enabled by the equally important elements of teacher engagement, leadership and support. Teachers lead both by example and by developing (educating) others. Teachers repeatedly voiced their need to respect and to be respected for the professional expertise and knowledge, particularly their knowledge of what works for students.

Teachers tend to be direct to the point and avoid engaging students into activities that is not closely related to their topic. What teacher's seek is to fill up their students with proper knowledge without any other distractions added. Inevitably, teacher's engagement is unbearable as they spend time in preparing and planning thoughtful learning experienced for their students and have a very low tolerance for activities that seem like a waste of time, or appear to going nowhere (Mike, 2011).

Similarly, as part of enhancing the curriculum Physical Education subjects are taken by senior high school students knowing the fact that there are many benefits students receive from high school physical education classes that contribute to students becoming responsible adults who are aware of the importance of healthy lifestyle. The benefits of Physical Education include improvement of physical fitness, self-discipline, strengthened peer relationship and improvement of self-esteem and confidence of the students. Physical education is the training of physical fitness and skills that engages psychomotor learnings promoting such fitness. It is the education through physical activity for the total development of the body and mind of a person. Senior high school students retain a high level of knowledge related to overall health that help them make educated decisions regarding their own health, safety and well-being (Himarwa 2011).

Moreover, the main goal of the Philippine education is to provide the school age population and young adults with skills, knowledge, and values to become caring, self-reliant, productive and patriotic citizens. This is why in the 1987 Constitution of the Republic of the Philippines, Article 14, Section 19 declares that the state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry. The article also stated that all educational institutions shall undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors. From that, students can finally enhance their knowledge in terms of sport. The said law is also a huge factor to boost up the immunity of the students either in physical or emotional way. It promotes a great learning satisfaction most especially in the subject of Physical Education where students can appreciate and put more value, time and effort in investing their capability, knowledge and skills in being physically active. In order to comply with this law, schools or universities must strengthen their programs and have much stronger way of executing it in the lives of their students. Physical activities should not stop in schools rather to be also applied in their personal lives. The law should be an extended reason for physical education to be a continuous learning process.

Coaching is often interpreted as someone educating people ranging in all ages in a certain type of sport. What people do not know, coaching is more than just a job but cooperation. A coach must be able to support varying needs and aspirations of all athletes who attend their sessions, all of whom have different methods of learning. A good coach will not produce different sessions for all athletes, but will create one that they will all benefit from (Jordan, 2013).

Sports coaching have been defined as major part of people's lives nowadays where many people from different communities are becoming engaged in sports either professionally as a career or just for physical fitness and enjoyment. It deals with all forms of physical activity wherein it involves maintaining and improving the physical skills and ability to demonstrate it in competition or exercise sessions. Sports coaching promote health benefits to the body and improve all aspects of development such physical, mental, social, emotional and spiritual. It shows why sports are very important in our daily lives. Engaging in sports activity enhances the ability to maximize the performance, avoid injuries, and even attain proper posture of the body and its appearance. The performance of individual will address the necessity through embracing sports (Ellis, 2016)

As stated in Republic Act No. 6847 entitled "An Act Creating and Establishing the Philippine Sports Commission, Defining its Powers, Functions and Responsibilities, Appropriating Funds Therefore, and for other Purpose" defining the importance of sports coaching in the Philippines to produced well-rounded athletes who will compete in the big stage and bring pride and honor in the country.

According to Blanchard (2013), Coaching is a one-to-one procedure and a connection between an individual and a coach with specific objectives and goals focused on developing potential, improving interactions, and increasing performance. Coaches are the people who are expert in their field of sport and are eager to encourage athletes who have potential on a certain sport pushing them towards their path on what they want to become. Being a coach does not happen overnight, it also takes process, from developing a professional

relationship between their team to the acquirement of their trust. It involves initiating conversations with the participants, getting to know each and every one's strengths and weaknesses.

In relevant to Meredith (2018), a characteristic of a good coach is committed to the safety of his or her student, respectful, fair, open for new learning's and has a heart for sports. A good coach is positive, enthusiastic, supportive, trusting, focused, goal-oriented, knowledgeable, observant, respectful, patient and a clear communicator. He or she always motivates, inspires teach lessons wisely and most of all has an eyes to see the bigger picture and an ear to listen for communication.

Sport coaching is as difficult and as demanding as any other aspect of sport. Good coaching and poor coaching often have impacts on the individual athlete or a team and can become magnified out of proportion to the coaching direction itself. The complete and well-trained sports coach is seemingly a multidimensional personality, possessing a wide range of technical, communication, and interpersonal skills. In sports, a coach is a person involved in the direction, instruction and training of the operations of a sports team or of individual sportspeople. Sports coaching require sound understanding of athlete development and effective communication strategies (Anderson, 2013).

