

Summary of Research Conducted

Batch 2025

Title	Researcher	Abstract
<p style="text-align: center;">ACE (AGILITY COMBINED EXERCISE) ENHANCEMENT PROGRAM AMONG SEPAK TAKRAW WOMEN VARSITY PLAYER</p>	<p style="text-align: center;">GONZAGA, CHRISTINE LABINA</p>	<p>In this study investigated how effective the ACE (Agility Combined Exercise) Enhancement Program for women Sepak Takraw varsity playes at the University of Southern Mindanao. The program aimed to improve the athlete’s agility using the ACE (Agility Combined Exercise) Enhancement Program, which includes ladder drills, zig-zag run , and shuttle run exercise to measure changes in their agility, the T-Drill Test was was utilized before and after the training program. The study used a pre-experimental design with pre-test to determine how the participants responded to the exercise. After comparing the results, it was found that the ACE Enhancement Program effective into the improvement in the athlete’s agility. The training included ladder drills, zig-zag run, and shuttle run, all of which helped boost the players quickness and control of movement. These types of drills may also be useful foer athletes in other sports, but further research is ssuggested to see how effective they are for different types of athletes.</p>
<p style="text-align: center;">ASSESSING THE IMPACT OF DANCE EXERCISE TO BMI AMONG PATHFIT STUDENTS</p>	<p style="text-align: center;">SABAL, BOYET</p>	<p>Schools measuring Body Mass Index is seen to help reduce obesity in youth. However, little is known about how effective it is in lowering obesity rates or encouraging physical activity. The general objective of this study is to determine the significant difference in the Body Mass Index (BMI) of PATH-FIT students before and after participation in a dance exercise intervention. The study employed a quantitative research approach using a pre-test and post-test design. Ten female students from the University of Southern Mindanao, aged 18 to 25 and classified as overweight (BMI 25.0–29.9 kg/m²), were selected through purposive sampling. Participants engaged in a structured dance exercise program, with BMI measurements collected before and after the intervention. A paired t-test was used to analyze the data and compare BMI values pre- and post-intervention.</p> <p>The results showed a decrease in the mean BMI from 27.05 to 25.62. Three participants reached the normal BMI range (18.5–24.9 kg/m²), while the remaining seven showed slight reductions but remained in the overweight category. The paired t-test yielded a p-value of 0.038, which was not considered statistically significant. Nevertheless, the findings indicate that regular dance exercise may contribute to positive changes in BMI among overweight students.</p> <p>It is recommended that future research explore participants’ interest and motivation levels, as these may influence engagement and outcomes. Additionally, integrating dietary monitoring with exercise, as well as</p>

