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# Ti Similla

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**UP BAGUIO ALUMNI ASSOCIATION AWARDEES FOR 2011. (Front row, from left) Dr. Ruben Maranan and Mrs. Jennifer Maranan (Business); Aurora Alambra (Media); Prof. Josefina Nate-Natividad (Education); Dr. Penelope Aquino-Domogo (Medicine), Dr. Socorro Florendo-Sarfati (Medicine); with Chancellor Priscilla Macansantos; Marlene Baltazar De Castro (Awards Committee member); Dr. Mario Abuan (Medicine); Director Fernando Porio (Government Service); Dr. Efen Vidaldo (Medicine) (Second row, from left) Romeo Cleto (Community Service); Director Manuela Nuval-Peña (Government Service); Mayor Gregorio Abalos (Government Service); Ricardo Torres, Jr. (Community Service); Dr. Manuel Sison (Medicine); Engr. Federico Monsada (Engineering); Atty. Rogelio Atos (Law); Atty. Maita Cascolan-Andres (Law); Engr. Alfredo Chanbonpin (Engineering); Col. Benjamin Sembrano (Government Service). A complete list of awardees is uploaded on the UP Baguio website: [www.upb.edu.ph](http://www.upb.edu.ph)**

## Jubilee Homecoming held at UP Baguio

UP Baguio's celebration of its jubilee year culminated in a small but happy reunion of alumni, returning faculty and guests from the Baguio-Benguet community. The reunion was held on December 15-16, 2011 and drew in 155 registered participants. Around three hundred filled up the Bulwagang Juan Luna for the dinner program on the 15<sup>th</sup>, with non-registered participants, students, faculty and other guests in attendance. The reunion events included: a luncheon reception, a business assembly and election of a new Board of Directors for the UP Baguio Alumni Association, a production number directed by filmmaker and television director Manny Palo, a dinner program and awarding of plaques of recognition to outstanding alumni

of UP Baguio, a 6.2km fun run and exhibition games by resident and alumni varsity players. The production number and dinner program featured songs, dances and music from the five decades of national and local history that UP in Baguio has lived through. Over a hundred students from UPB undergraduate dance groups once more rehearsed these numbers for at least six months prior to the reunion; the production itself was a repeat of the June 2011 launch of the Jubilee year, but with additional song segments. The dinner program had for its guest performers alumni like Andrew Carantes, Bong Ramilo, Luchie and Lingling Maranan, Nes Mondok and others. Other special guests at the reunion were returning faculty: Violeta

Adorable, Virginia Abiad, Marietta Fulgencio, Remedios Rullan, Bella Queaño, Hortencia Garcia, Lydia Casambre and Steve Rood.

Elected into the new Board of Directors of the UPBAA were: Judge Lily de Vera Vallo, Corky Degollacion, Marquez Go, Atty. Yzanne Merced, Benedicto Alhambra, Atty. Rogelio Atos and Edgardo Nevada. Members of the organizing committee for the reunion were: Luchie Maranan, Nadine Navarro, Deemson Mones, Rocel Ortega, Janice Domogan, Yzanne Merced and Jennifer Inovero; heading the committee were Director of the Office of Public Affairs Victoria Costina and Deputy for Alumni Relations Cecilia San Luis. ■

# A welcoming time



*"I will always come home to UP Baguío." Angel Aquino*



“Mga Dekada sa UP Baguio,” directed by Manny Palo



# Thinking through Alumni Relations at UP Baguio

*Sustained networking with alumni will need to be established; a separate Alumni Relations Office set up*

*Ti Similla fielded a questionnaire to faculty, at random, and received responses from Dr. Jimmy Fong, Dr. Teofina Rapanut, College of Science Dean Wilfredo Alanguí, and Vice Chancellor for Academic Affairs Alipio Garcia.*

## What role/s can alumni play in the life of the University? How can they best contribute to realization of the teaching/research/extension service function of faculty?

**Jimmy Fong:** The alumni can serve as role models, as inspiration for our students to do their best. Their achievements can show what a UP graduate is capable of doing. We expect the alumni to give back to the University but I am not sure if we should. We can simply articulate and make them know about our needs and it is up to them to respond. We are grateful to those who just saw our needs and gave.

**Teofina Rapanut:** Maybe we can ask the alumni about this. What is important is to establish a sustained, regular connection and communication link with them.

