

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 76

Type: Oral

Profiling Sports Studies Program Applicants: Insights from the Screening Process of a State University in Mindanao.

Thursday, October 2, 2025 3:45 PM (15 minutes)

Abstract

Growing interest in sports-related programs at the tertiary level has been observed as more universities now offer associate and bachelor's degrees in this field. It is crucial to admit students who are the best fit for the program. However, not all universities that offer sports courses have a systematic screening process.

This paper describes the academic profile, fitness test results, and athletic portfolios of 76 applicants to an associate-level sports program in a state university in Mindanao. Results showed that applicants who competed in national-level events generally scored higher in the fitness tests compared to those with a lower level of competition. However, this was not consistent across all tests. Some applicants who are academically strong but have limited competitive experience also performed adequately in the physical fitness tests.

Reviewing the academic performance, physical fitness, and athletic portfolios of applicants provides valuable insights that can help define indicators that determine who will be suitable for the sports program.

Keywords: Sports program admission, physical fitness profile, athletic portfolio.

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Session Classification: Sports Management, Policy and Ethics

Track Classification: Sports Management, Policy, and Ethics