		ensuring consistency in participation, may lead to more significant improvements in BMI and overall health.
ATHLETE'S BEHAVIOR AND COLLEGIATE SPORTS PERFORMANCE OF VARIETY STUDENTS	WACAN, JEAN CHAVEZ	<p>This study determined the athletes' behavior and perceived collegiate sports performance of varsity students of University of Southern Mindanao. Specifically, determined the athletes' behavior in terms of: respect for social convention; respect for the rules and the officials; respect for one's full commitment toward sports participation; respect and concern for the opponent and negative approach towards the practice of sport using the Multidimensional Sportspersonship Orientation Scale (MSOS) and Sport Performance Perception Scale Manual.</p> <p>76 respondents exhibited respectful behavior toward social conventions, rules, officials, and opponents, as well as show a strong commitment to their sport, tend to perform better in their athletic endeavors. The significant positive correlation between athletes' behavior and their sports perceived performance suggests that displaying respect, dedication, and emotional control plays a crucial role in enhancing overall performance. This highlights the importance of fostering positive behavioral traits in athletes to support their success both on and off the field.</p> <p>The correlational research approach was used to determine the respondent's behavior and sports perceived performance. On the other hand, correlation research approach was used in this study to measure whether there is a significant relationship between athletes' behavior and sports performance.</p> <p>The results of the study revealed a significant relationship between varsity athletes' behavior and their sports performance, with a correlation coefficient of 0.342 and a p-value of 0.003. This indicates a weak yet significant positive relationship between these two variables. The data suggests that athletes who display positive behaviors, such as respect for rules, commitment to training, and sportsmanship, tend to perform better in their respective sports.</p>
BIOMECHANICAL ANALYSIS IN THE ENHANCEMENT OF GYAKU-ZUKI VIA SPAT-CAPS INTERVENTION USING MICRO-CONTROLLER BASED MEASUREMENT TOOL	SIATOCA, DONALYN CARBON	<p>Gyaku-zuki (reverse punch) is a fundamental technique applied in karate. It serves as the primary offensive technique in the sport. Biomechanics aids in enhancing movement, strength, and efficiency while also minimizing injury risk. The lack of research for specific training program on gyaku-zuki (reverse punch) like SPAT-CAPS routine exercise. The purpose of this study was to prove the effectiveness of a four-week SPAT-CAPS training program. The participants are all karatedo athletes in University of Southern Mindanao. They categorized into novice, intermediate, and advanced skill levels. A micro-controller based measurement tool, objectively measured punching force helped enhanced gyaku-zuki (reverse punch) before and after the intervention. A pre-test-post-test designed was employed. Results showed significant improvement in all categories after the intervention. There are 7 participants from both novice and intermediate category while only 1 participant in advanced. The overall mean novice category's pre-test was 21.5 (weak) while post-test rose to 64.28 (strong), and for intermediate category's pre-test was 23.64</p>

		<p>(weak) while post-test rose to 61.92 (strong) however, data for advanced category was incomparable since only one respondent. Statistical analysis using T-test yielded the p-values of .001 for both novice and intermediate category, indicating a significant increase in punch force of gyaku-zuki (reverse punch). The standard deviation (SD) for novice was (8.40) while intermediate was (12.13) indicates very large effect size indicates strong meaningful impact on gyaku-zuki. The findings highlight the effectiveness of SPAT-CAPS routine exercise as a program for enhancing gyaku-zuki (reverse punch).</p>
<p>BOOSTING HAND-EYE COORDINATION SKILL OF MARTIAL ARTS ATHLETES: EFFICACY OF REFLEX BALL TRAINING PROGRAM</p>	<p>MERCADO, KRISTLE FAITH T.</p>	<p>Hand-eye coordination is a fundamental skill in martial arts, particularly in disciplines like Pencak Silat where precise timing, quick reflexes, and accurate execution of techniques are essential. Despite its importance, many athletes struggle to improve this skill through traditional training methods alone. This study investigated the efficacy of a reflex ball training program in enhancing the hand-eye coordination of martial arts athletes at the University of Southern Mindanao.</p> <p>A pre-experimental one-group, pre-test and post-test design was employed involving nine Pencak Silat Athletes. The Alternate Hand Wall Toss Test was used to assess hand-eye coordination before and after the intervention. The training program consisted of reflex ball drills integrated into regular practice sessions over a specified period. Pre- and Post-test scores were analyzed using the Wilcoxon Signed-Rank Test to determine statistical significance.</p> <p>The baseline results indicated that the athletes primarily exhibited “Fair” to “Average” coordination levels, with none achieving “Good” or “Excellent” classifications. Post-intervention results showed marked improvements, with two athletes reaching the “Good” category and the rest achieving higher “Average” scores. The mean score increased from 19.44 to 25.67, and the p-value of 0.00017 indicated a statistically significant improvement at $\alpha = 0.05$ level.</p> <p>The findings demonstrate that reflex ball training is an effective method for boosting hand-eye coordination among martial arts athletes. It supports the integration of reflex-based exercises into routine training to enhance performance-related skills. Coaches and trainers are encouraged to adopt such evidence-based interventions, and future studies are recommended to include larger sample sizes, long-term follow-ups, and comparative training methods.</p>
<p>COACHE’S COACHING BEHAVIOR AND ATHLETES LEVEL OF MOTIVATION: BASIS FOR INTERVENTION</p>	<p>CATANUS, BEA LEE SHIEN PEPITO</p>	<p>This study entitled “Coaches’ Coaching Behavior and Athletes’ Level of Motivation: Basis for Intervention” aimed to determine coaches coaching behavior and athletes’ level of motivation in University of Southern Mindanao and eventually develop an appropriate and effective intervention plan. A total of 268 student-athletes participated in this study, two adapted questionnaires the Coaching Behavior Scale for Sport and the second is Sport Motivation Scale-II was used.</p> <p>The findings revealed that the overall coaching behavior had a grand mean of 3.28, indicating that coaches "often" demonstrated effective practices. Technical skills and competition strategies emerged as the</p>