**Alipio Garcia:** A lot of current activities/functions need more financial and logistical support. Varsity programs, research activities, FDF (Faculty Development Fund) and RDG (Research Development Grants), library and laboratory holdings, faculty salaries charged to PSLs (Personnel Services Lump Sum), insufficient professorial chair slots, API (Academic Program Improvement) funds, etc.

**Wilfredo Alanguí:** There are direct and indirect ways by which alumni can participate in the life of the University. The direct ones are quite obvious. Many alumni associations create a financial aid fund in order to help the University, alumni, resident students, or any particular person. The aims may vary, ranging from scholarships, research support, equipment purchase, to medical help.

Indirect ones may include supporting certain endeavors of the University like lobbying for a bigger budget for UP or influencing policy in favor of the University.

How can they best contribute to the three functions? Again, they may provide endowments for better instruction, implementation of research, or expansion of the extension program of the university. But they may also provide the necessary information about the requirements of professions that should be taken into consideration by the University in updating curricular programs, or to direct research and extension programs based on alumni's past and current experiences in their respective fields.

## How, specifically, can we improve work with alumni, and alumni relations here at UP Baguio?

**Jimmy Fong:** The social media did not seem to work to get alumni to come for the December homecoming? We need to keep exploring ways to get them to be actively involved.

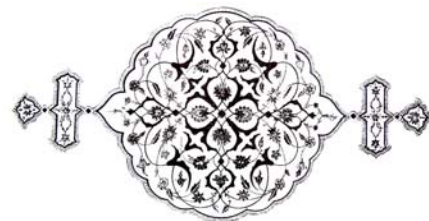
**Teofina Rapanut:** Alumni belonging to the same batch of a certain degree program naturally bond with each other. Technology has also helped them communicate with each other even if they are in different places. Given such a situation, we then have to identify those that maintain these yahoo groups, Facebook accounts, etc. These can be searched on the internet.

Maybe each department in the Colleges can task somebody (maybe a student assistant) to track down such e-groups or Facebook accounts regularly. Then the department can encourage them to identify their activities that have to do with UP Baguio, like visits to the campus, having their mini-reunions as a group. We just request them to inform us of such activities and ask them to consider attending the alumni homecoming every year as part of the commencement exercises. The homecoming may be

conducted as a fair with food booths made available for alumni and guests. We can write food concessionaires to put up these food booths. Then we organize a program, maybe a concert, a play, which can be sponsored by some alumni group.

**Alipio Garcia:** For years, UP Baguio alumni officers (the Board of Trustees) have been Baguio-based alumni when in fact most of our alumni are from the lowlands, especially those with capacities to help UP Baguio. This norm should be reviewed. Alumni overseas are willing to give back, except that they don't know how. The UP Baguio web page should be the facilitator for this (e.g. a Donate button). Showcase research projects, proposals, advocacies, etc. that need financial support and allow for online transfer of financial support from alumni.

**Wilfredo Alanguí:** Big universities have an Office of Alumni Relations. The University of Auckland OAR, for example, has a fulltime team whose key activities include organizing events and reunions; creating and maintaining alumni benefits and services; communicating with alumni online via email, and in print; putting alumni in touch with each other; helping alumni volunteers in setting up their own groups and events; keeping alumni up to date with University news; and raising funds for the University. I think this can be a model for UP Baguio, maybe a smaller office, but a unit solely dedicated to doing these activities. It would really help to have a fulltime OAR that can do some of these things and other activities relevant to our needs as an autonomous UP unit in northern Luzon. ■



# UP Baguio honors Gawad Chancellor recipients for 2011

*Once more, UP Baguio acknowledges excellence*

Recipients of the Gawad Chancellor for 2011 were: Dr. Wilfredo Alanguí (Outstanding Senior Faculty); Dr. Alejandro Ciencia, Jr. (Outstanding Junior Faculty); Mark Martin (Outstanding employee, Administrative/REPS sector); and Giovannie Rualo (Outstanding employee, Administrative/REPS sector). The following is an excerpt from Dr. Alanguí's acceptance speech.



**Gawad Chancellor recipients feted at December 2011 Community Dinner Program: (from left) Vice Chancellor for Administration Bienvenido Marzan, Chancellor Priscilla Macansantos, Dr. Wilfredo Alanguí, Mark Martin, Amihan Rualo (for Giovannie Rualo), Dr. Alejandro Ciencia, Jr., Vice Chancellor for Academic Affairs Alipio Garcia**

I first stepped into then UP College Baguio as a freshman in 1982, and obtained my BS Math degree in October of 1985. Not eager to leave the campus just yet, I enrolled in Philippine Revolution as a non-degree course during the following semester, under Prof. Jessica Cariño, thus extending my stay in the University. It was the height of the struggle against the Marcos Dictatorship, which culminated in February 1986. I gravitated to the parliament of the streets during that semester, joining picket lines of workers of Rabbit Bus Company in Magsaysay and Easter Weaving in Guisad, while writing for the *Outcrop*. It was a busy semester, and Jessica eventually gave me a “No Grade” in Philippine Revolution.

