



**UNIVERSITY OF THE PHILIPPINES
BAGUIO**
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CURRICULUM VITAE

Prof. Fernando P. Florendo

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Contact Number: +63 74 442-7231 /+63915 - 5448649
Research Interest/Discipline: **Biomechanics, Exercise Science, Health and Wellness, Motor Learning**



Educational Background

Duration:	June, 2004 to March, 2007
Degree:	MS Human Movement Science Major in Exercise Science
University:	University of the Philippines Diliman
Dissertation or Thesis Title:	“The Effectiveness of Shadow Practice in Learning the Table Tennis Standard Forehand Drive”
Awards and Distinction Received:	2008 UP System International Publication Award
Duration:	April, 2002 to May, 2003
Degree:	Diploma in Physical Education
University:	Benguet State University
Dissertation or Thesis Title:	Not Applicable
Awards and Distinction Received:	Not Applicable

Work Experience

Duration:	June 2008 to Present
Position/Designation:	Assistant Professor
Employer:	University of the Philippines Baguio
Duration:	June 2004 to May 2008
Position/Designation:	Instructor
Employer:	University of the Philippines Baguio

Other Designations/Committees while Affiliated with UP Baguio

Duration	Designation/ Committee
June 2019 - July 2021	Program Coordinator, Human Kinetics Program
June 2018- July 2018	Overall Commissioner, BBEAL
August 2016 - May 2017	Member, College of Science Research Committee
January 2016 - August 2017	Member, Board of Directors All UP Workers Union UPB Chapter
August 2015 - May 2018	Program Coordinator, Human Kinetics Program

January 2014 - December 2015	Chair, UPB All Worker's Union Research Committee
June 2014 - May 2015	Chair, UP System Healthy Lifestyle and Wellness Committee UPB Chapter
June 2014 - May 2015	Member, College of Science Lecture Series Committee
June 2012 - May 2013	Program Coordinator, Human Kinetics Program
June 2010 - May 2011	Program Coordinator, Human Kinetics Program

Research Projects/ Research Involvements/Patents

Duration	Research Project/Patent Details
January 2015 to December 2015	Title: Inter-Rater and Intra-Rater Reliability of Videotaped Performance of the Movement Competency Screen -2 (MCS-2) Inter-Rater And Intra-rater reliability of Videotaped Performance of the Movement Competency Screen -2 (mcs-2) Position: Member
January 2012 to December 2012	Title: Biomechanics of the Standard Forehand Drive using a Low Cost Motion Capture Software Position: Member Funding Source: Emerging Inter-Disciplinary Research

List of Publications (Books, Journals, Proceedings, etc.)

Articles

1. Inovero, J. G., Pagaduan, J. C., & Florendo, F. P. (2016). Inter-Rater and Intra-Rater Reliability of Videotaped Performance of the Movement Competency Screen – 2 (MCS-2). *Silliman Journal*, 57(1),
2. Lubrica, Q. Y., Florendo, F., Revaño, J. E., & Agulo, I. J. (2013). Biomechanics of the standard table tennis forehand drive using a low-cost motion capture software. *ITTF. Journal*.
3. Flores, M. A., Bercades, D., & Florendo, F. (2010). Effectiveness of shadow practice in learning the standard table tennis backhand drive. *International Journal of Table Tennis Sciences*, 6.

Conference Proceedings

1. Florendo, F. P. (2020). The Effects of a Table Tennis Course on the Health and Wellness Profiles of Female Students. In *16th International Table Tennis Federation Sports Science Congress Proceedings Book*.
 2. Florendo, F. P. (2015). The Effectiveness of Shadow Practice in Learning the Table Tennis Basic Skills. In *14th International Table Tennis Federation Sports Science Congress Proceedings Book*.
 3. Florendo, F. P. (2008). The Effectiveness of Shadow Practice in Learning the Table Tennis Standard Forehand Drive. In *10th International Table Tennis Federation Sports Science Congress Proceedings Book*.
- 2008 UP System International Publication Award

Research Presentations in Conferences

Date	Title of Presentation	Conference and Venue
International		
April 18 –20, 2019	“The Effects of a Table Tennis Course on the Health and Wellness Profiles of Female Students”	16th International Table Tennis Federation Sports Science Congress University of Pecs, Faculty of Health Sciences, Budapest, Hungary
April 23 – 25, 2015	“The Effectiveness of Shadow Practice in Learning the Table Tennis Basic Skills”	14th International Table Tennis Federation Sports Science Congress Soochow University, Suzhou, China
May 10 – 12, 2013	“Biomechanics of the Standard Forehand Drive using a Low Cost Motion Capture Software”	13 th International Table Tennis Federation Sports Science Congress National Institute of Sports, Paris, France
May 5 – 7, 2009	“The Effectiveness of Shadow Practice in Learning the Table Tennis Standard Backhand Drive”	11 th International Table Tennis Federation Sports Science Congress Yokohama, Sports and Medical Center, Yokohama, Japan
May 18 – 20, 2007	“The Effectiveness of Shadow Practice in Learning the Table Tennis Standard Forehand Drive”	10 th International Table Tennis Federation Sports Science Congress University of Zagreb, Faculty of Kinesiology, Zagreb, Croatia