		<p>strongest dimensions, with sub-means of 3.54 and 3.55, respectively, highlighting the coaches' strengths in providing feedback, instruction, and competitive preparation. However, personal rapport scored the lowest at 2.81, suggesting areas for improvement, particularly in avoiding negative behaviors and fostering trust and understanding. The study aligns with literature emphasizing holistic coaching approaches that integrate technical, mental, and relational dimensions. In terms of athletes' motivation, the grand mean of 3.17 indicates moderate alignment with motivational statements. Intrinsic regulation scored the highest with a sub-mean of 3.37, reflecting athletes' enjoyment and personal interest in sports. In contrast, external regulation and non-regulation scored the lowest, highlighting the minimal influence of external rewards and the presence of slight amotivation among some respondents.</p> <p>Based on these findings, program development should focus on enhancing coaches' interpersonal skills, offering structured physical training plans, and fostering athletes' intrinsic motivation through autonomy-supportive practices. Addressing these areas will contribute to a more supportive and effective coaching environment, sustaining athletes' performance and growth.</p>
<p>DECREASING ABDOMINAL OBESITY AND BODY MASS INDEX THROUGH A STRUCTURED METABOLIC EQUIVALENT TASK FITNESS PROGRAM</p>	<p>SALLAPAO, ROBERTO</p>	<p>Obesity and abdominal fat accumulation are major health concerns due to sedentary lifestyles, poor diet, and lack of physical activity. These conditions increase the risk of chronic diseases such as heart disease, diabetes, and metabolic disorders. This study aimed to evaluate the effectiveness of a MET-based fitness intervention in reducing Body Mass Index (BMI) and abdominal obesity among sedentary individuals. Ten participants, all initially classified as Obese Class I (Moderate), were involved in the study. Pre-test assessments of BMI and waist circumference were conducted to establish baseline health risks. Participants then underwent a structured MET-based exercise program over a specific period.</p> <p>The post-test results revealed a decrease in average BMI from 32.33 to 30.66, indicating a statistically significant improvement ($p < 0.001$). Similarly, average waist circumference was reduced from 106.3 cm (abdominal obesity) to 100.6 cm (increased but moderate risk), with a p-value of less than 0.001. Cohen's d values for both BMI and abdominal fat reductions were greater than 2, indicating a very large effect size. These findings demonstrate that the MET-based fitness program significantly improved participants' body composition and reduced health risks associated with obesity and excess abdominal fat. It shows that even simple, structured exercise programs based on METs can lead to significant improvements in body composition and health. This suggests that sports scientists and fitness professionals can use MET-based programs to help individuals, especially beginners or those with sedentary lifestyles, safely and effectively manage weight, improve physical fitness, and reduce the risk of chronic diseases.</p>