Like my contemporaries and older colleagues who chose to stay, I am witness to the transformation of our beloved UP Baguio. I miss the old campus in the 80s and the 90s – the familiarity of the people and the comforts of a small unit. But I am happy about the road that we have taken to become an autonomous unit, it being a conscious decision on our part. We envisioned and

shaped this autonomy in countless workshops and task forces in the 90s. We knew it was bound to happen because we worked hard for it, and hence, is richly deserved.

Of the many changes and turns that have taken place at UP Baguio, one is particularly special and personal. In the '80s, it was hard to be open about one's sexuality – maybe for unfounded reasons, but certainly for fear of not knowing what to expect from the community. In the mid 90s, I came out, though indirectly and with lots of courage, to my discipline colleagues and friends in the faculty. It wasn't going to be unproblematic, but I knew it was the right time even as we were grappling with autonomy issues and mulling over the future of UPCB as an academic institution.

I am not sure if I would have done the same if I wasn't at, or with, UP Baguio. The fears are still there; yet I am more comfortable about who I am, secure in the thought that this institution has learned to embrace diversity. It was a difficult path to maturity that we dared take, and we succeeded. We were not unscathed, but more confident about the

choices and decisions that we now have to make.

This was the road that took me to this award, which comes with so much honor but even greater responsibility. I am holding this now only because UP Baguio provided me the nurturing and enabling environment that allowed me to grow as a faculty and more importantly, as a per-

son.

UP Baguio – the institution, the community, and I in/with it, have come a long way. I accept this award on behalf of the other honorees, Prof. Ali Ciencia, Mr. Mark Martin and Mr. Joey Rualo. And I dedicate it to all the members of the College of Science. This recognition would not have been possible if we allowed differences and inconsequential matters to get in the way of what needs to be done. I am getting this recognition only because the College allowed me to sleep well at night.

Echoing Prof. Delfin Tolentino, I am but a temporary keeper of this award. I would be more than glad to hand this over to the many colleagues who silently and selflessly work to make us an even prouder institution of higher learning.

But they'll have to wait for next year. For now, allow me to enjoy and savor this moment. Maraming salamat po! ■

# Scientific Writing Workshop: On Writing Manuscripts for Journal Publication

*Scholastic rigor remains  
the primary value*

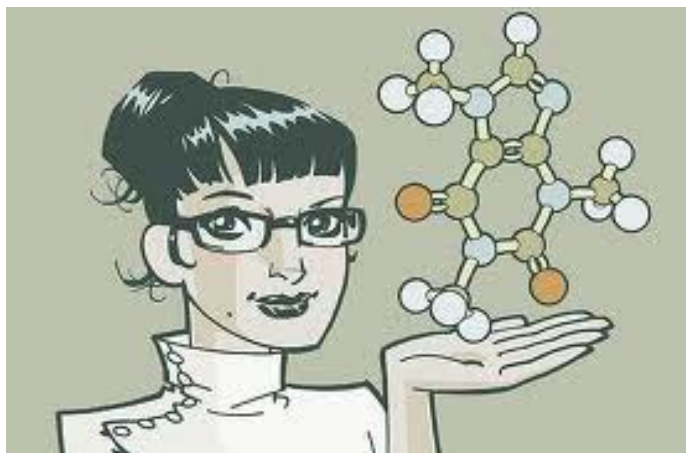
■ By Karen Ballada and Liezel Magtoto

Every junior UP faculty member faces the *up or out* policy so the solution then is to publish scholarly papers in a peer-reviewed journal. To encourage young faculty members and researchers to write and publish researches in ISI-reviewed journals, a workshop was sponsored by the Office of the Vice President of Academic Affairs at UP Diliman. Entitled “Scientific Writing Workshop: Publishing in Peer-Reviewed International Journals,” the training was conducted at the University Hotel in UP Diliman on November 29-30, 2011. Two junior faculty members, Aris Reginaldo and Karen Ballada, of the Biology Department, College of Science here at UP Baguio were granted participation in the said workshop, joined in by 13 others from different campuses of the UP system.

