



UNIVERSITY OF THE PHILIPPINES
BAGUIO
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College of Science
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CURRICULUM VITAE

Prof. Jennifer Gudani Inovero

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Contact Number: +63 74 442-7231 /+639174138901
Research Interest/Discipline: **Physical Education,
Health and Fitness, Biomechanics**



Educational Background

Duration: 2004-2006
Degree: Master of Science in Human Movement Science (MSHMS)
University: University of the Philippines Diliman
Dissertation or Thesis Title: Effects of a Resistance Training Program on the Fundamental Skills in Basketball
Awards and Distinction Received: University Scholar

Duration: 2002-2004
Degree: Diploma in Exercise and Sports Science (DESS)
University: University of the Philippines Diliman

Duration: June 1991-March 1997
Degree: Bachelor of Arts in Social Sciences Double Major in Economics and Psychology
University: University of the Philippines Baguio
Dissertation or Thesis Title: Coping Strategies of Single Parents
Awards and Distinction Received: Dean's Lister

Work Experience

Duration: January 2021- present
Position/Designation: Assistant Professor 7
Employer: University of the Philippines Baguio

January 2019-December 2020
Assistant Professor 6
University of the Philippines Baguio

January 2014- December 2018
Assistant Professor 4
University of the Philippines
Baguio

November 2012- December
2013
Assistant Professor 3
University of the Philippines
Baguio

June 2011- October 2012
Lecturer 2
University of the Philippines
Baguio

June 2010- May 2011
Assistant Professor 2
University of the Philippines
Baguio

April 1, 2008- May 31, 2010
Assistant Professor 1
University of the Philippines Baguio

November 2004-2008
Instructor 1
University of the Philippines Baguio

September 1, 2000-2004
Personal Financial Assistant
Aetna Life Insurance, 2nd floor Olympic
Building, Gil Puyat Avenue, Makati City

December 1997- February 1998
Executive Assistant
FARCO Trimedia Ventures, Leonila Hill,
Baguio City

Other Designations/Committees while Affiliated with UP Baguio

Duration	Designation/ Committee
August 2021-July 2022	Member, Academic Personnel and Fellowship Committee (APFC)
2021	Member, Commission on Elections (COMELEC)
2018-2021	Chair, UPB Animal Welfare Committee
August 2020	Member, Ad Hoc Committee on Red Tagging of Students
AY 2019-2020	Member, Healthy Lifestyle and Wellness Committee
AY 2019-2020	Member, Office of Auxiliary Service (OAS)
AY 2017-2018	Member, Research Committee
AY 2017-2018	Chair, UP Baguio Health and Wellness Committee (UPBHLWelcom)
AY 2015-2016	
April 2010	Faculty Marshall, Graduation Committee
April 2011-2015	Student Marshall, Graduation Committee
June 2010-March 2011	Member, Faculty Evaluation Committee
June 2008-March 2009	
June 2007-March 2008	
2011	Member, 2011 Golden Jubilee Alumni Homecoming Committee Core Group
	Member, Office of Auxiliary Service (OAS)
January-February 2009	Member, Samahang Pisika ng Pilipinas (SPP) Ad Hoc Committee
	Member, Commission on Elections (COMELEC)
	Member, Commission on Elections (COMELEC)
	Electoral Tribunal (3 Man Committee)

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

Articles

1. Inovero, J.G. & Amores, Analyn-Salvador (2021). Physiological Aspects of Cordillera Weaving in the Philippines, *Philippine Journal of Science*, 150 (5): 1061-1067.
2. 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): 57-63.
3. Inovero, J.G. (2015). "Effects of a Six-Week Strength Training and Upper Body Plyometrics in Male College Basketball Physical Education Students", *Sport Scientific and Practical Aspects International Scientific Journal of Kinesiology*, 12 (1)

4. Inovero, J.G. (2012). “Effects of a Six-week Compound Training on the Performance of Fundamental Skills in Basketball”, *International Association of Multidisciplinary Research (IAMURE) International Journal of Education*, Volume 3