The researcher believes that within these literatures sports coaching activities involve a series of conception that can benefit not only just the students but also everyone who are involved on it. Sports coaching activities shapes the mind and body of one individual and like what it said it strengthens the capabilities and interaction that they already have. Activities should not be only done by simply placing an activity inside the classroom but to also give knowledge to what a student can experience outside on it and within sports. These sports coaching activities can also be a help to those students who does not put a lot of interest in doing sports. Expanding these thoughts and executing it in actual can benefit the senior high school students of STI College Tanauan in terms of sports coaching activities in compliance of the Republic Act 14 section 19 of law.

III. Research Questions

This study aims to assess the sports coaching activities for senior high school learners of STI College -Tanauan. Specifically, the researcher seeks to answer the following questions:

1. What is the sports performance level of the school for two consecutive years relative to:
 - 1.1 participation in different sports category;
 - 1.2 trainings/seminars for advancement;
 - 1.3 sports equipment/materials; and
 - 1.4 winning?
2. How may the sports coaching activities be implemented in the following sports event:
 - 2.1 basketball; and
 - 2.2 volleyball?
3. How helpful are the coaching activities to select players in terms of:
 - 3.1 physical benefits;
 - 3.2 mental benefits;
 - 3.3 emotional benefits; and
 - 3.4 social benefits?
4. What sports coaching plan may be proposed to improve the sports performance of senior high school?

IV. Scope and Limitation

The study focuses on the effects and benefits of sports coaching activities. The researcher aims to determine the Sports Coaching Activities in physical education learning achievement of 136 students of Senior High School in STI College Tanauan for SY 2019-2020. This study will not cover the other problems that are not consider as of the effects and benefits of sports coaching activities. The study would be done through the utilization of questionnaire to the students as a survey and reference. Also, the researcher similarly needs to examine students' approach concerning physical education subject and expand the program based on the responses accomplished by the student-respondents.

The study is limited to the sports coaching activities to be included in the competition to be performed by the students in order for them to become competent in sports activities. The researcher resources are limited due to specific title of the study thus, books, journals, magazines and newspaper clips are mostly based on international scope.

V. Significance of the Study

This study deemed significant because it is concerned with the Sports Coaching Activities to enhance the experiential learning of the students. Hence, this study will be beneficial to the following:

To curriculum planners, this study will serve as their basis of related study for the design of their modules and the use of various activities to encourage integrative Physical Education.

To school head, this study will allow them to effectively create blue printing to assess, grow and encourage the use of enhanced sports coaching activities to improve teaching and learning outcomes.

To MAPEH teachers and coordinator, this study may also able to use to find it as their guide or guideline, as they are required to carry out a culminating physical education event in each section.

To students, this study will allow them to enjoy learning the concept while at the same time enhancing positive values and interest in learning the subject. In addition, skills and techniques will also be strengthened in playing different sports and students' holistic development.

To future researchers, this study would help the researchers to be mindful and knowledgeable in terms of Sports Coaching Activities. It would help them to become a better analyst and it can be an aid as future reference for more studies in the future.

VI. Research Methodology

This chapter describes and explains in full detail how the present study was conducted. It presents the research method and sampling procedures used in the study. It includes the data gathering instruments, instrumentation, data gathering procedure and statistical analysis.

Research Design

This study made use of the descriptive method of research. Best considers the descriptive method as a research of determining prevailing perceptions, attitudes and tourists of view which can be established through statistical analysis.

In this study, this research design was used as it clearly identifies the relationship of the variables in the study. It does not answer questions about how/when/why the characteristics occurred. Rather it addresses the what question (Rhodes, 2014)

Subjects of the Study

A total number of 136 students from the Senior High School department of STI College Tanauan were involved in the research. Out of the 136 respondents, there are 15 student – athletes. The respondents were chosen using the systematic procedure based on the total number of enrolled students at STI College Tanauan.

The researchers made sure the proper distribution and interview to the respondents. Since all member of the population were given a chance to become the respondents of the study.

To solve for the number of respondents, the researcher used the Systematic Formula where:

$$n = \frac{X}{\frac{th}{n}}$$

Where: n= Sample size
 X= total number of population
 th
 n = number of respondents

Computations:

$$n = \frac{136}{\frac{th}{136}}$$

$$n = 1$$

Data Gathering Instrument

The researcher used a researcher - made questionnaire as an instrument for data collection. The questionnaire consisted of three parts; the first part contained the respondent's profile, which includes age, gender, and year

level, hobbies, and monthly family income. The second part of the questionnaire includes the benefits of sports coaching.

