



Republic of the Philippines  
**Department of Education**  
REGION XI  
SCHOOLS DIVISION OF DAVAO DEL NORTE

**Office of the Schools Division Superintendent**

**DIVISION MEMORANDUM**  
**SGOD-2025- 0036**

To: Assistant Schools Division Superintendent  
Chief Education Supervisor, Curriculum Implementation Division  
Public Schools District Supervisors  
Elementary, Secondary and Integrated School Heads  
Elementary and Secondary nurses  
All Others Concerned

Subject: **ADDENDUM TO DIVISION MEMORANDUM NO. 0361, S. 2024**

Date: January 31, 2025

1. This pertains to the Division Memorandum No. 0361, s. 2024, titled Schedule of Physical Examination of Athletes, this Office informing the members of the School Health Section and the coaches and athletes of Langilan and Kapalong District of the additional schedule of physical examination, to wit:
  - a. Langilan District – February 10, 2025
2. Travelling and other incidental expenses shall be charged to local funds, subject to the usual accounting and auditing rules and regulations.
3. Everyone is enjoined to continually support and recognize the value of equality and diversity as well as ensure strict adherence to the health and safety protocols in all undertakings relevant to the activity.
4. Immediate and widest dissemination of this Memorandum is desired.



**REYNALDO B. MELLORIDA, CESO V**  
Schools Division Superintendent

Enclosure: As stated  
SGOD-SHS/hsv  
FN: ADDENDUM ON THE SCHEDULE OF PHYSICAL EXAMINATION OF ATHLETES

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**PREPARATION FOR PHYSICAL EXAMINATION**

1. DOCUMENTS (strictly no erasures)
  - a. Athletes
    - i. Medical History form signed and strictly to be answered by the parents (no falsification of documents).
    - ii. Physical examination form
      1. Only answer the demographics (Name, Age, Sex, Event).
    - iii. Dental examination form
      1. For Elementary School athletes only.
      2. It must contain a passport-size picture.
  - b. Coaches
    - i. Physical examination form
    - ii. Signed forms from outside agencies or private physicians will not be accepted.
2. PERSONAL PREPARATIONS
  - a. Pre-Examination Preparation
    - i. 24-48 hours before
      1. Hydrate: Drink plenty of water to ensure proper hydration.
      2. Diet: Avoid heavy meals, caffeine, and sugary foods.
      3. Rest: Get adequate sleep (7-9 hours).
      4. Avoid strenuous activities: Refrain from intense exercise or training.
  - b. Day of Examination
    - i. Comfortable clothing: Wear loose, comfortable clothing.
    - ii. Arrival time: Arrive 30 minutes before the scheduled examination.
    - iii. Bring any relevant medical records
      1. List of medications: Bring a list of current medications, supplements, and allergies.
    - iv. Personal Preparation
      1. Shower and hygiene: Maintain good personal hygiene.
      2. Remove jewelry: Remove all jewelry (e.g., piercings, watches).
      3. Avoid cosmetics: Refrain from applying cosmetics, nail polish, or perfumes.
    - v. Take your maintenance.



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- c. Additional Tips
  - i. Be honest: Provide accurate information about your medical history and lifestyle.
  - ii. Ask questions: Clarify any concerns or doubts with the examining physician.
  - iii. Follow instructions: Adhere to the physician's instructions and recommendations.

Prepared by:

**HENRY S. VILLAROSA JR., MD, CFP**  
Medical Officer III