		The regular engagement in structured physical activity effectively lowers BMI and abdominal fat, thereby enhancing overall metabolic function, cardiovascular health, and movement efficiency. The results highlight the importance of staying active to prevent diseases and lead a healthier life.
EFFECT OF RESISTANCE TRAINING TO THE IMPROVEMENT OF LEG POWER AMONG SEPAK TAKRAW ATHLETES	TRAZO, JOHN PETER	<p>This study explored the impact of a structured resistance training program on improving leg power among Sepak Takraw athletes at the University of Southern Mindanao. Sepak Takraw is a sport that relies heavily on explosive leg power, especially for skills such as service, blocking, and smashing. As such, this research addresses the need for specific physical conditioning tailored to the demands of the sport. A quantitative pretest-posttest design was used, involving 12 male varsity athletes. The participants underwent a Vertical Jump Test before and after completing a two-month resistance training program. The program was designed to enhance lower limb strength and power through a progressive sequence of resistance exercises, including squats, lunges, and plyometric drills.</p> <p>The results revealed a statistically significant improvement in the athletes' vertical jump performance. The mean jump height increased from 54.42 cm in the pretest to 58.42 cm in the posttest. A paired t-test confirmed the significance of this improvement ($t = -5.138$, $p = .000$), indicating that the gains were not due to chance but were a result of the training intervention.</p> <p>These findings suggest that a well-structured resistance training program can effectively improve leg power, which is critical in Sepak Takraw performance. Improved leg strength not only enhances athletic skills but may also help in reducing the risk of injuries associated with high-impact movements in the sport.</p> <p>In conclusion, the study supports the integration of structured resistance training in the regular conditioning programs of Sepak Takraw athletes. Coaches and trainers are encouraged to adopt similar training models to optimize performance outcomes. Future research may focus on longer training durations or the inclusion of varied resistance modalities to further enhance results.</p>
ENHANCING CLASS COHESION THROUGH INTERCULTURAL DIALECT IN COMMUNICATION AMONG 1ST YEAR BSESS STUDENTS	VILLAROSA, CREZILDA F.	<p>This study deals with the cultural and linguistic differences and their implications for communication and cohesiveness in a team of first-year BSESS students. Some of the BSESS students proved to be from different tribes. Problems encountered in teamwork were caused by varying languages and cultural value systems. To encourage class unity and cooperation, this study has promoted intercultural communication activities and cultural awareness. It is important to compare the students' feelings before the interventions to those after it. In this regard, responses indicated better improvements in connectedness, trust, and teamwork. Several personal issues remained unresolved, but the class became overall more united and supportive.</p>

		<p>The significant increase in post-test scores ($p < 0.001$) suggests that this playful yet culturally relevant approach successfully improved both class cohesion and, demonstrating the value of incorporating dialect-based games in classroom activities. In conclusion, spending time together and engaging in group activities helps students from diverse backgrounds feel closer and work better as a team. Understanding and respecting each other's cultures strengthens communication and trust, creating a positive learning environment that fosters cooperation and inclusiveness.</p>
<p>IMPROVING BALANCE THROUGH PISTOL SQUAT EXERCISE FOR B'DADALI DANCE TROUPE</p>	<p>MACAPASIR, JULYSAH DAUD</p>	<p>The study aimed to improve the balance of B'dadali dancers using the Pistol Squat Exercise. This study utilized a quantitative research design. 10 USM B'dadali Dance Troupe Members (5) female dancers and (5) male Dancers at University of Southern Mindanao, Kabacan, North Cotabato were selected through purposive sampling method.</p> <p>A pre-test assessed their initial balance, identifying strengths and areas for improvement then, a structured balance training program was implemented. After completing the program, a post-test measured the improvements.</p> <p>Results showed that the pre-test had a grand mean of 1.70, indicating a need for improvement, while the post-test had a significantly higher grand mean of 4.00, reflecting an acceptable level of satisfaction. A test of significant difference revealed a P-value of .001, confirming a statistically significant improvement in their performance. The findings showed a sharp rise which reflects the effectiveness of the enhancement program in improving balance stability. The findings from this study provided valuable insights to the coach in developing effective exercise routine to enhance the balance of B'dadali dance troupe in their dance performance. The study recommends that the enhancement program be integrated into regular training routines, as it significantly improved balance performance among the B'dadali dancers.</p>
<p>INTEGRATION OF "IFLEX" BAND IN PLYOMETRIC TRAINING FOR LEG STRENGTH AMONG KARATEDO PLAYERS</p>	<p>BONARES, WHITNEY ABONG</p>	<p>This study investigated the effectiveness of a four-week IFLEX-assisted plyometric training intervention on leg strength among Karatedo players at the University of Southern Mindanao. IFLEX, an improvised elastic band made from bike inner tubes, was integrated into a structured plyometric training program. Thirteen varsity athletes (6 males, 7 females) participated in the study. A pre-experimental, pre-test-post-test design was employed using a 25-meter single-leg hop test to assess lower limb strength. Results indicated significant improvements in post-test performance across both male and female groups. Male participants showed a statistically significant gain in left-leg strength ($p = .034$), while in the right leg improvement was marginally significant ($p = 0.71$). Female participants demonstrated highly significant gains in both legs ($p = .000$ and $p = .003$). These findings show that the IFLEX plyometric program is an</p>