The researcher used different kinds of research materials such as books, journals, and other articles found online, published and unpublished thesis in different schools in order to come up with a good research study.

Construction of Questionnaire. Researcher constructed a related four different types of benefits of sports coaching questionnaire that answer the needs of the study. The Physical, Mental, Emotional and Social Benefits of Sports Coaching Activities. Each benefits has 10 indicators of sports coaching activities.

Validation of Questionnaire. The questionnaires was submitted to the evaluator/research teacher for the evaluation. After the questions was checked, the researcher may revise it for the final approval of adviser. The researcher asked for approval from his professor in research the benefits of the students towards sports activities. The researcher used reliability validation techniques, also sought the help of knowledgeable persons for the validation of the questionnaire especially through the help of other MAPEH teachers if those benefits are suitable for this study.

Administration of Questionnaire. The proponent was requested for the principal or administrator approval to conduct the survey using the students who will act as the respondents of this study. Upon receiving the approval, the questionnaires was disseminated to the senior high school learners on their vacant time that lasted for one week. After answering the questionnaires, these was gathered and tailed, and the results was assessed to answer the validated questionnaires regarding the problem.

Retrieval of Questionnaire. The researcher collected the information coming from the respondents during the vacant hours. The research was given an hour per section to conduct and retrieve the questionnaire at the same time to secure the authenticity of the result as well as to avoid any undesirable circumstances such as answering the questionnaire improperly.

Scoring of Responses. The results will be interpreted using various statistical tools wherein the frequency of items are tallied and tabulated.

Below verbal interpretation will be used to present and analyze data gathered to describe the effects and benefits of the students concerning sports coaching activities.

The following statistical tools were used in the study.

Scale	Weighted Mean	Verbal Description
4	3.50 - 4.00	Strongly Agree
3	2.50 - 3.49	Agree
2	1.50 - 2.49	Disagree
1	1.00 - 1.49	Strongly Disagree

Data Gathering Procedure

Before the administration of the questionnaire to the respondents, the researcher wrote a letter of request to the concerned authority for the access to the involved people in the study with the approval of the administrations, the researcher prepared the questionnaire and have them checked and approved by his adviser.

After the questionnaire was administrated and retrieved, the researcher tallied the responses according to the questions in the statement of the problem. Then, the responses were put into tables and graphs, and interpreted and analyzed. Furthermore, questionnaire was the main research instrument used by the researcher in this study which aims to identify the physical, mental, social and emotional state of the students towards sports coaching activities.

Data Analysis Plan

This research used the frequency distribution, percentage list, ranking, averaging and weighted mean as tools for the data gathered.

Weighted Mean was used to determine the strength of the perception of the respondents about this study. The weighted mean was then compared to the Liker Scale to interpret it.

Frequency was used to determine the frequency count of the responses of respondents concerning their age, gender, year level, hobbies and monthly family income.

Percentage. This used to determine the relationship of each responses as a whole

Rank. This used to describe the positional importance of an item to other items. This was employed to identify the order of the result from decreasing to increasing variables presented. Moreover, this measure among the items got the highest mean score to the lowest mean score.

The descriptive survey method was used for this study. It made use of systematic sampling in which the list of elements is "counted off". That is, every *k*th element is taken. The main tool of investigation was the questionnaire.

Other data gathering instruments were: semi-structured interview, observation, and documentary analysis. Statistical tools used were frequency, percentage technique and weighted mean.

VII. Results and Discussion

This chapter presents, analyzes, and interprets the data gathered in order to identify and answer presented questions to determine the sports coaching benefits to use.

SPORTS PERFORMANCE OF THE SCHOOL FOR TWO CONSECUTIVE YEARS RELATIVE TO:

Table 1.1

1.1 PARTICIPATION IN DIFFERENT SPORTS CATERGORY

Number of Participation in different Sport Category	Basketball Men	Volleyball Women
Inter-STI Meet	2	2
District Meet	0	0
City Meet	0	0
Regional Meet	0	0
National Meet	0	0
International Meet	0	0

Table 1.1 shows the distribution of participation in different sports category of STI College Tanauan. It can be seen from the table that for Basketball Men only the Inter-STI Meet has the corresponding result, which is two. It can be also gleaned that the Volleyball Women has the same result.