Research Presentations in Conferences

Date	Title of Presentation	Conference and Venue
International		
July 5,12,19&26, 2021	<i>Physiological Aspects of Cordillera Weaving in the Philippines</i>	3rd International Conference on Cordillera Studies Venue: Baguio City
November 22-24, 2019	<i>A Comparison of the Biomechanical Analysis of the Pointing Skill in Petanque Using the Semi-lob and Hi-lob Technique at 6,7,8 and 9 meters</i>	2019 Southeast Asian Games Scientific Conference: 9th Asia-Pacific Conference on Exercise and Sports Science and 3rd Asean Sports Medicine Conference, Quest Plus Hotel and Conference Center, Filinvest Mimosa & Leisure Estate, Mimosa Drive, Clark Freeport Zone, Pampanga, Philippines
June 14-16, 2017	<i>Biomechanical Analysis of the Pointing Skill in Petanque using the Roll Technique at 6,7,8 and 9 meters</i>	8th Asia Pacific Conference on Exercise and Sports Science (APCESS 2017) in conjunction with the 7 th International Conference on Sport and Exercise Science, The Twin Towers Hotel, Bangkok, Thailand
November 1-4, 2011	<i>The Effects of a Resistance Training Program on the Fundamental Skills in Basketball (Among Men)</i>	5th Asia-Pacific Conference on Exercise and Sports Science (APCESS 2011), Shanghai University of Sport, Shanghai, China
December 6-8, 2007	<i>The Effects of a Resistance Training Program on the Fundamental Skills in Basketball (Among Women) (Poster Presentation)</i>	3rd Asia-Pacific Conference on Exercise and Sports Science (APCESS 2007), Hiroshima University, Hiroshima, Japan

Local

April 19-21, 2021	<i>Physiological Aspects of Cordillera Weaving in the Philippines</i>	College of Science College Week Webinar Series, University of the Philippines Baguio
February 14, 2013	<i>Effects of a Six-Week Compound Training (CT) on the Performance of Fundamental Skills in Basketball,</i>	College of Science College Week Lectures, Sarmiento Hall, Student Alumni Center, University of the Philippines Baguio

Creative Works

Date/s	Creative Work Details
September 2020	Sole author, Course Pack for PE2 Circuit (Bodyweight) Training Sole author, Course Pack for PE2 Scrabble Contributor, Course Pack for PE1 Foundations of Physical Fitness
July 2017	Ti Similla article Title: Convention stresses sustainability of healthy living through innovation
April 2012	Ti Similla article: Team CAR wins bronze for Basketball Women
January 2012	Ti Similla article: Ni Hao, Shanghai!
November 2010	Ti Similla article: On Being a Coach
February 2009	Exhibition Games at 2008 Alumni Reunion UP Baguio joins the CAR-ASUC, wins 8 golds
April 2008	Ti Similla article: ‘Domo arigato gozaimas, Hiroshima’

Athletic Accomplishments

Date/s

Accomplishment Details

National

February 2013	Coach, Team Cordillera Administrative Region (CAR) Basketball Women , National State Colleges and Universities Athletic Association (SCUAA) 2013, Dapitan City, Zamboanga del Norte
February 19-25, 2012	3rd place, Team CAR Basketball Women , National State Colleges and Universities Athletic Association (National SCUAA), Iloilo Sports Complex, La Paz, Iloilo City
February 2011	Coach, Team CAR Basketball Women , National State Colleges and Universities Athletic Association (SCUAA) 2011, Ilagan, Isabela

Regional

2010 2011 2012 2013	4-Peat Champions, University of the Philippines Baguio (UPB) Basketball Women, Cordillera Administrative Region-Association of State Universities and Colleges (CAR-ASUC)
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Local

2013-2014	3 rd place, UPB Basketball Women, Baguio-Benguet Educational Athletic League (BBEAL)
2012-2013	3 rd place, UPB Basketball Women, Baguio-Benguet Educational Athletic League (BBEAL)
2011-2012	4 th place, UPB Basketball Women, Baguio-Benguet Educational Athletic League (BBEAL)

Public Service

Date/s	Extension Service Details
May 2022	Peer Reviewer, 1st Physical Education and Exercise & Sports Sciences Student Research Conference, Human Kinetics Organization, College of Education, University of the East
April 28, 2021	Title: Revolutionizing Sports through Innovative Games, Institute of Physical Education and Athletics, University of Sto. Tomas Position: Resource Speaker Title of Talk: Petanque
March 2018- March 2020	Strength and Conditioning Coach, Amateur Boxing Association of the Philippines (ABAP), Teachers Camp, Baguio City
December 2019	Athletes Services Coordinator for Petanque Tournament, 2019 Southeast Asian Games (SEA Games), CDC Grounds, Clark, Pampanga
July 12-14, 2017	Moderator, 2 nd International Conference on Cordillera Studies, CAP-John Hay Trade and Cultural Center, Baguio City
March 28, 2017	Judge, Bleachers Cheering Competition, Benguet State University Intramurals 2017, La Trinidad, Benguet
April 28-30, 2016	Resource Speaker, 22 nd Summer Institute in the Natural Sciences and Mathematics (SINSM), College of Science, University of the Philippines Baguio
April 30-May 2, 2015	Resource Speaker: "Basic Skills of Ultimate (Frisbee)", 21 st Summer Institute in the Natural Sciences and Mathematics (SINSM), College of Science, University of the Philippines Baguio
April 30-May 2, 2015	Member, Organizing Committee, 21 st Summer Institute in the Natural Sciences and Mathematics (SINSM), College of Science, University of the Philippines Baguio
October 4-5, 2014	Tournament Manager, Baguio-Benguet Educational Athletic League (BBEAL) 2014-2015 Archery Tournament, Human Kinetics Program (HKP) Gym, University of the Philippines Baguio