		effective, low-cost way to boost leg strength and support plyometric training in martial arts and other power-based sports.
KATA DANCE FOR FITNESS ; ENHANCING INTEREST FOR EXERCISE ENGAGEMENT	OREJUDOS, CHRISTIAN JAY	<p>This study entitled Kata Dance for Fitness: Enhancing Interest for Exercise Engagement that was conducted at the University of Southern Mindanao and only focused on the first year ISPEAR BSESS FSC students, it was conducted from March 17 to April 17, 2025. This research determines the level of interest on 15 randomly selected first year ISPEAR BSESS students on Kata dance through comparing the difference on pretest and posttest result. The researcher utilized the choreographed video to collect information through survey questionnaires using the four scale (Strongly Agree, Agree, Disagree, Strongly Disagree).</p> <p>The initial result revealed that students had low interest on kata dance exercise, with an overall mean score of 2.37 and 53.3% which falls under the "Low Interest" category. Furthermore, after the Kata dance exercises, there was a significant and positive change in the participants' interest, with the overall mean interest increasing from 2.37 to 3.67 which categorized under ("Strongly Agree") range, and 86.7% of respondents showing a very high interest. This change was statistically significant (Wilcoxon Signed Rank test: $Z = -3.436$, $p = 0.001$), and the crosstabulation showed that all 8 students who had previously been classified as "Low Interest" moved to "High" or "Very High Interest," and all 7 students who had previously been classified as "High Interest" moved to "Very High Interest." The study concludes that direct participation in Kata dance effectively cultivates strong interest, even among initially disengaged individuals.</p>
THE EFFECT OF SOMATIC EXERCISE AMONG BSESS STUDENTS WITH MODERATE ANXIETY	BENSON, APRIL JOY GAMBALAN	<p>This study investigated the effectiveness of a somatic exercise program in reducing anxiety levels among second-year Bachelor of Science in Exercise and Sports Sciences (BSESS) students at the University of Southern Mindanao. The research employed a pre-experimental, pre-test–post-test design to assess changes in anxiety levels before and after the intervention. A total of 14 participants, all exhibiting moderate levels of anxiety, were enrolled in a four-week somatic exercise program. The intervention included carefully structured routines focused on body awareness, breathing, and gentle movement aimed at calming the nervous system and promoting relaxation.</p> <p>Anxiety levels were measured using standardized tools both prior to and following the intervention. Data were analyzed using descriptive and inferential statistics, including paired t-tests, to determine the significance of any observed changes. The results revealed a significant decrease in anxiety levels from the pre-test mean score of 12.00 to the post-test mean score of 3.92. The p-value of .001 indicated a statistically significant improvement in anxiety symptoms following the program.</p> <p>These findings suggest that somatic exercises can serve as an effective non-pharmacological approach to managing anxiety. The intervention proved beneficial in helping students reduce stress, enhance self-</p>