The main speaker, Dr. Diana Aga from Buffalo University, New York, admitted that writing scientific papers is not an easy job. Her talk focused on the proper way of writing the major parts of a research manuscript, highlighted with first-hand tips in preparing a scientific paper, including the “Do’s and Don’ts” in writing manuscripts. Aga added: “The greatest challenge for a young researcher is to learn how to accept criticism and to be prepared for heartbreaking reviews. Despite the difficulties in writing manuscripts for acceptance in ISI journal publications, we can improve our success rate by doing good, solid research, by practicing writing and attending workshops, and keeping updated on the literature.” Writers also need to know how to do novelty statements on the research we wish to publish as a part of the letter to the journal editor since this increases the

chance of our paper being accepted for publication.

Other experts also shared valuable information to help young researchers in searching for literature, managing references with bibliographic software (Scopus and Science Direct), and selecting the appropriate journal for the manuscript. The workshop ended with a break-out session with mentors:



Dr. Diana Aga, Dr. Joey Balmaceda, Dr. Cynthia Hedreyda, Dr. Gil Jacinto, Dr. Basiao Zubaida. The session had the participants reviewing their manuscripts with their assigned mentor. The convener and the participants are hopeful that, with the help of the reviewers, participants will see their articles published this year.

## Writeshop for packaging research outputs into publishable manuscripts

According to Dr. Gaston Kibiten, CHED ZRC-PCI-SLU Director, the process of research starts with a proposal phase and is completed only when the outputs are published. However, an overwhelming number of research outputs, including theses and

dissertations, are not published in peer-reviewed research journals, and are thus treated as gray literature. A peer-reviewed or refereed research journal has experts looking into the content of the article, not simply scrutinizing the format of the paper.

In line with this, the CHED Zonal Research Center for Region 1 & CAR conducted a research capability building activity entitled “Repackaging research outputs into publishable journal manuscripts” on December 1 and 2, 2011 at Saint Louis University. The activity aimed at providing helpful tips and guidelines for HEI faculty and staff who have research outputs or about-to-be-completed researches and wish to redraft these for journal publication. Inputs and writeshops were focused on the journal format, writing styles, elements of a journal article, manuscripts for a journal, and the peer-review process. Kibiten’s advice in submitting the manuscript is to simply follow the

author’s guidelines as prescribed by the journal concerned.

The activity was well participated in by research coordinators and faculty members of northern Luzon academic institutions. Liezel Magtoto of the Department of Biology, College of Science, UP Baguio participated in the writeshop, together with participants from University of Pangasinan – Lingayen, Virgen Milagrosa University Foundation – San Carlos, Mariano Marcos State University – Batac, Northwestern University – Laoag, and Metro Dagupan Colleges. ■

# Philippine Society for the Study of Nature - Cordillera Administrative Region PSSN-CAR holds its 5<sup>th</sup> Annual

## Scientific Meeting *Ecosystem conservation and restoration in focus*

■ By Aris Reginaldo

The Philippine Society for the Study of Nature-Cordillera Administrative Region Chapter conducted its 5<sup>th</sup> Annual Scientific Conference last November 19 and 20 at Benguet State University, La Trinidad. The conference theme was: “Strategies Towards Conservation and Restoration of Natural Resources.” The event was attended by more than 50 participants from different areas of Northern Luzon, Manila and Quezon.

Dr. Edgardo Gomez, professor emeritus at the Marine Science Institute, UP Diliman served as the keynote speaker. He shared his long experience and knowledge as a marine scientist and on the efforts to restore and protect the country’s coral reef and other marine species, especially several species of giant clams (*Tridacna spp.* and *Hippopus spp.*).

Gomez noted that only about 5% of Philippine reefs are in good condition. According to him, the main causes of loss of marine biodiversity are destructive fishing and overharvesting, which are primarily driven by poverty and greed. He added that at present, the

number of giant clams is growing but remains to be used exclusively for restoration efforts. He also shared his equal interest in native trees of the Philippines. As part of addressing the need to conserve our biological resources, Dr. Gomez said that species of coastal/beach trees were planted at the grounds of the UP Marine Science Institute in Bolinao, Pangasinan.

Several speakers also talked about conservation and restoration of four distinct ecosystems, with special focus on Northern Luzon. The topics and respective speakers were: “Agricultural Ecosystem” by Dr. Jose Balaoing of Benguet State University (BSU); “Terrestrial Ecosystems”



**THE SECRETARIAT (all from UP Baguio): (Second row, from left) Dr. Romy Dizon, Prof. Aris Reginaldo, Jaime Cañedo; (First row, from left) Karen Ballada, Liezel Magtoto, Dr. Zenaida Baoanan, Freda Wong and Wilen Mina**

meaningful if equal effort will be given to conservation.