Basketball Men

1.1 Number of Participation in different Sport Category	Frequency	Percentage	Rank
Inter-STI Meet	2	100%	1
District Meet	0	0%	0
City Meet	0	0%	0
Regional Meet	0	0%	0
National Meet	0	0%	0
International Meet	0	0%	0

Based on Table 1.1 the Basketball Men Team has a frequency of two for Inter-STI Meet, a perfect percentage of 100 simultaneously ranking as 1. It can be deduced based on the result that STI College Tanauan did not joined any Sport Category around its district. It only shows that STI College Tanauan has the need to participate in other Sport Category Meet.

Volleyball Men

1.1 Number of Participation in different Sport Category	Frequency	Percentage	Rank
Inter-STI Meet	1	100%	1
District Meet	0	0%	0
City Meet	0	0%	0
Regional Meet	0	0%	0
National Meet	0	0%	0
International Meet	0	0%	0

Based on the Table 1.1, It can be perceived that it has the same result as Basketball Men. No other District Meet was participated by STI College Tanauan.

Table 1.2

1.2 TRAININGS/SEMINAR FOR ADVANCEMENT

Number of Seminars Attended	Number of Attendance
School Level	1
Inter – STI Level	2
District Level	1

Division/City Level	1
Regional Level	0
National Level	1
International Level	0

Based on the Table 1.2, The table shows that Inter-STI Level has the most number of attendance for trainings. Since this is part of the extra-curricular activity of the school that was specially design for STI students only.

Table 1.3

1.3 SPORTS EQUIPMENT/MATERIALS

1.3.1. Basketball	Quantity	Description	Remarks
Ball	3 pcs	Molten GG7X	Useable
Whistle	1 pc	Molten	Useable
Coaching Board	2 pcs	Clipboard type	Useable
Basketball Court	0	None	None
Net	0	None	None
Digital Shot Clock	0	None	None
Score Sheet	1 pc	A sheet of paper with scores, fouls, team penalty, and	Useable
Training Cones	20 pcs	Circle and triangular	Useable
Athletic Ladder	1 pc	Rubber and plastic type ladder	Useable
Resistance Bond	0	None	

Based on the Table 1.3.1, The above table shown that the sports equipment and materials that is available at the school. The inventory is limited therefore it coincide with the possible reason why the school on joined the Inter-STI Meet.

1.3.2. Volleyball	Quantity	Description	Remarks
Ball	3 pcs	Mikasa 3200	Useable
Whistle	1 pc	Dolphin G2G	Useable
Coaching Board	1	Clipboard	Useable
Volleyball Court	0	None	None
Referee Stand	0	None	None
Poles	0	None	None
Net	1	Mikasa Net	Useable
Antenna	0	None	None
Score Sheet	1	FIVB Scoresheet	Useable
Digital Score Board	0	None	None
Training Cones	20 pcs	Circle and triangular	Useable
Athletic Ladder	1 pc	Rubber and plastic type ladder	Useable
Resistance Bond	0	None	None

Based on the Table 1.3.2, It can be seen at the table that it was the only inventory for Volleyball and available in the campus.

Table 1.4

1.4 NUMBER OF WINNING IN DIFFERENT SPORTS CATEGORY

1.4. Number of Participation in different Sport Category	Basketball Men			Volleyball Women		
	Gold	Silver	Bronze	Gold	Silver	Bronze
Inter-STI Meet	0	1	0	0	0	1

Sports Coaching Activities for Senior High School Learners in STI College Tanauan

District Meet	0	0	0	0	0	0
Division/City Meet	0	0	0	0	0	0
Regional Meet	0	0	0	0	0	0
National Meet	0	0	0	0	0	0
International Meet	0	0	0	0	0	0

Based on the result of the Table 1.4, it shows that for the Basketball Men the school won under the silver category and for Volleyball Women the school won under the bronze category. However, the result also shown that there are no other Meet has a winning number, thus this constitute that the only meet that STI College Tanauan has joined is the compulsory Inter-STI Meet.