		regulation, and improve overall mental well-being. This study supports the integration of somatic practices into mental health and physical education programs, particularly in academic settings where students often experience elevated stress levels. Furthermore, it highlights the potential of body-centered practices as accessible, low-cost strategies for promoting mental wellness in educational institutions.
ASSESSING THE EFFECTIVENESS OF INTERVAL RUNNING FOR FATIGUE INDEX RECOVERY	BIACA, JONATHAN	This study investigate the effectiveness of a 6 weeks of Interval Running Training program of sprinter, middle and long distance varsity runners in University of Southern Mindanao. The participants were categorized as male and female athletic runners, who preparing diligently for the upcoming competition. A Running-based Anaerobic Sprint Test was conducted, involving a 35-meter distance and 6 sprints with 10 seconds of rest between each sprint. A pre-experimental, pre-test post-test design was employed, with the fatigue index objectively measured before and after the intervention. Data analysis compared the pre-test and post-test results of the Running-based Anaerobic Sprint Test. The results indicated that Interval Running Training was effective in improving fatigue recovery for athletic runners, both men and women, with implications for developing targeted training methods and protocols tailored to different events of athletics.
COMMUNITY SPORTS AND ONLINE GAMING AMONG YOUTH	MASUKAT, DATUMANONG D	This study aimed to identify the factors behind low youth participation ni community sports ni Barangay Malapag, Carmen, Cotabato, and to evaluate the impact of a structured community sports program ni reducing excessive online gaming and enhancing overall well-being. Utilizing a quasi-experimental design, the research involved 30 participants aged 18-30, divided into control and experimental groups. Data were gathered through a structured questionnaire assessing gaming duration, physical activity, enjoyment, social interaction, and well-being. Pre-test and post-test measures were administered to both groups to assess changes following a 12-session sports intervention. Findings showed a statistically significant improvement ni the experimental group across al variables, with a p-value of 0.000, confirming the effectiveness of the program. The intervention resulted ni reduced online gaming, increased physical activity, greater social engagement, and improved enjoyment. These outcomes emphasize the vital role of community sports in promoting healthier behaviors and supporting youth development, particularly ni rural communities. Overall, the study highlights community-based sports initiatives as effective tools for addressing the negative impacts of online gaming, fostering well-being, and strengthening social bonds among rural youth.

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MC-ISPEAR-014052	SPORTS MOTIVATION, SELF CONFIDENCE, AND ATHLETIC PERFORMANCE AMONG ATHLETES	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	GRAVIDEZ, JEKK MARIANO	JAVA, VINUS	3	014052.pdf
MC-ISPEAR-014489	STRESS SOURCES: A CASE OF THE BACHELOR OF PHYSICAL EDUCATION STUDENTS IN THE UNIVERSITY OF SOUTHERN MINDANAO	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	GADUYAC, ALDRICK IVAN G.	CALIXTRO, MARICHU	12	014489.pdf
MC-ISPEAR-015310	STUDENTS' ATTITUDE TOWARDS RESEARCH IN PHYSICAL EDUCATION AND SPORTS	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	BUENO, CJ	LOPEZ, HELEN GRACE	9	015310.pdf
MC-ISPEAR-016057	THE COACHING STYLE AND LEVEL OF CONFIDENCE AMONG USM VARSITY ATHLETES	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	ACOSTA, VINSYL JAKE GELLADO	BUISAN, JESSA	14	016057.pdf
MC-ISPEAR-015033	THE EFFECT OF SOMATIC EXERCISE AMONG BSESS STUDENTS WITH MODERATE ANXIETY	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	BENSON, APRIL JOY GAMBALAN	JANITO, CHEEZE	11	015033.pdf
MC-ISPEAR-015151	THE INFLUENCE OF SPORTS PROGRAM IN THE PARTICIPATION MOTIVATION TO SPORTS ACTIVITIES AMONG THE YOUTH OF BARANGAY KIMADZIL	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	IBAÑEZ , NICA MAE MAONIS	BUISAN, JESSA	9	015151.pdf
MC-ISPEAR-010745	TURN UP THE HEAT: SPORTS PARENTING AND SUCCESS OF STUDENT - ATHLETES	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	BAGTASOS, ALLYSSA MAE REVIVE ESTRELLA	JAVA, MORENO JR	9	010745.pdf
MC-ISPEAR-014951	VALUING SPORTS IN THE COMMUNITY THROUGH THE LENS OF THE STAKEHOLDERS	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	AARON, JHON LLOYD REY S	ORFRECIO, MARLENE	4	014951.pdf
MC-ISPEAR-014453	YOUTH PARTICIPATION MOTIVATION IN COMMUNITY-BASED SPORTS: BASIS FOR PROGRAM DESIGN	2024 - 2025 2ND SEMESTER	MANUSCRIPT	APPROVED	GARCILLER, RJ CHRISTIAN SANCHEZ	CALIXTRO, MARICHU	14	014453.pdf
MC-ISPEAR-015506	A STUDY OF SLEEP QUALITY AND MOOD STATES AMONG ISPEAR FACULTY: REPORT FOR ACTION	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	AMONCIO, SUNSHINE VALLESPIN	ARIAS, ELPEDIO	13	015506.pdf