Other highlights of the Conference were oral presentations, best paper presentation and best poster competition. Dr. Gondelina Radovan of Southern Luzon State University won the Best Paper Competition with her work on “Molecular Diversity of Methanogens in Cattle as a Response to Dietary Tannin.” Her work seeks to find alternative food or food supplements to lessen the production of methane from cattle. Methane contributes to the gases that make the earth warmer. The poster presentation was won by Dr. Sotero Aban and his group with their paper on the inland waters of Dagupan City, Pangasinan. ■



by Dr. Erlinda Bestre of BSU; and “Marine and Coastal Ecosystems” by Dr. Romeo Dizon of UP Baguio. All the talks emphasized the principle that restoration efforts will only become

# Notes on a study of small mammals of Mt. Sto Tomas and their ectoparasites

■ By Aris Reginaldo

I remembered the field work I did in 2010 when it got colder in mid-November last year. It was the same cold season when, together with my mother and four cousins, I hiked to the mossy forest of Mt. Sto Tomas to do field work for the first time, a plan that I designed and spearheaded as part of work for my thesis under an MS Zoology program.

On a clear day, the peak of Mt. Sto Tomas can easily be seen on the west side of Baguio City.

We were lucky to have been able to rent a small house for the duration of the 12-day field work. We would have been sleeping in tents, fully covered with clouds and enduring the cold at 12 °C, on average. We brought everything we needed, including food supplies, batteries, a tank of gas and a stove, all to make our daily cooking easier. We depended on a small flowing stream near our camp for our dish washing and sometimes for taking a bath, even in the cold weather.

Since my work is for science, I taught a simplified scientific method to my four

cousins as well as two other locals whom I hired. I taught them how to set traps for rats, to find a rat's burrow, to properly handle the animals, how to collect ectoparasites and preserve these, to strictly record and report field observations as well as data. I also let them know about small mammal diversity in the Philippines by giving informal lectures during our spare time.

We worked all day. We checked our traps as early as six in the morning, reported the catch, ate our breakfast and processed (measured, identified, counted, preserved) all collected specimens until lunchtime. In the afternoon, we replaced baits and then set them again in the forest before it got dark. Playing chess was one of my team's activities during the night while I went to sleep early.

The field work brought in interesting data and observations on the diversity of small mammals as well as the effect of habitat disturbance on their occurrence. The recorded species threw light on their geographical distribution. Nine species of small non-volant mammals were documented, six of which are endemic to the country, including three species which are found only in the Cordillera. These are the Cordillera Pine forest mouse (*Apomys abrae*), Luzon Cordillera forest mouse (*Apomys datae*) and Cordillera-striped shrew rat *Chrotomys whiteheadi*.



Prof. Reginaldo with one of his subjects

This data on ectoparasites comprises one of the most extensive studies on endemic species of small mammals in the country. Initial identification shows that most host-associations of ectoparasites are new records and the species of ectoparasites are new geographical records.

The efforts of the government to stop *kaingin* through the years have, at least, maintained the small patch of forest in the area. Mt. Sto Tomas is the highest mountain hereabouts, and the mossy forest on its peak marks the boundary of the southwestern Cordillera mountain. The biological resources found there greatly reflects the array of biological diversity of the entire Cordillera region. With this, there is a need to conserve and protect the remaining habitat in the area. At present, the greatest threat is the growing activity of vegetable farming in the area.

I presented a paper on the "Diversity of Ectoparasites in Mt. Sto Tomas, Luzon Island Philippines" this month as part of my being one of several recipients of the UP Baguio Golden Jubilee Research and Creative Work Award. ■



A species of mite (*Laelaps sp.*)

# Andrei Domogo, mathematics instructor, wins UP Baguio 6.2K Fun Run

*One of the events for the 2011 Alumni Homecoming was a Fun Run organized by Prof. Jennifer Inovero of the Human Kinetics Program of the College of Science, UP Baguio. The run drew over a hundred participants, composed of faculty, students, non-academic personnel and alumni. First placer among the women was alumna Jennifer Leung; among the men, it was Andrei Domogo, instructor in mathematics at UP Baguio, clocking 25.31 minutes. Ti Similla asked him to do a write-up and he submitted the following, in interview format.*

## What are your reasons for taking up trekking/running as a sport? How is this sport different from others?

I decided to do runs mainly because this helps a lot in mountaineering. I was first a mountaineer before I became a runner. The UP Baguio Mountaineers explained to us well that running is a prerequisite for one to be able to enjoy climbs. When your legs are strong you can concentrate on the beautiful flowers, great landscapes and mountain peaks, and not be bothered by muscle cramps. Also, you are able to keep up with the pace of the group you are with.

