



MA. REGINA A. FORMARAN
Contact details

SUMMARY OF QUALIFICATIONS

- Highly Dependable
- Can Work with Minimum Supervision
- Can Work Under Pressure
- A Team Player
- Passion for Teaching

WORK EXPERIENCE

Company Name : The Little Gym, Muscat, Oman
Company Industry : Private
Position : PE Teacher
Employment Duration : July 8, 2018 – August 16, 2018

Company Name : ADMANI Fitness Gym, Maabelah, Oman
Company Industry : Private
Position : Coach
Employment Duration : September 2017 – to present

Company Name : Vocational Training Centre, Shinas, Oman
Company Industry : Educational Institution
Position : PE Instructor
Employment Duration : 2012 – 2017

Company Name : Pangasinan State University
Company Industry : Educational Institution
Position : PE Instructor

Employment Duration : July 2012 – December 2012

Company Name : Panpacific University North Philippines
 Company Industry : Educational Institution
 Position : PE Instructor
 Employment Duration : June 2011 – March 2012

Company Name : Saint Louis University
 Company Industry : Educational Institution
 Position : PE Instructor
 Employment Duration : June 2009 – March 2011

Company Name : Easter College, High School Department
 Company Industry : Educational Institution
 Position : PE Instructor
 Employment Duration : February – March 2009

Company Name : University of the Cordilleras
 Company Industry : Educational Institution
 Position : PE Instructor
 Employment Duration : June 2007 – October 2008

Company Name : Our Lady of Mount Carmel Montessori
 Company Industry : Educational Institution
 Position : Classroom Instructor
 Employment Duration : S.Y. 2003 - 2004

Company Name : Benguet National High School
 Company Industry : Educational Institution
 Position : Volunteer Instructor
 Employment Duration : July – September 2001

DUTIES AND RESPONSIBILITIES

- Conduct Physical Education Classes namely: Physical Fitness, Self-Testing Activities, Aerobics, Gymnastics, Dance, Recreation, Individual and Dual Sports and Team Sports.
- Integrate Health, Safety, First Aid and Hygiene.
- Check safety at all times before the start, during and until the class is dismissed.
- Develop Moral, Social and Aesthetic Values.
- Conducts Intramurals and School Games and Competition.
- Train and Join Invitational Tournaments.
- Perform Officiating Responsibility During School and Provincial Tournaments.

- Conducts Seminar and Workshop.

EDUCATIONAL BACKGROUND

Graduate Studies: **Master of Arts in Education – Physical Education**
University of the Cordilleras, Baguio City, Philippines

Years Attended: 2007 – 2009

College: Bachelor of Secondary Education –
Physical Education, Health and Music
Benguet State University, La Trinidad, Benguet

Years Attended: 1994 – 1998

High School: Benguet State University, La Trinidad, Benguet

Years Attended: 1990 – 1994

Elementary: Benguet State University, La Trinidad, Benguet
Pines City Educational Center, Baguio City

Years Attended: 1984 – 1990

TRAINING AND SEMINARS ATTENDED

AREA	TITLE OF UNDERTAKING	SPONSORING AGENCY	INCLUSIVE DATES	PLACE
PE	Futsal Refereeing Short Course (Theory & Practical)	Oman Football Association (OFA) German University of Technology (GUtech)	March 13, 14, 15, 2016	GUtech, Halban Muscat City Sultanate of Oman
ENGLISH	Seminar on Improved Language Instruction	University of the Cordilleras-GRADUATE SCHOOL	December 1, 2011	University of the Cordilleras AUDITORIUM
PE	In-Service Training on Basketball Officiating	Saint Louis University-STE- DPE	February 18, 2011	Covered Courts St. Louis University
PE	Seminar-Workshop on Teaching Basic Arnis, Karate and Taekwondo Skills	Saint Louis University-STE- DPE	August 23, 2010	PE Building St. Louis University
PE	Seminar-Workshop on Exercise Physiology, Sports Psychology, Psychological Testing and Sports	Saint Louis University-STE- DPE	July 17, 2010	Center of Culture in Arts Theatre, Saint Louis University