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MC-ISPEAR-015078	ADVERSITY QUOTIENT AND SOCIAL SKILLS AMONG BPED AND BSESS: BASIS FOR ACTION REPORT	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	BAISAC, JANILLE D.	CALIXTRO, MARICHU	14	015078.pdf
MC-ISPEAR-014890	AI TOOLS AND ITS ASSISTANCE IN THE COMPLETION OF ACADEMIC REQUIREMENTS AMONG STUDENTS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	UGAY, JOHN MICHAEL MENDOZA	AMBROSIO, GLADYS PEARL	13	014890.pdf
MC-ISPEAR-014962	ASSESSING LEVEL OF INTEREST IN SIPA SA MANGGIS: A CULTURAL ACTIVITY AMONG MAGUINDANAONS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	TONGGAL, YASMINE LUMINDA	DAGOC, PRISCILLA	5	014962.pdf
MC-ISPEAR-014946	ASSESSING THE EFFECTIVENESS OF INTERVAL RUNNING FOR FATIGUE INDEX RECOVERY	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	BIACA, JONATHAN	MANCERA, MARLON	13	014946.pdf
MC-ISPEAR-015079	ASSESSMENT OF SPORTS GRASSROOTS IMPLEMENTATION THROUGH THE LENS OF ELEMENTARY SCHOOL COACHES	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	AQUINO, AERON LEE	SUMERA, EDUARD	11	015079.pdf
MC-ISPEAR-015537	ASSESSMENT ON THE 21ST CENTURY SKILLS AMONG BACHELOR OF PHYSICAL EDUCATION	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	ARROYO, FRANCIS LOUISE MORANTE	ARIAS, ELPEDIO	13	015537.pdf
MC-ISPEAR-009318	ASSESSMENT ON THE EMOTIONAL COMPETENCE OF ISPEAR STUDENTS: A CROSS COMPARATIVE STUDY	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	BABAISON, KRISTINE JOIE	DAGOC, PRISCILLA	7	009318.pdf
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MC-ISPEAR-016404	CHASING GOALS AND CALMING NERVES: EXPLORING THE LINK BETWEEN TASK AND EGO ORIENTATION AND SPORT-RELATED PERFORMANCE ANXIETY AMONG VARSITY ATHLETES FOR TARGETED INTERVENTIONS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	SERVANO, MAEBETH ESTILLOSO	JAVA, VINUS	15	016404.pdf