My mentor, Prof. Roberto "Bob" Acosta encouraged me to run regularly and to join races, 5km and above. I joined my first 5km fun run when I was a sophomore here at UP Baguio and because we didn't have track and field varsity players, I won. Winning made me think that I may actually be good at this sport.

What made me a runner was training. When Sir Bob planned on joining the Pasig Marathon he asked me if I wanted to train for it. We did a schedule for the training and then the whole world of running opened up to me. Running became part of my system, it became tradition. I also came to know what "runner's high" means. While doing the training runs, I was already teaching at UP Baguio. As a teacher, at times I get headaches from information overload. When you run and get tired, at times your mind goes blank. You are like an organism with nothing in mind but the next step, and the next. This process frees up your mind, it's like massage on your "brain muscles." There are also times when I can't solve a math problem. I set this aside and to my surprise, running, I realize a strategy for solving the problem. I read somewhere

that this is because of the increase of oxygen in the brain. With so much running, I began to realize that the sport heals the mind, frees it up or lets the ideas come in. I also run to reflect. When I do solo afternoon runs, I end up reflecting on what I did for the day, my teaching and dealing with people.

Compared to other sports, running is very simple. You just go out there and move forward in a pace faster than walking. Despite its simplicity, running is a very good form of exercise and is very rewarding. People run their first five kilometers and feel very good about it. The fitness brings about the good feeling. People attempt to do 10 kilometers and continue to run longer distances until they are able to do a marathon. Some even continue to do ultra marathons.

## Where are the best places to go for running?

Running is versatile and can be done anywhere. I like running in cool places and trails so I recommend Baguio and other places in the Cordillera. The following are places Baguio offers to runners:

- 1) For people who like to run on roads, we have South Drive, Outlook Drive, Mines

View, Gibraltar, Loakan Road and Camp John Hay. These Roads have minimal traffic, lots of trees alongside, and can be easily accessed. One meets a moderate number of runners here.

- 2) People who like moving around parks can go to Burnham Park. Here they can do laps around the lake. One lap is less than one kilometer. Human traffic around the lake is above moderate because of the popularity of the place. Those who like circling around ovals can go to the Baguio Athletic Bowl or Teachers Camp. There is no fee at the Athletic Bowl; the oval at Teachers Camp hosts the Philippine Track team and other elite runners. The oval is carpeted and is open to the public for a minimal fee.
- 3) Trail runners can go to Camp John Hay, PMA and DENR. Easiest to access in John Hay is the Eco Trail. One can get lost in the other trails so it is advisable to run with someone who knows these routes.
- 4) Those who like extreme running can do mountain runs at Mt. Sto. Tomas. About one day of running can be done on Mt. Ugo or Mt. Pulag.

## When would be the best months for running?

Running is an all-season sport. Trail running competitions are usually held during dry months; in rainy months trails get soft, muddy and slippery. But here in Baguio, we do occasional trail running during the wet season and more road running in the dry months.

## What is needed for running?

You only need a pair of shoes and a place to run. Recent studies show that you can even run barefoot. Many articles on barefoot running are available online. Videos of the Tarahumara, a tribe that runs long distances barefoot, are accessible on YouTube.

The key word is "regularly." Running should be done regularly. At first it doesn't matter if it's a short run or a long run as long as it's regular. This makes the sport a part of you and can't be easily removed: runner's high. Then you want to do longer, faster runs and join competitions. ■



Andrei Domogo, trail running

5<sup>TH</sup> Asia Pacific Conference on Exercise and Sports Science (APCESS 2011)  
Shanghai University of Sport, Shanghai, China, November 2-5, 2011

# Ni Hao, Shanghai!

■ By Jennifer Inovero

The 5<sup>th</sup> Asia Pacific Conference on Exercise and Sports Science (APCESS) 2011 was held at the Shanghai University of Sport (SUS) last November 2-5, 2011. The conference was organized by the Asian Council of Exercise and Sports Science (ACCESS). The conference theme was “Better City Better Life Through Active Healthy Lifestyle and Sports Science.” Over 70 speakers from almost 25 countries shared their expertise and research findings in various sub-disciplines of exercise and sports science.