Action Plan in Sports Coaching Activities

Activities	Objectives	Strategies	Expected Outcomes	Budget/ Materials Needed	Duration	Persons Involved	Remarks
Sports Orientation	Provide student-athletes with necessary information regarding the conduct of sports coaching activities for basketball and volleyball	FGD of the involved persons.	Oriented student-athlete	Power point presentation, laptop, AVR, microphone, sound system	Two (2) hours	P.E. Teachers, Sports Coordinator, Coaches and Student-Athletes	Implemented
Selection of Players	Select potential players to represent the school in the lower meet and up to higher meets in the field of Basketball and Volleyball	Series of Try – outs	One team composition for Basketball and Volleyball	Sports facilities and equipment (Basketball and Volleyball)	Morning session for Basketball And afternoon session for Volleyball	Scouting Individual and Coaching Staff, Student – athletes	Implemented
Presentation of Selected	Present the students – athletes to the school community	Launching in the different school programs	Presented and respectable student – athletes	Sound system and various event	Fifteen (15) minutes	Coaches, coaching staff and Selected athletes	Implemented
Purchase of sports equipment	Provide necessary sports equipment for Basketball and Volleyball	Canvass, bidding and purchase	Provision of sports equipment	Twenty thousand (20,000) per semester	Before the start of class	Canvasser, purchaser, PAMO officer	Not implemented
Submission of Training programs for trainers and coaches	Submit the training program to the sports coordinator	Giving deadlines or submission date	Submitted training programs	No Budget needed, training program	Before the training proper	Sports Coordinator, PE teachers, hired, specialized trainers. coaching staff	Implemented
Amendments of the Training programs	Review of the training program and make revisions or modifications if necessary	Presentation and Evaluation of each activities included the said training program	Remodified training program (see the attached training for Basketball and Volleyball)	No Budget needed, training program	Before the training proper	Sports Coordinator, PE teachers, hired, specialized trainers. coaching staff	Implemented
Start of the training program	Enhance the skills of the students in playing Basketball and Volleyball	Implementation of training program	Equipped student – athletes in activities and competition	Five thousand per month	Three (3) hours a day and Four (4) times a week. Whole year round	Coaching Staff, specialized trainers and student – athlete	Implemented but there's no extra payment for the coaches or trainers
Monitoring and evaluation of the training program	Evaluate the strength and weaknesses of the training program	Practice monitoring	Monitored and Evaluated training	Monitoring and Evaluation Tool	At least fifteen (15) per session	Monitoring and Evaluation Team	Implemented

Sports Coaching Activities for Senior High School Learners in STI College Tanauan

Tune up games	Test the acquired skills	Setting tune up games	Applied acquired skills in the training	Three thousand (3,000) per tune up	Every tune up	Coaching Staff, student – athletes, other teams	Implemented but without budget
Competition Proper	Showcase the acquired skills	Participate in different competitions from lower meet to high meet	Winning in different competitions in Basketball and Volleyball	Four thousand (4,000) per game	Every competition game	Coach and Coaching staff, student – athletes	Implemented
Off season program	Maintain the skills acquired for the training and competition	Providing basic drills	Maintained acquired skills	Two thousand (2,000)	Every off seasons	Coach and Coaching staff, trainers, student – athlete	Implemented but without budget

Training Program for Basketball Men

TARGET/OBJECTIVES	ACTIVITIES	DATE	NO. OF DAYS	REMARKS
To introduce the players on Basketball Team system, rules and regulations and discipline	Orientation, Q and A, pre – test	Nov 16, 2019	1	The players has the knowledge about the system and rules and regulation of Team
To develop and regulate exercise and physical fitness	Warm Up, Exercise, Drills, Dynamic Stretching	Training Round	20	100% body condition
To develop and solidify the stamina and dribbling skills	Wall to Wall Dribbling Dribbling with Barrier Cones Dribbling with Defender	Training Round	20	The players has to acquire the dribbling skills and stamina
To emphasize the purpose of Triple Threat	Triple Threat Stance -shot, drive, pivot and pass	Nov 17 – Nov 23	6	The players has to establish the skills
To improve the ability on passing skills	Chest, bounce, overhead, baseball pass with defender	Nov 17- Nov 27	10	The players to develop the ability to pass the ball properly
To improve and establish the shooting skills and form	Shot form - Elbow In - T-form hands on ball - L Form of arm/elbow - Flip of Hand into follow thru Footwork work on shot, drive, pivot and pass Foot work for Down Screens/Staggered Screens -Down Screen to Curl -Down Screen to Jump Shot - Down Screen to Flare -Flare screen to shot	Training Round	20	Excellent shooting skills and form
To develop the ability in performing lay-up	Left/Right hand lay – up with cones and defender Full Court left/right hand lay –up Baseball Pass with L/R Hand Lay-up	Training Round	20	The players has to get the ability of finishing the ball using left or right hand lay – up
To give importance and improve on the knowledge and system in the defense of the team	Defensive Stance and Defensive slide Basic 1 on 1 Defense - Shadow defense - Contain Drill - Closing out - Challenge the shots - Box out	Nov 20 - 28	8	To emphasize on the basic form of defense and how to depend 1 on 1, 4 on 1, 2 on 1 and 2 on 2
	Strong side and weak side Defense and Basic Shell Defense 4 on 4, 1 on 1, 2 on 1, 2 on 2 - Man on the ball – pressure and contain - Help side position ball you man - Deny the ball - Defend the cutter			
To work on the body condition of the players/athletes	Core Training	Nov 17 – Nov 28	11	The players has to adapt and ensure the body condition