Athletic Awards/Accomplishments

Coach 3 UP Baguio Table Tennis Men’s and Women’s Varsity

Date/s	Event
December 11-14, 2015	Cordillera Administrative Association of State Universities and Colleges (CAR-ASUC) Men’s Single Gold Medalist Venue: Benguet State University Antorium
September 20-21, 2014	Baguio Benguet Educational Athletic League (BBEAL) Table Tennis Tournament Men’s Team 2 nd Runner-up and Women’s Team 3 rd Runner-up Venue: University of Baguio Gymnasium
December 12-14, 2011	Cordillera Administrative Association of State Universities and Colleges (CAR-ASUC) Men’s Team Champion Venue: Benguet State University Gymnasium
September 24-25, 2011	Baguio Benguet Educational Athletic League (BBEAL) Table Tennis Tournament Men’s Team 1 st Runner-up and Women’s Team 2 nd Runner-up Venue: University of the Cordilleras Gymnasium Commission on Higher Education (CHED) National Games

February 22-26, 2010	Women's Team Semi-Finalist and Men's Singles Quarterfinalist Venue: Eulogio Amang Rodriguez Institute of Science and Technology (EARIST) Gymnasium
January 30, 2010	Cordillera Administrative Association of State Universities and Colleges (CAR-ASUC) Men's and Women's Team Champion Venue: Kalinga Apayao State College
March 30-April 2, 2009	UP Diliman Chancellor's Cup National Invitational Table Tennis Championships Men's and Women's Team Champion Venue: UP Diliman College of Human Kinetics Gymnasium
February 20, 2009	Association of State Colleges and Universities Solid North (ASCU-SN) Men's Team Champion Venue: Benguet State University Antorium
September 14-15, 2009	Baguio Benguet Educational Athletic League (BBEAL) Table Tennis Tournament Women's Team 1 st Runner-up and Men's Team 2 nd Runner-up Venue: UP Baguio Human Kinetics Program Gymnasium
December 7-8, 2008	San Jose City Invitational Table Tennis Tournament Men's Singles Gold Medalist, Womens Singles Silver Medalist, Venue: Narra de Molay Gymnasium, San Jose City Nueva Ecija
October 4-7, 2008	National Inter-Scholastic Table Tennis Championships Men's Team Quarter-finalist Venue: Ateneo de Manila Blue Eagle Gymnasium
April 2-5, 2008	UP Diliman Chancellor's Cup National Invitational Table Tennis Championships Men's Team Champion Venue: UP Diliman College of Human Kinetics Gymnasium

Public Service

Date/s	Extension Service Details
April 19, 2021	Title: SINSM 2021 Position: Resource Person Title of Talk: The Effects of a Table Tennis Course on the Health and Wellness Profiles of Female Students
April 14 - 20, 2020	Title: UP Baguio Pandemic Response Position: Member, Personal Protective Equipment Committee
December 6-10, 2019	Title: 2019 Southeast Asian Games Position: Member, Games Workforce Table Tennis Event
June 19-21, 2019	Title: CAC Summer Arts Festival Table Tennis for Kids Position: Resource Person
September 15-18, 2018	Title: National Batang Pinoy Position: Technical Official
December 17, 2017	Title: Kinematic Analysis of Sipa sa Mangis: Exploring the science of the Art", Journal of Health Research and Society Position: Peer Reviewer
October 19, 2017	Title: TV Patrol Healthy Eating Position: Resource Person
September 9-12, 2017	Title: Basic Coaching Course for DepEd coaches Position: Resource Person
August 19, 2017	Title: Weight Loss Challenge Position: Resource Person

September 23-25, 2016

Title: ITTF Basic Umpire's Course
Position: Facilitator

Membership in a National/International Organizations

Date/s	Organization Details
October 2017 to present	Member, International Society for the Advancement of Kinanthropometry (ISAK)
June 2006 to December 2011	President, Table Tennis Association of the Philippines Cordillera Administrative Region Chapter

Professional Development: Participation in Conferences/Trainings

Date	Conference and Venue
International October 2-6, 2017	International Society for the Advancement of Kinanthropometry Venue: UP Diliman University Hotel
National March 27-29, 2015	Petanque Coaching Course Level 1 Venue: UP Diliman College of Human Kinetics
Local December 10, 2016	Olympic Weight Lifting Seminar Workshop Venue: King's College of the Philippines
September 23-25, 2016	ITTF Basic Umpire Course Venue: Human Kinetics Program, UP Baguio