Shortly after I arrived in Shanghai, I started going around Nanjing Road (Baguio’s version of Session Road) where I spotted a tourist bus offering a complete tour of the city for only 30RMB. The bus ticket (ATM-like) is good for 24 hours and one gets a pair of earphones which can be plugged into the sides of the seats so you get oriented about where the bus is taking you. This is recorded in several languages including of course, English. I marvelled at the beautiful city of Shanghai, including the Oriental Pearl Radio and Television Tower and the Jin Mao Tower, located at the Lujiazui Financial and Trade zone, the central area of Shanghai economic development. In the Laoximen area is the old Shanghai city where many scenic spots and historical sites, artificial scenery and commercial streets and accumulated historical and cultural resources were built by a history of more than 700 years. I did some shopping for souvenirs at the Shanghai Old Street along Fangbang Road. The People’s Square area, located at the center of Shanghai, is



(From left): Prof. Francisco Diaz (CHK-UPD), Dr. Mario Imson, Prof. Inovero and Jeffrey Pagaduan (also from CHK)

Shanghai’s political and cultural center. The Shanghai Grand Theater, Shanghai Museum and Shanghai Art Museum were built in the area for literature and art.

The venue of the conference, the Shanghai University of Sport (SUS), is one of the best sport universities in China and is located along Chang Hai Road, Yangpu District. SUS was established in November 1952 and has always been devoted to the teaching of the science of physical culture and sports. The conference organizers welcomed the participants with a cultural show by dance majors at SUS. This was immediately followed by a welcome speech from the President of Shanghai University of Sport Dr. Jiancheng Zhang and our very own Dr. Mario Imson, from the University of the Cordilleras and President of the Asian Council of Exercise and Sports Science. The keynote address was delivered by Dr. Christopher Edginton, Secretary General of the World Leisure Organization at the University of Northern Iowa. He spoke on “Leisure: Promoting Better Life, Better City,”

*UP Baguio coach and professor reads a paper on resistance training and basketball*

focusing on defining leisure as “a dynamic and powerful force which enhances and promotes better life and better community living.” Edginton noted that leisure provides opportunities which help define one’s identity, self-concept and self-worth. Healthy active living is an expression of one’s leisure. Leisure amenities such as parks, recreation activities, cultural attractions, scenic preservations, clean water and air all contribute to a life worth living. Furthermore, Edginton stated that leisure encourages world peace by promoting cross cultural communication, common values, equality and social justice across diverse populations.

Prof. Peter Chen, a full professor at the Graduate Institute of Sport Coaching Science at the Chinese Culture University in Taiwan and Vice President of the International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD) in New Zealand, spoke on “Creative Philosophy and Better Life.” The paper stressed ‘creative philosophy as a creative wisdom in action.’ Chen noted that creative philosophy begins in one’s imagination and through curiosity and questioning. He said that there is a need for precise observation to achieve discoveries and inventions. Furthermore, to live a better life, one must be balanced and developed in all areas of human endeavor which includes health, knowledge, play, work, wisdom and bonds with family, friends and the community. Achieving excellence in both individual pursuits and contributing to the development of others are worthy goals. Quality of life is determined by one’s activities and a person’s habits determine one’s quality of life.

Dr. Scott Trappe, director of the Human



At the banquet with Poram Choi (CCU-Taipei), Coach Kiko Diaz and Starr Cabuco

Performance Laboratory and Human Bioenergetics Program at Ball State University, USA, also delivered a lecture on “Exercise in Space: Implications for Skeletal Muscle Health on Earth.” He said that exercise has been the primary utility used by space agencies to protect cardiovascular, bone and skeletal muscle health while astronauts are in space for extended stays. Trappe’s laboratory is focused on optimized exercise programs for the skeletal muscle to counter the reduction in muscle mass and performance of the whole muscle and cell level. A series of bed rest and space flight studies have shown a high degree of muscle plasticity with inactivity and exercise.