Sports Coaching Activities for Senior High School Learners in STI College Tanauan

To train and adapt the improvements of overall impact of performance	Plyometric Drill			
To adapt and develop the team offense system of every players	Team Offense 5 and 0 - Half court execution - Primary break - Secondary break - Press break Team Offense system: R1, Motion, Elbow play, shirt	Nov 20 – Dec 5	16	To identify and systemize the positions of every players
To discipline the performance in Made or Missed FG/FT's	Rule Setting after training -Sprint Back	Training Round	20	To gain high percentage performance in FG's and FT's
To test the skills of every athletes	Scrimmage	Nov 28 – Dec 5	7	To evaluate the strengths and weaknesses of every players
To discuss and check the strong and weak points of every athletes	Coaches Talk, Pep – Talk	Nov 28 – Dec 5	7	Mastery and discipline of the system
Performance of acquired skills and proper execution of the system	Tune – up games	Nov 30 – Dec 5	5	Proper execution and discipline of the system in achieving the team goal.

Training Program for Volleyball Women's

TARGET/OBJECTIVES	ACTIVITIES	DATE	NO. OF DAYS	REMARKS
To introduce to the players on Volleyball Team system, rules and regulations and discipline	Orientation, Q and A, pre – test	January 14, 2019	1	The players has the knowledge about the system and rules and regulation of Team
To progress and standardize exercise and physical fitness	Warm Up, Exercise, Drills, Dynamic Stretching	Training Round	20	100% body condition
To ripen and solidify the stamina and volleyball skills	Running with dig Running with block Running with Spiking and Diving	Training Round	20	The players familiarize fundamental skills
To stress the needs of core exercises	Core Training Drills Kicking – Leg extension, hip adduction and abduction Jumping – Power cleans, calf presses, jump squat Rowing – Seated rows, hip sled, single arms row	January 20, 2019		The players strengthened the power of core body
	Swimming (Front crawl) – Lat pull downs, lateral raises, overhead pulls			
To progress and institute the receiving skills	Receive/Dig Drills - Lateral with receive and dig Forward and Backward with receive and dig Three – man - dig	Training Round	20	Excellent receiving form and skills
To properly execution of the spiking skills	Service and Spiking Drills - Serving Spike - Running Spike - Three – man – spike - Floats and Orthodox Serve - Spiking with Block - Back Row attacks with ball control - Hitting from the Box - Attack the line	Training Round	20	Players has mastery of power service and spiking and offensively attacking the ball to make it difficult or impossible for your opponent to play the ball.

	<ul style="list-style-type: none"> - Tip the bucket or kill the cart - Hit and Run - Hitting around the permanent blocker - Hitting the walls 			
To enhance the performance in blocking the plays of opponent	Blocking Drills <ul style="list-style-type: none"> - Lateral Net Blocking - Toe point jumping and block - Repetitive Blocking - One man block drills - Two man blocking drills - Three man blocking drills 	Training Round	20	Players develop and establish the familiarization in blocking
To develop functional and maximal strength and explosive power	Plyometric Drills <ul style="list-style-type: none"> - Depth Jumps - Over the back toss - Lateral High Hops - Squat throws from chest - Single Arms throws - Hurdle Jumps - Wall Throws - Lateral barrier Jumps 	January 27, 2019		Players apply a greater level of force in a shorter period of time
To adapt, familiarize and perform the team offense system of every players	5'1 Offense 6'2 Offense 4 2 Offense Quick Offense Cover Offense	Training Round	20	Team has to score a point by causing the ball to land on the opposing teams side of the court
To observe and execute the team defense plays	Base Defense Perimeter Defense Right Side Hitter Defense Left Side Hitter Defense	Training Round	20	Team has to improve and execute the team defense
To evaluate the skills acquired by every athletes	Scrimmage	February 1 – 3, 2019	3	Team has to evaluate the strengths and weaknesses of every players
To discuss and check the strong and weak points of every athletes	Coaches Talk, Pep – Talk	Training Round	20	Players has to interact with the goal of the team
To perform the acquired skills and proper execution of the system	Tune – up games	February 4 – 8, 2019	5	Proper execution and discipline of the system in achieving the team goal.

