

# JONALYN C. MANALANSAN

Calero, Orani, Bataan

09301228139

jonalyncanetemanalansan@gmail.com



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## PERSONAL INFORMATION

Age : 23 years old  
Sex. : Female  
Date of Birth. : December 23, 2001  
Place Birth : Orani , Bataan  
Civil Status : Single  
Height : 4'8  
Weight : 54 kg  
Nationality : Filipino  
Religion : Born Again  
Father's Name : Dionisio A. Manalansan  
Mother's Name : Larlyn F. Cañete

## EDUCATIONAL BACKGROUND

- **Bataan Peninsula State University**  
Bachelor of Science in Exercise and Sports Sciences  
Major in Fitness and Sports Management  
Bayan, Orani, Bataan  
2022- Present
- **Bataan Peninsula State University**  
Senior High School  
Technical-Vocational-Livelihood Track: Information and Communications Technology Strand  
Major in Technical Drafting  
Bayan, Orani, Bataan  
2018- 2020
- **Orani National High School (Parang- Parang)**  
Junior High School  
Parang- Parang, Orani ,Bataan  
2014-2018
- **Orani North Elementary School**  
Balut, Orani , Bataan  
2008-2014

## SKILLS

- Fitness Program Design and Implementation
- Sports Event Planning and Management
- Health and Performance Assessment
- Research Writer / Book Writer
- Book Editor / Copy Editor / Proofreader
- Data & Book Encoder
- Canva Designer / Poster & Layout Artist

## CERTIFICATES

- **Certified Group Exercise Instructor**  
International Association of Physical Education and Sports, Incorporated and Montenegrin Sports Academy – March 31, 2026
- **Certified Personal Trainers**  
International Association of Physical Education and Sports, Incorporated and Montenegrin Sports Academy – March 14, 2026

- **Certified Dance Fitness Instructor**  
International Association of Physical Education and Sports, Incorporated and Montenegrin Sports Academy - *May 28, 2026*

## **EXPERIENCES**

- **Department of Social Welfare and Development**  
**Cash for Work at Bataan Peninsula State University-Orani Campus**  
Handling office management of Center for Sports and Recreation Development Office  
*July- December 2025*
- **Hybrid Sports Clinic Volunteer**  
BPSU- Orani Campus  
*January 2023 – April 2026*
- **BS in Exercise and Sports Science Social Media & Media Community Management**  
BPSU- Orani Campus  
*January 2024 – April 2026*
- **Head Officiating Official**  
HRPIOI Intramural 2025  
*December 2025*
- **Chess Officiating Official**  
BAPPREESA Cluster 2 Meet  
*September 2025*
- **Head Officiating Official**  
CECA- Laro ng Lahi  
*March 2024*
- **Head Officiating Official**  
17th Conversion Anniversary 2024  
*March 2024*
- **Head Officiating Official**  
HRPIOI Intramural 2024  
*January 2024*
- **BPSU UNIVERSITY WIDE 2023**  
Referee and Facilitating Sports  
*June 2023*
- **Technical Official**  
Shaping the Future through Sports  
BPSU- Orani Campus  
*January 2023*
- **Head of Athletics Official**  
Orani District Meet  
*2023*
- **Head of Athletics Official**  
Orani District Meet  
*2022*

## **LEADERSHIP**

- **Vice President of Internal Communication**  
Human Kinetics Society  
BPSU- Orani Campus  
*Academic Year 2025-2026*
- **President**  
Human Kinetics Society  
BPSU- Orani Campus  
*Academic Year 2024-2025*
- **Senator**  
Campus Student Government  
BPSU- Orani Campus  
*Academic Year 2022-2023*
- **Class Mayor**  
Bachelor of Science in Exercise and Sports Sciences  
Major in Fitness and Sports Management  
BPSU- Orani Campus  
*Academic Year 2022-2023*

## SEMINAR, WEBINAR AND TRAINING

- Internship Program Completed
- Sport and Fitness Entrepreneurship and Strategic Management
- Financial Planning and Budgeting for Sports and Fitness
- 2024 Philippine Strength and Conditioning Convention
- Momentum Reimagined: The Inaugural Physical Education and Sports Science Convention
- Mind, Body, and Performance: Webinar on Managing Sports Injuries
- Bridging the Gap: From Sports Physiology to Sustainable Physical Activity in Education
- It's Hip To Be Fit! BALIK TIKAS, BAGONG LAKAS - OC-SIGLA
- Can Overweight Individuals Exercise Safely in Hot Weather
- A Tale of City Youth: Evidence of Psycho-social Variables Effects on Physical Activity Participation
- Coaching Sports for Person with Disabilities
- Civic Welfare Training Services (CWTS)
- Basic Rapelling, Ropemanship and Rescue Training
- Orientation Seminar on Inclusive Student Governance
- 2022 Leadership Training Seminar
- 2023 University- WideLeadership Training Seminar

## AWARDS AND RECOGNITION

- **BPED - BSESS Research Colloquium 2025**  
**The Phenomenological Study on the Lived Experiences of Youth Participants in Sangguniang Kabataan (SK) Community Sports Programs**  
*Best Paper Award*  
*Best Paper Presenter Award*
- **BSESS Start- Up Pitch and Exhibit: Innovative Fitness Concepts in Action 2025**  
**Power Connect: A Digital Coaching Accountability System**  
*3rd Best Exhibit*  
*2nd Best Pitch Presentation*  
*1st Overall Best Start-Up*
- **BPSU 16TH CONVENTION ANNIVERSARY**  
*1st Place in 100 meter Sprint*  
*2nd Place in 200 meter Sprint*  
*3rd Place in 400 meter Sprint*
- **BPSU ORANI CAMPUS RECOGNITION 2024**  
*Leadership Award*
- **OC Recognition "Punyagi 2025"**  
*Most Serviceable*  
*Leadership Award*

## CHARACTER REFERENCES

- **JANICE A. GALLARDO**  
*Bataan Peninsula State University- Orani Campus*  
*Center for Culture and Art*  
*09063216670*
- **RUTHER M. BACLIG**  
*Bataan Peninsula State University- Orani Campus*  
*Center for Sports and Recreation Development Office*  
*09199925613*
- **ALONZO L. MORTEJO**  
*Bataan Peninsula State University- Orani Campus*  
*Dean of Instruction*  
*09945430170*

I hereby declare that the details are true and correct to the best of my knowledge and ability.

  
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**JONALYN C. MANALANSAN**