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**DR. MICHELLE DUYA PUNZALAN**  
**NIÑO C. MELINDO**  
**ROMEO P. GONZALVO JR.**



# **PHYSICAL EDUCATION AND HEALTH 1**

**FOR SENIOR HIGH SCHOOL**

**DR. MICHELLE D. PUNZALAN  
NIÑO C. MELINDO  
ROMEO P. GONZALVO, JR.**

# PHYSICAL EDUCATION & HEALTH 1

## FOR SENIOR HIGH SCHOOL

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Dr. Michelle D. Punzalan

Niño C. Melindo

Romeo P. Gonzalvo, Jr.

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## ABOUT THE AUTHORS



**DR. MICHELLE DUYA PUNZALAN** is the Area Chair in Physical Education/ Full time Faculty/ NSTP Coordinator. She is a dedicated educator with 16 years of experience at San Sebastian College-Recoletos Manila. She serves as a role model through extensive participation in fitness activities and non competitive activities with a focus on team sportsmanship, physical strength, endurance and flexibility.

- Doctor of Education (Ed.D), National University, Manila (May 2014)
- Bachelor of Secondary Education, St. Michael's College, Guagua, Pampanga, (March 1999)
- Certificate in Physical Education, Pamantasan ng Lungsod ng Maynila (March 1999)
- Master of Arts in Physical Education, Pamantasan ng Lungsod ng Maynila, Intramuros



**NIÑO C. MELINDO** is a graduate of Cavite State University, Indang Cavite, with the degree of Bachelor in Secondary Education, Major in Physical Education, Health and Music. He earned his MA units at Philippine Normal University, Manila. From 2003 to 2008, he was assigned as Music, Arts, P.E. and Health teacher at Jesus Son of Mary Academy (Dasmariñas, Cavite). He has been a P.E. Instructor at Cavite State University, Imus Campus, and he had served as Sports Coordinator and Socio Cultural Coordinator and P.E Instructor at Lyceum of the Philippines University, Cavite. He returned to teaching in public high school in 2013 at Dasmariñas North National High School and he is currently teaching Physical Education and Health in Senior High school at Dasmariñas National High School (Integrated School).

- Lifetime member of Philippine Folk Dance Society
- D' Professional Dance Council of the Philippines Inc. (member)
- Dance Sport Coach – Regional/ National (PASUC/STRASUC)
- Badminton Coach – DNHS
- Choreographer and Stage Director
- Event Coordinator



**PROFESSOR ROMEO P. GONZALVO JR.** has over 15 years of teaching experience that includes undergraduate subjects like Philosophy of Man, Logic, Ethics and Morality, Research, Filipino Subjects (both major and general subjects), Rizal, Philippine History with Government and Constitution, Philippine History and Culture, and AB Communication Subjects.

- A Computer Engineering Technology graduate at the Technological University of the Philippines, Dasmariñas City, Cavite
- An AB Philosophy and AB Mass Communication graduate, Major in Philosophy and Mass Communication at St. Paul Seminary Foundation, Lalaan, Silang, Cavite
- Finished his Master's Degree at Dela Salle University, Dasmariñas City, Cavite
- A Former Seminarian of Our Lady of The Pillar Seminary at Buhay na Tubig, Imus, Cavite
- A Retreat Master and Facilitator
- Speaker, poet, writer, songwriter, performer, video / audio editor, photographer and an amateur actor, singer and dancer
- Published and revised a series of Text Books from Primary, Secondary and Tertiary Level

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