Based on the gathered data in Question 3, the following findings were revealed in the study:

3.1 Physical Benefits

Items	Weighted Mean	Verbal Interpretation	Rank
1. Enhance physical fitness	3.65	Strongly Agree	1
2. Lower risk of heart disease, stroke, diabetes and cancer	3.26	Agree	10
3. Help manage weight	3.51	Strongly Agree	6
4. Improve muscular strength and endurance	3.63	Strongly Agree	2
5. Improve joint flexibility and wide range of motion	3.51	Strongly Agree	6
6. Strengthen immune system	3.48	Agree	8
7. Relieve stress	3.40	Agree	9
8. Improve cardiovascular health	3.54	Strongly Agree	4
9. Sustain a healthy body	3.61	Strongly Agree	3
10. Maintain normal blood pressure	3.51	Strongly Agree	6
Composite Mean	3.51	Strongly Agree	

Table 3.1 shows that the distribution of the respondents answer in terms of Physical benefits, Enhance Physical Fitness ranked 1 with weighted mean of 3.65 and Verbal Interpretation of Strongly Agree. This indicate that the coaching plan and strategy should focused more on Enhancing the Physical Fitness of the students of STI College Tanauan. While helping manage weight, Improve joint flexibility and wide range of motion and maintain normal blood flow is the composite mean with weighted average of 3.51, still, it indicates that the respondents strongly agree.

Sports in school represent the main societal institution for the development of physical skills and the provision of sports and physical activity in children and young people (Bailey, 2015). For many, school is the main environment for being physically active, whether through physical education lessons or after school activities. There is evidence that for a growing number of children and young people, school provides the main opportunity for regular, structured sports and physical activity, as a combination of economic pressures and parental concerns for safety mean that fewer children are able to play games in non-school settings. Physical education, physical activity, and sports in schools all are associated with students' having better physical fitness. Longitudinal data have shown that for each weekday that normal weight adolescents participated in physical education, the odds of becoming an overweight adult decreased by five percent (Menschik, 2011). Thus, this establish that enhancing the physical fitness of the students indicates that the sports coaching activity should be focused on.

3.2 Mental Benefits

Items	Weighted Mean	Verbal Interpretation	Rank
1. Develop systematic capability	3.45	Agree	7.5
2. Improve decision - making	3.47	Agree	5
3. Improve sleep habits	3.27	Agree	10
4. Increase the feeling of satisfaction of self-worth	3.38	Agree	9
5. Boost your self – confidence	3.59	Strongly Agree	1
6. Promote sense of well – being	3.56	Strongly Agree	2
7. Help identify and develop maximum potential	3.45	Agree	7.5
8. Reduce feelings of depression and anxiety	3.46	Agree	6
9. Improve sharpen memory	3.51	Strongly Agree	4
10. Strengthen leadership traits	3.54	Strongly Agree	3
Composite Mean	3.47	Agree	

Table 3.2 Shows the respondents strongly agree that sports boost their confidence being ranked 1 with 3.59 weighted mean while improving sleep habits ranked 10 with 3.27 weighted mean though the indications shows that the respondent agree that it will be still beneficial.

According to Muniu (2011) in his study noted that sports participation has physical and psychological benefits for students. He further concluded that sports and games helps to ease stress, depression and anxiety. In the United States of America, the National Federation of State High School Associations (NFHS, 2002) asserts that interscholastic sports leads to acquiring virtues such as citizenship, sportsmanship, lifelong lessons, teamwork, self-discipline, and aids in the physical and emotional growth of the nation's youth. These studies have shown that, students who participate in sports and other co-curricular activities are likely to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline issues. Thus, this suffice the means that sports boost the confidence of the students by making their academic status above average.

According to Mwhaki (2017) that vigorous participation in sports contributes to developing positive attributes like discipline, increased self-esteem, hard work, determination among others.

Similarly, Gitonga (2012) noted that athletes are likely to have better attendance records, lower dropout rates and less likely to engage in drugs than non-athletes. It found that both male and female athletes were less likely to engage in drugs compared to non-athletes.

According to Kohn (2013) also in a psychological level is a vicious cycle. For a child, the more he competes, the more he needs to compete to feel good about himself. Competition makes kids anxious, which can interfere with concentration. When a student concentrates on the reward, they become less interested in what they are doing, and the result of that is declining performance.

