



UNIVERSITY OF THE PHILIPPINES
BAGUIO
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College of Science
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CURRICULUM VITAE

Ms. Jessica C. Talangchey

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Contact Number: +639064658194
Research Interest/Discipline: **Health and Wellness,
Indigenous and Other Dances**
PRC License Number: 1176974



Educational Background

Duration: April 2013 - August 2017
Degree: Master of Science in Physical Education
University: Benguet State University
Dissertation or Thesis Title: "The Influence of Dietary Habits and Physical Activity Patterns on the BMI of Adolescents"

Awards and Distinction
Received:

Duration: June 2007 - March 2011
Degree: Bachelor of Secondary Education Major in Music, Arts, Physical Education and Health
University: Saint Louis University

Work Experience

Duration: August 2020 - present
Position/Designation: Instructor 4
Employer: University of the Philippines Baguio

Duration: August 2019 - July 2020
Position/Designation: Instructor 3
Employer: University of the Philippines Baguio

Duration: August 2019 - July 2020
Position/Designation: Sports Coordinator
Employer: University of the Philippines Baguio

Duration: January 2018 - July 2019
Position/Designation: Instructor 1
Employer: University of the Philippines Baguio

Duration: June 2016 - March 2017

Position/Designation: Instructor 2
Employer: Saint Louis University

Duration: June 2015 - March 2016
Position/Designation: Instructor 1
Employer: Saint Louis University

Duration: June 2014 - March 2015
Position/Designation: Assistant Instructor
Employer: Saint Louis University

Duration: June 2012 - March 2014
Position/Designation: High School MAPEH Teacher
Employer: Saint Louis School Center - High School Department

Other Designations/Committees while Affiliated with UP Baguio

Duration	Designation/ Committee
April 2022 - May 2022	Member, COMELEC
January 2020 - July 2022	Member, Socials Committee
August 2019 - July 2022	Member, SINSM Committee
August 2019 - July 2021	Member, Animal Welfare Committee
August 2019 - July 2020	Head, Socials Committee
January 2018 - July 2019	Member, Socials Committee

Research Projects/ Research Involvements/Patents

Duration	Research Project/Patent Details
May 2022 - April 2023	Title: <i>Salsalan Di E-Sabangan: An Aesthetic Expression of the People of Sabangan's Culture Through Social Indigenous Dances</i> Position: Researcher Funding agency: CSC Research Grant

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

Articles - None

Research Presentations in Conferences

Date	Title of Presentation	Conference and Venue
International November 22-24, 2019	<i>The Influence of Dietary Habits and Physical Activity Patterns on the BMI of Adolescents</i>	2019 SEA GAMES Scientific Conference, 9 th Asia Pacific Conference on Exercise and Sports Science, Quest Plus Conference Center, Clark Freeport Zone, Pampanga, Philippines

Creative Works (if applicable)

Date/s	Creative Work Details
October 27, 2021	Ti Similla article <i>Title: 26th SINSM Online Edition (HKP)</i>
October 20, 2020	PE 2 Dance Sports Course Pack
October 20, 2020	PE 2 Dance Aero Course Pack
October 20, 2021	PE 1 Foundations of Physical Fitness
October 6, 2021	PE 2 Table Tennis

Public Service

Date/s	Extension Service Details
April 6-8, 18-27, 2022	Title: SINSM 2022 Position: Secretariat Theme: Upgrading Senior High School Science and Mathematics Education: Content and Competency Part 2
April 18-20, 2022	Title: SINSM 2022, HKP Discipline Position: Facilitator Sub-theme: PE Sa Pandemya: Kumusta Na? Game Ka Na Ba?
November 21-March 2022	Title: UP Baguio's Mental Health and Wellness Program Position: Resource Person Title of Activity: Brain Break Activities
May 26, 2021	Title: SINSM 2021, HKP Discipline Position: Lecturer/Resource Speaker Title of Lecture: Mathematics and Online Pedagogies in Dance Sports
May 25-27, 2021	Title: SINSM 2021, HKP Discipline Position: Facilitator Sub-theme: Adopting to the New Normal: This Is How We Do It
April 20, 2021	Title: Online KA-pehan: Continuing Science Education and Research in the Midst of the Pandemic Position: Resource Speaker Title of Lecture: Best Practices and Challenges in Teaching Physical Education in the Time of Pandemic

Membership in a National/International Organizations

None

Professional Development: Participation in Conferences/Trainings

Date	Conference and Venue
International	
November 22-24, 2019	2019 Southeast Asian Games Scientific Conference, Quest Leisure Hotel Clark, Pampanga
April 26-30, 2018	Dance Xchange: The Philippine International Dance Festival 2018, Dumaguete City, Negros Oriental
National	
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, Quezon City
Local	
December 11–13, 2018	2018 HKP – Academic Program Improvement Workshop, San Juan, La Union
September 3, 2018	College of Science Strategic Planning Workshop, Hotel Elizabeth, Gibraltar, Baguio City
July 31-August 10, 2015	10-day INTEL Teach Essentials Course Training, STE - Saint Louis University
December 20, 2014	Physical Fitness, Exercise, and Aerobics Review Seminar Workshop; Individual/Dual Sports Evaluation and Basic Wushu, DPE – Saint Louis University
October 6, 2014	Basic Swimming Lesson, DPE – Saint Louis University
April 18-22, 2013	4 th Regional Folk Dance Seminar-Workshop, Benguet State University