	Medicine			
PE	Seminar-Workshop and Ranking Entitled: Arnis National Sport and Martial Art Training For All	University of Cordilleras (PEHM Dept) and Baguio City Arnis Federation	April 5-7, 2010	University of Cordilleras Covered Court
Inclusive Education	Phase III Seminar on Inclusive Education	Saint Louis University- School of Teacher Education (STE)	February 10-11, 2010	Gonzaga Building St. Louis University
PE and Health	Childhood Obesity Prevention, Physical Activity in Schools- Current Research	University of Cordilleras – College of Education (PEHM Dept)	August 20, 2009	University of Cordilleras Theatre
PE/SPED	Physical Exercises and Activities for Children with Cerebral Palsy	University of the Cordilleras Graduate School	August 22, 2008	University of the Cordilleras Training Center
SPED	Entering the World of the Hearing Impaired	University of the Cordilleras Graduate School	August 15, 2008	University of the Cordilleras Training Center
SPED	Teaching Strategies for Children with Down's syndrome	University of the Cordilleras Graduate School	August 1, 2008	University of the Cordilleras Training Center
SPED	DYSLEXIA: Diagnosis, Assessment and Interventions	University of the Cordilleras Graduate School	July 25, 2008	University of the Cordilleras Training Center
Inclusive Education	Foundation Concepts in Inclusive Education	University of the Cordilleras Graduate School	July 11, 2008	University of the Cordilleras Training Center
SPED	Teaching Strategies for Children with AD/HD	University of the Cordilleras Graduate School	July 4, 2008	University of the Cordilleras Training Center
SPED	The Pains and the Gains of a SPED Teacher Abroad	University of the Cordilleras Graduate School	June 27, 2008	University of the Cordilleras Training Center
SPED	Trends and Standards in Teaching Special Education	UC Graduate School and the College of Teacher Education	June 24-25, 2008	Auditorium, University of the Cordilleras
SPED	Social/Emotional	University of the Cordilleras	June 20, 2008	University of the

	Behavioral Disorders among Children with Special Needs	Graduate School		Cordilleras Training Center
Education	The Seminar Workshop: Day Care Teaching	University of the Cordilleras College of Teacher Education	June 6 & 7, 2008	UC-AVR
SPED	Signs of Abuse and Neglect among Children with Special Needs	University of the Cordilleras Graduate School	April 11, 2008	University of the Cordilleras Training Center
SPED	The Fundamentals in IEP Construction	University of the Cordilleras Graduate School	April 4, 2008	University of the Cordilleras Training Center
Education	Research Forum and Lecture-Seminar on Promoting Research Culture in the University	Research Development Center and Graduate School	April 1, 2008	Room M204 UC
Language	A Paradigm Shift on Language Teaching: The Role of Negotiated Syllabus and Collaborative Learning	Graduate School FDP Seminar	March 26, 2008	UC-AVR 110
SPED	Physical Activities for Children with Special Needs	University of the Cordilleras Graduate School	March 14, 2008	University of the Cordilleras Training Center
Education	Research Dissemination Forum	Research Development Center and Graduate School	March 10, 2008	Audio-Visual Room
Education	Current Trends in Entrepreneurship Education	University of the Cordilleras	February 29, 2008	UC and Sinag-tala Publishers
SPED	Teaching Strategies for Children with Autism	University of the Cordilleras Graduate School	February 22, 2008	University of the Cordilleras Training Center
SPED	Teaching Strategies for Children with Mental Retardation	University of the Cordilleras Graduate School	February 15, 2008	University of the Cordilleras Training Center
Education	Alternative Learning System	UC-College of	December 16,2007	Pontino Elementary School, Ambassador,

		Arts and Sciences Mass Communication Department		Tublay, Benguet
Education	The Power of Transformative Education in the Modern Age	University of the Cordilleras Graduate School With Sociology of Education Class	December 10, 2007	University of the Cordilleras S231
Education	E-Learning Seminar	University of the Cordilleras Graduate School	August 30, 2007	University of the Cordilleras

Kind/Type of Exam	Date Taken	Place Taken	Rating
Licensure Examination for Teachers (LET) <u>LICENSE NO. 0484738</u>	August, 1998	Baguio City	PASSED

OTHER SKILLS

Can play and compete in individual, dual and team sports
 Can train individuals who has potentials in skills
 Motivate and Inspire based on lessons learned in life
 Has interest in culinary and arts

PERSONAL DATA

Date of Birth : January 5, 1977
 Place of Birth: Philippines
 Gender : Female
 Height : 5'
 Weight : 152 lbs.
 Blood Type : "AB+"

PASSPORT DETAILS

Colour of Cover: Maroon
 Passport No. : P5497263A
 Issue Date : 02, January, 2018
 Place if Issue : Philippine Embassy, Muscat
 Expiration Date: 01, January 2028

REFERENCES:

Mr. Mohammed Abdullah Hassan Al Balushi

Principal

Shinas Vocational Training Centre

Mr. Ayoub Al Aufi

Head of Department – Key Skills

Shinas Vocational Training Centre

Mr. Conrado T. Torres Jr.

Head of Department – Mechatronics/Electronics

Shinas Vocational Training Centre