August 15, 2014	Guest Speaker, Baguio Central University (BCU) 2014 37 th Charter Day-Intramurals Opening, Magsaysay Avenue, Baguio City
May 2014	Member, Organizing Committee, 20 th Summer Institute in the Natural Sciences and Mathematics (SINSM), College of Science, University of the Philippines Baguio
February 2014	Peer Reviewer: “Physical Fitness Activities of the Faculty Members of the University of Southern Mindanao: Basis for Physical Fitness Program”, International Association of Multidisciplinary Research (IAMURE) International Journal of Education, Volume 8
February 2014	Organizer, Dance Concert for a Cause, HKP Gym, University of the Philippines Baguio
January 18-19, 2014	Tournament Manager, Baguio-Benguet Educational Athletic League (BBEAL) 2013-2014 Lawn Tennis Tournament, Benguet State University, La Trinidad, Benguet
December 9, 2013	Organizer, Aero-marathon for a Cause, Open Court, University of the Philippines Baguio
October 2013	Peer Reviewer, “Improving Diving Skill Through Verbal Feedback and Video Feedback”, International Association of Multidisciplinary Research (IAMURE) International Journal of Education, Volume 7
September 14-15, 2013	Tournament Manager, Baguio-Benguet Educational Athletic League (BBEAL) 2013-2014 Archery Tournament, HKP Gym, University of the Philippines Baguio
2009-2010	Tournament Manager, Baguio-Benguet Educational Athletic League 2009-2010 Taekwondo Tournament, HKP Gym, University of the Philippines Baguio
December 5, 2010	Facilitator, International Volunteer Day Sports Fest, Baguio City Anti-Child Abuse Network, Child and Family Service Philippines and the Philippine National Volunteer Coordinating Agency, HKP Gym, University of the Philippines Baguio

February 11, 2009	Organizer, “Palarong Pinoy” College of Science (CS) Week, Oblation Grounds, University of the Philippines Baguio
December 4-5, 2008	Member, Steering Committee, UP Baguio Centennial Alumni Homecoming, University of the Philippines Baguio
August 23, 2008	Head, Physical Arrangement Committee, UP Baguio Centennial Baguio-Benguet Educational Athletic League (BBEAL) Hosting, University of the Cordilleras Gym, Baguio City
2007	Line Judge, 2007 Baguio-Benguet Educational Athletic League (BBEAL) Badminton Tournament, St. Louis University Gym, Baguio City
2004	Court Monitor/Table Official, 2004 ADIDAS Streetball Challenge-NCR Eliminations SM Megamall (Car Park Bldg. B), Mandaluyong, Metro Manila
2004	Umpire, Inquirer Badminton Tournament, The Zone/Power Smash, Makati City

Membership in a National/International Organizations

Date/s	Organization Details
2019-present	Member, Philippine Petanque Clubs Association

Professional Development: Participation in Conferences/Trainings

Date	Conference and Venue
International	
May 15, 2022	Youth Athlete Strength and Conditioning Conference, Bridge 360 and Mobi Pro Systems (Webinar)
November 22-24, 2019	2019 SEA GAMES- Asia Pacific Conference on Exercise and Sports Science (APCESS) Scientific Conference, , Quest Plus Hotel and Conference Center, Filinvest Mimosa & Leisure Estate, Mimosa Drive, Clark Freeport Zone, Pampanga
June 14-16, 2017	8 th Asia Pacific Conference on Exercise and Sports Science (APCESS 2017) in conjunction with the 7 th International Conference on Sport and Exercise Science, The Twin Towers Hotel, Bangkok, Thailand
November 18-20, 2016	International Conference on Sport Pedagogy, Health and Wellness (ICSPHW 2016), College of Human Kinetics University of the Philippines Diliman and Asian Council in Exercise and Sports Science
November 1-4, 2011	Asia Pacific Conference on Exercise and Sports Science (APCESS 2011), organized by the Asian Council of Exercise and Sports Science (ACCESS) and Shanghai University of Sport (SUS), Shanghai University of Sport, Shanghai, China
December 6-8, 2007	Asia Pacific Conference on Exercise and Sports Science (APCESS 2007), organized by the Asian Council of Exercise and Sports Science and Hiroshima University, Hiroshima University, Hiroshima City, Japan
November 21-25, 2005	Pre-South East Asian (SEA) Games Scientific Congress: Asia Pacific Conference on Exercise and Sports Science (APCESS 2005), organized by the Asian Council of Exercise and Sports Science and College of Human Kinetics, University of the Philippines Diliman, Quezon City