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+ MC-ISPEAR-014892	COMMUNITY SPORTS AND ONLINE GAMING AMONG YOUTH	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	MASUKAT, DATUMANONG D	ARIAS, ELPEDIO	9	014892.pdf
+ MC-ISPEAR-016413	CONSTRAINTS ON LEISURE ACTIVITY PARTICIPATION AMONG FACULTY MEMBERS AT UNIVERSITY OF SOUTHERN MINDANAO: BASIS FOR INTERVENTION PROGRAM	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	ORDOYO, CARL DIO	JAVA, MORENO JR	10	016413.pdf
+ MC-ISPEAR-014866	DANCE TRENDS WORKOUT AND ATTITUDE TOWARDS PHYSICAL ACTIVITY AMONG MOTHERS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	BORRES, ROSE H.	ORFRECIO, MARLENE	15	014866.pdf
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+ MC-ISPEAR-014624	EFFECTIVENESS IN THE DELIVERY OF SPORTS PROGRAM IN THE ENGAGEMENT AND INVOLVEMENT OF THE YOUTH IN THE COMMUNITY	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	PERAL, JOHN MARK DEVALID	ARIAS, ELPEDIO	15	014624.pdf
+ MC-ISPEAR-014698	EFFECTIVENESS OF PLYOMETRIC EXERCISES IN ENHANCING THE LEG POWER OF LONG AND TRIPLE JUMP	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	MELCHOR, JULIUS JOHN	SUMERA, EDUARD	9	014698.pdf
+ MC-ISPEAR-015192	EFFECTIVENESS OF VISUALIZATION TECHNIQUES ON PERFORMANCE ANXIETY AMONG B'DADALI DANCE TROUPE MEMBERS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	LAOGAN, NASREA	MARTINEZ, NORGE	11	015192.pdf
+ MC-ISPEAR-015307	EFFECTS OF DANCE ACTIVITY IN THE LEVEL OF INTEREST AMONG CHILDREN	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	SINOY, ROCHELLE S	CALIXTRO, MARICHU	5	015307.pdf

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MC-ISPEAR-014994	EVALUATION OF SPORTS PROGRAM IN BARANGAY NASAPIAN CARMEN COTABATO: STRATEGIES FOR ENHANCING INITIATIVE AND MOTIVATION	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	ABDULLAH, NORJANA	JAVA, MORENO JR	9	014994.pdf
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MC-ISPEAR-014504	FACTORS AFFECTING CONTINUOUS PARTICIPATION TO SPORTS AND DANCE AMONG BPED STUDENTS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	SUMODOBILA, DIANE JUNESELL	SUMERA, EDUARD	12	014504.pdf
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MC-ISPEAR-015191	MOTIVES AND PERCEIVED BARRIERS TOWARDS OPTIMAL PHYSICAL ACTIVITY LEVEL: A SCHOOL-BASED ASSESSMENT AMONG BSESS STUDENTS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	VILLANUEVA, IAN RIC	JAVA, MORENO JR	14	015191.pdf
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MC-ISPEAR-016101	PARENTAL SUPPORT AND MOTIVATION AMONG YOUTH SOCCER CLUB MEMBERS	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	BEDAÑO, FRANCIS JHON FLORES	MANCERA, MARLON	11	016101.pdf
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MC-ISPEAR-014953	PHYSICAL ACTIVITIES AND IT'S METABOLIC EQUIVALENT TASK (MET) AMONG BSESS STUDENT	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	OIRA, ADRIAN CORONEL	AMBROSIO, GLADYS PEARL	15	014953.pdf

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MC-ISPEAR-015465	PUBLIC SPEAKING ANXIETY AND COPING STRATEGIES: BASIS FOR ACTIVITY DESIGN	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	CODERIAS, SEAN DANIEL MESIAS	ELUMBARING, JERUM	8	015465.pdf
MC-ISPEAR-014490	RELIGION INTEGRATION IN SPORTSWEAR: INVESTIGATING THE ADOPTION OF SPORTS HIJAB AMONG MADRASA ATHLETES	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	MANAMPAN, MURSID	ORFRECIO, MARLENE	6	014490.pdf
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+ MC-ISPEAR-014813	THE IMPACT OF LARONG PINOY PARTICIPATION ON BUILDING CAMARADERIE AMONG YOUTH IN BARANGAY KAYAGA KABACAN COTABATO	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	NOMO, JULADEN ISMAEL	ARIAS, ELPEDIO	7	014813.pdf
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+ MC-ISPEAR-014440	WORKERS LEVEL OF INTEREST ON SOCIAL DANCE EXERCISE	2024 - 2025 1ST SEMESTER	MANUSCRIPT	APPROVED	GUBALLO, NIKIE PACHECO	CALIXTRO, MARICHU	7	014440.pdf
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