3.3 Emotional Benefits

Items	Weighted Mean	Verbal Interpretation	Rank
1. Improve mood	3.50	Strongly Agree	7
2. Boost your self – confidence	3.60	Strongly Agree	4
3. Improve personal discipline	3.65	Strongly Agree	2
4. Explore solutions to problems	3.48	Agree	9
5. Enhance determination	3.53	Strongly Agree	5
6. Accept of failure	3.50	Strongly Agree	7
7. Improve self – motivation	3.67	Strongly Agree	1
8. Develop courage	3.50	Strongly Agree	7
9. Identify and names emotions	3.43	Agree	10
10. Improve self – trust	3.61	Strongly Agree	3
Composite Mean	3.55	Strongly Agree	

Based on Table 3.3. It can be seen that under the emotional benefit, improving self-motivation ranked 1 with 3.67 weighted mean.

According to Deci (2011) Self-Determination Theory (SDT), the reasons why individuals choose to participate, exert effort, and persist in an activity can be classified along a continuum of self-determined behavior. Thus, this establish that self-motivation is beneficial in sports coaching plans.

As cited by Kohn (2013), sports is not an inevitable part of human nature. It does not motivate us to do our best but rather than building character, competition sabotages self-esteem and ruins relationships. Kohn argues that we need to restructure our institutions so that one person's success does not depend on another's failure. For this revised edition, he adds a detailed account of how students can learn more effectively by working cooperatively in the classroom instead of struggling to be number one. Furthermore, he continues by saying sports cannot be labeled as a 'good' or 'bad' thing, because it has both its benefits and disadvantages.

3.4 Social Benefits

Items	Weighted Mean	Verbal Interpretation	Rank
1. Improve teamwork	3.85	Strongly Agree	1
2. Building good relationships to others	3.79	Strongly Agree	2
3. Develops group problem solving	3.58	Strongly Agree	6
4. Enhance competition results	3.49	Agree	10
5. Develop a sense of belongingness in a team	3.54	Strongly Agree	7
6. Develop optimism	3.51	Strongly Agree	9
7. Develop leadership traits	3.65	Strongly Agree	4
8. Accept accountability	3.53	Strongly Agree	8
9. Improve good sportsmanship	3.63	Strongly Agree	5
10. Respect the rights of others	3.71	Strongly Agree	3
Composite Mean	3.63	Strongly Agree	

Based on the table 3.4. The top rank benefit of social indicator is improve teamwork with 3.85 weighted mean, while enhance competition results is the least. With a weighted mean of improve good sportsmanship is the composite mean with verbal interpretation of strongly agree.

According to Malsen (2015) it might not be as obvious as sitting down and discussing a group project, team sports take a lot of communication – both spoken and unspoken. Teamwork is all about with others to reach a common goal. The diverse pairing of personalities and scenarios will help your athlete become adaptable, persistent, and patient. Team sports also teach a sense of group and individual responsibility.

VIII. Conclusion and Recommendation

Conclusion

Based from the findings of the study, the following conclusion were drawn:

1. The sports coaching activities of Senior High School students at STI College Tanauan is limited to Inter STI – Meet in the specific category of Basketball and Volleyball. Regarding the Training/Seminars for Advancement, STI Level has more participation for this is part of the extra-curricular activity of the school that was specially design for STI students only. Since, the sports equipment in the school is limited the chances of participating to other competition is narrow. Yet, the STI College Tanauan was able to achieve Silver Medal in Basketball Men and Bronze Medal in Volleyball Women.
2. Since STI College Tanauan has its action plan with regards to Sports Coaching Activities, the school is implementing activities like sports orientation, selection and presentation of players, submission of training programs for trainers and coaches, amendments of training programs, starting, monitoring and evaluating training programs, and the competition proper. On the other hand, there are some activities that are implemented but without budget including tune up games and off season programs. But the school did not implement the purchase of sports equipment.
3. Sports coaching activities at STI College Tanauan are helpful in terms of physical, mental, emotional, and social benefits.

Recommendation

After going through the conclusions supported by the findings on the study, the researcher hereby presents the following recommendations:

1. STI College Tanauan should participate in various competition to prepare, develop, and equip the senior high school student – athletes to become more competitive, gain more chances in achieving their sports goals, and have more sense of sportsmanship by participating in different sports program/competition other than STI Inter – Meet.
2. The proponent of this research suggests that the school must continue implementing the sports coaching activities, allocate budget for the basketball and volleyball tune up games and off season programs, and implement the purchase of sports equipment that will surely uplift the performance of Senior High School students of STI College Tanauan in the field of sports.
3. STI College Tanauan must continue improving its sports coaching activities because it is brings great help to the students in terms of their wellness not only physically but they can also gain mental, emotional, and social benefits.
4. Summing it all, the researcher wants to recommend that the school must fully-implement, monitor, and evaluate the sports coaching activities action plan of the school for it will give more chances of elevating the school's performance through sports.

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