I presented my paper on “The Effects of a Resistance Training Program on the Fundamental Skills in Basketball (Among Men)” on the first day of the conference. Categorized under Sports Coaching/Training Science, my research investigated the effect of a six-week strength training program in the performance of fundamental basketball skills. The use of weight training in improving athletic performance has traditionally been found only in sports that put a premium on strength, as in competitive weight lifting, weight events in track and field, football, wrestling and boxing. It was believed that weight training would bring muscle boundness, loss of flexibility and reduced co-

ordination, hurting players’ ability, slowing them down or even limiting their performance. Sixteen students from a beginner’s class in basketball were randomly assigned into two groups (8 students for the experimental group and 8 students for the control group). Pre-test and post test weight, height, grip strength, vertical jump and upper body strength measures were gathered from both groups. The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) battery of tests in the fundamental skills in basketball was administered to the subjects. A six week strength training program and medicine ball exercises were introduced to the experimental group only.

The study revealed that with skills training alone which was taught in class, the control group experienced a significant decrease in body weight, increase in vertical jump height, improved passing efficiency and dribbling skill. On the other hand, with skills training and a six-week strength training program, the experimental group improved their (dynamic) upper body strength, leg power, shooting skill, dribbling skill (right handed), defensive movement and passing skill.

During the

first five weeks of resistance training, there is a marked improvement in the recruitment pattern by the central nervous system, the anatomical adaptation (AA) phase. Thus, strength improvements start to be noticeable on the 3<sup>rd</sup> or 4<sup>th</sup> week of training. The first week is usually characterized by loss in strength, perhaps due to microtrauma (tearing down) of muscle tissue and fatigue (Baechle & Groves, 1998). As a result, strength increases appear before increases in muscle size. The control group experienced more weight loss than did the subjects from the experimental group probably due to hypertrophy (increase in size of muscle mass) which started to set in among the subjects in the experimental group.

However, results indicated that there is no significant difference in the post test weight, height, performance measures and fundamental skills test scores between the control group and the experimental group. Implications of these findings suggest that a six-week strength training program improves the performance of fundamental basketball skills. However, the program should be undergone for a longer duration to effect greater improvement in skills performance.

Another interesting keynote address delivered on the second day of the Conference was delivered by Dr. Stuart Phillips from the Department of Kinesiology and Exercise Metabolism Research Group of McMaster



The Bund at night

*continued next page*

University in Canada. His paper was on “Critical Processes in Exercise-induced Skeletal Muscle Protein Turnover in Humans.” The paper focused on the impact of nutrition and exercise on human skeletal muscle protein turnover. According to Phillips, skeletal muscle mass begins to decline in the fourth or fifth decade of life. Mass of skeletal muscle is maintained by ingestion of protein containing meals. With feeding, muscle protein synthesis (MPS) is



The Shanghai University of Sport (SUS) Administrative Building

stimulated and a small suppression of muscle protein breakdown (MPB) occurs such that protein balance becomes positive (MPS>MPB). As the transition towards fasting occurs, the balance of muscle protein turnover becomes negative (MPB>MPS). Thus, during maintenance of skeletal muscle mass, the long term net result is that MPS is balanced by MPB. Recent data points to the fact that loss of skeletal mass with disuse and aging is not due to chronic changes in MPS or MPB but to a blunted feeding-induced rise in MPS. Dr. Philipps thus suggests resistance exercise as a potent simulator of MPS enhancing of the gains stimulated by feeding. This becomes a counter measure to disuse atrophy as well as to age-related declines in

skeletal muscle mass. Other important points he made are:

- The optimal amount of protein in one dose is 20 grams to maximally stimulate MPS
- Post exercise consumption of milk promotes greater MPS than with consumption of soy protein
- Twelve weeks of resistance training with milk results in greater lean mass gain in young men
- The rapid digestibility of protein is the key to its efficiency in protein synthesis

Some other points taken on my end as a coach came from a lecture delivered by Dr. Liwei Zhang of Beijing Sports University entitled “Mental Fatigue and Athletic Training: Monitoring and Control.” Dr. Zhang pointed

out some causes of athletic burnout as emotional and physical exhaustion, reduced sense of accomplishment and sport devaluation. Athletes tend to experience burnout when dullness and low spirits set in during training. But when there is greater social support, there is lesser tendency for athletes to experience burnout.

The three-day conference also highlighted various workshop on Strength and Conditioning, Volleyball, Dance and Creative Movement, Anthropometry and

Technology and Sports and Movement. There were oral and poster presentations on Sports Biomechanics, Health and Fitness, Anthropometry, Exercise Physiology, Sports Nutrition, Sports Medicine, Sports Coaching/Training Science, Sports Technology, Sports Management, Sport Sociology and Sports Psychology. Also conducted were symposia on Adapted Physical Education, Chinese Traditional Sports, Dance and Information Technology, Sports Biomechanics, Sports Nutrition, Sports Pedagogy and Sports Psychology. ■



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