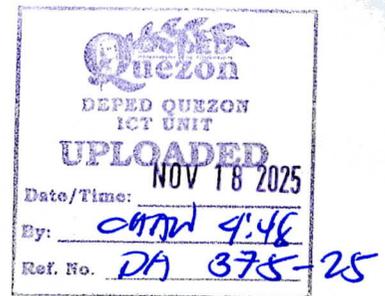




Republic of the Philippines  
**Department of Education**  
 REGION IV-A  
 SCHOOLS DIVISION OF QUEZON PROVINCE



**DIVISION ADVISORY NO. 375, s. 2025**  
 November 13, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013, this advisory is issued not for endorsement as per DO 28, s. 2001, but only for the information of DepEd officials, personnel/staff, and the concerned public.  
 (Visit [www.deped.gov.ph](http://www.deped.gov.ph).)

**2026 INTERNATIONAL EXERCISE AND SPORTS CONGRESS**

The Inspire Sports Academy Philippines invites professionals, researcher-educators, and learners to participate in the 2026 International Exercise and Sports Congress on January 16–18, 2026 at the Inspire Sports Academy and National University Laguna – Calamba City. The congress will feature plenary sessions led by renowned international and local experts, research presentations, hands-on workshops, and networking opportunities aimed at advancing knowledge and collaboration in the fields of exercise and sports science.

Participation of learners and teachers from public and private schools will be purely voluntary and will not hamper instructional time in compliance with the provision of DepEd Order No. 12, s. 2025 titled “Multi-Year Implementing Guidelines on the School Calendar and Activities for the School Year 2025-2026,” and DepEd Order No. 9, s. 2005 titled “Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith” and the policy on off-campus activities stated in DepEd Order No. 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contribution for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law).

For more details on the conduct of the said activity, please see the attached letter.

*[Signature]*  
 cid-ims/Nov 13/2025  
 DEPEDQUEZON-TM-SDS-04-011-003 OK



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon  
 Trunkline #: (042) 784-0366, (042) 784-0164,  
 (042) 784-0391, (042) 784-0321

Advisory No. **218**, s. 2025

November 5, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013  
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personnel/staff, as well as the concerned public.  
(Visit [www.deped.gov.ph](http://www.deped.gov.ph))

## 2026 INTERNATIONAL EXERCISE AND SPORTS SCIENCE CONGRESS

The Inspire Sports Academy Philippines will conduct the 2026 International Exercise and Sports Science Congress (IESSC2026), to be held at Inspire Sports Academy and National University Laguna-Calamba City on January 16–18, 2026.

With the theme, Optimizing Human Performance: The Science Behind Sports, the three-day Congress offers a dynamic and interactive learning experience that blends academic discourse with practical application in the field of exercise and sports science. The program will feature plenary sessions led by international and local experts, research presentations, hands-on workshops, and networking opportunities that collectively foster both theoretical understanding and experiential learning. It specifically aims to enable participants to

1. enhance their professional and academic competence,
2. foster their collaborative learning and innovation,
3. promote institutional and industry partnerships, and
4. develop values and leadership skills in sports education.

Professionals, researchers, educators, and learners from both public and private schools specializing in exercise science, sports performance, rehabilitation, and physical education are invited to take part in this event.

Interested participants may register through the following link:  
<https://forms.gle/XAKu7u57EuZhd7EJ9>.

Participation of learners and teachers from public and private schools shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2025, titled Multi-Year Implementing Guidelines on the School Calendar and Activities and DO 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contributions for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law), issued in DO 19, s. 2008, and reiterated in DepEd Memorandum No. 041, s. 2024.

For more information, please contact

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Facebook Page: [facebook.com/profile.php?id=61582144011027](https://facebook.com/profile.php?id=61582144011027)