National

October 22-23, 2021 (online)	PPA Pickleball Summit 2021, Professional Pickleball Association of the Philippines
June 13,20, 27 and July 4&11, 2021 (online)	DGY Academy Strength and Conditioning, Paco, Manila
October 31, 2020	Webinar on Preservation of Culture and Heritage through Indigenous Sports and Games
July 15, 2020	Community Wellbeing Webinar: “The Preparation of key materials in the Course Package for Online Teaching”, University of the Philippines Los Banos, College, Laguna
June 22, 2020	Taking Stock and Gearing UP for Remote Learning, Office of the Vice President for Academic Affairs, University of the Philippines System
September 3-5, 2019	The Revised Tertiary Physical Education (PATH-FIT) and Physical Education Teacher Education (PETE) Seminar Workshop, Grand Ballroom, Hotel Rembrandt, Tomas Morato Extension, Quezon City
December 18-20, 2015	UP Mindanao Institution of Diploma in Physical Education and Sports Seminar-Workshop, University of the Philippines Mindanao, Mintal, Tugbok District, Davao City, Davao del Sur
March 27-29, 2015	Petanque Coaching and Umpire Course: National Level 1, (organized by the Philippine Lawn Bowls Association) University of the Philippines Diliman, Quezon City
March 9-11, 2015	University of the Philippines System Academic Leadership Conference, Taal Vista Hotel, Tagaytay City
July 21-24, 2014	University of the Philippines Health and Wellness Capacity Building Seminar-Workshop, UPH Welcom, University of the Philippines Visayas, Iloilo City

- May 23-25, 2013 2nd Philippine Association for Sport and Exercise Sciences (PHASES) Conference 2013: “Advances and Innovations in Sports and Exercise Science, Medicine Cinematorium, University of Sto. Tomas, Espana, Manila
- October 23, 2010 Coaching Enhancement Seminar, Philippine Association of Sport and Exercise Science, Las Pinas City, Muntinlupa
- October 16, 2010 2010 Sports Science Initiatives Seminar Series: Sports Psychology Seminar: Basic Applications in Individuals and Teams, HDI Network Training Room, 3rd floor, Jollibee Plaza, Ortigas Center, Pasig City
- February 13-14, 2008 National Coaches Accreditation Seminar and Licensing Program (NCALP), Basketball Association of the Philippines-Samahan ng Basketbol sa Pilipinas (BAP-SBP), University of Northern Philippines (UNP), Vigan City, Ilocos Sur
- November 24, 2005 Symposium of Current and National Initiations on the Promotion of Healthy Lifestyles in the Philippines, Philippine Coalition for the Prevention and Control of Non-Communicable Diseases (PCPCNCD), Film Center, University of the Philippines Diliman, Quezon City,
- Local**
- October 29, 2015 University of the Philippines Baguio General Education Discussion and Workshop, Eurotel Baguio, Baguio City,
- July 31-August 1, 2014 University of the Philippines Baguio (UPB) Conference on Internationalization: “UP Baguio Charts Its Directions Toward Internationalization”, Bulwagang Juan Luna, University of the Philippines Baguio, Baguio City
- June 16-18, 2014 Baguio-Benguet Educational Athletic League (BBEAL) Technical Committee Annual Planning and Technical Meeting, Kaykayo Resort, Bauang, La Union
- October 2013 University of the Philippines Baguio General Education (GE) Workshop, Baguio City

December 10, 2012	Faculty Workshop, Bulwagang Juan Luna, University of the Philippines Baguio, Baguio City
July 27-28, 2010	University of the Philippines Baguio (UPB) Faculty Conference, Ridgewood Hotel, J. Felipe St., Baguio City
April 15-16, 2010	The Philippine Sports Science Conference 2010: “Integrating Various Sports Sciences Towards Peak Athletic Performance”, UP National Institute for Science and Mathematics Education Development (NISMED) Auditorium, UP Diliman, Quezon City
November 15, 2009	Seminar on Ten Pin Bowling (Certified Coach/Instructor Level 1), Puyat Sports Baguio Center Mall, Baguio City