

Session Program

Oct 1 - 3, 2025



*Influencing the Future of Sports,
Health and Physical Education:
Bridging Science, Technology
and Well-being*

OCTOBER 1-3, 2025
MSU-ILIGAN INSTITUTE OF TECHNOLOGY



CALL FOR PAPERS

SUBMISSION DEADLINE
JULY 18, 2025

POSTER PRESENTATION
SUBMISSION DEADLINE
SEPTEMBER 25, 2025

NOTIFICATION OF
ACCEPTANCE
4 WEEKS AFTER SUBMISSION



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

Physical Activity, Health, and Well-being

Mindanao State University-Iligan Institute of Technology

Wed, October 1

4:00 PM

Physical Activity, Health, and Well-being

Session | **Location:** MSU-IIT Tibanga Campus, PRISM Conference Room

4:00 – 4:15 PM

CRAFTING MASTERY: DEVELOPMENT OF ARNIS BROCHURE FOR BEGINNERS

Speaker

Prof. Sumando, Griffter

4:15 – 4:30 PM

Enhancing Learning Achievement on E-Cigarettes among Grade 10 Students through Social Media Tools and Tangible E-Cigarette Model at Satthasamut School, Thailand

Speaker

Ms Purakom, Atchara

4:45 – 5:00 PM

Pétanque and Health: A Descriptive Review of Original Studies

Speakers

Dr Saghita Pratama, Rivan, Prof. Liao, Yi Hung, Mr Widodo, Akhmad Fajri

5:00 – 5:15 PM

Factors Associated with Fall Prevention Behaviors among Elderly in Ban Na District, Nakhon Nayok Province, Thailand

Speaker

Dr Hansakul, Anong

5:15 – 5:30 PM

Validity and Reliability of the Physical Literacy in Children Questionnaire (PL-C Quest) among Elementary School Students Indonesia

Speaker

Mr Fahri, Achmad Syakur

5:30 PM

Thu, October 2

10:00 AM

Physical Activity, Health, and Well-being

Session | **Location:** MSU-IIT Tibanga Campus, PRISM Conference Room

10:00 – 10:15 AM

The Role of Physical Education in Strengthening the Psychosocial Well-Being of Elementary School Students in Indonesia and Korea

Speaker

Dr Suropto, Agus Widodo

10:15 – 10:30 AM

Does education improve nutrition literacy and physical activity among students, and is it associated with mental health?

Speaker

Ms Mayasari, Noor Rohmah

10:30 – 10:45 AM

Analysis of Service Quality, Satisfaction, Enthusiasm and Loyalty of Gym Members in Surabaya

Speaker

Mr Ristiawan, Bayu

10:45 – 11:00 AM

LEVEL OF MOTIVATION AMONG STUDENTS ON PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS -1 (MOVEMENT COMPETENCY TRAINING): BASIS FOR COURSE EVALUATION

Speaker

Mr Soliman, Armando Rafols

11:00 – 11:15 AM

The Effects of Sleep Behavior and Physical Exercise on Menstrual Conditions in Female Students: Case study on Srinakharinwirot University, Ongkharak Campus

Speaker

Mr Boonsiripasuch, Poorich

11:15 – 11:30 AM

Reliability and Validity of a Short Scale for Assessing Self-Rated Physical Fitness in Filipino University Students

Speaker

Dr Abarca, Jezreel

11:30 – 11:45 AM

Correlation between Nutritional Status and Physical Fitness on Dysmenorrhea of Vocational High School Students

Speaker

Mr Aprial M, Benny

11:45 AM – 12:00 PM

Relationships Between Physical Fitness Components and Mental Health Outcomes Among University Students

Speaker

Mr Acosta, Bhen Joshua

12:00 PM

Fri, October 3

10:30 AM

Physical Activity, Health, and Well-being

Session | **Location:** MSU-IIT Tibanga Campus, PRISM Conference Room

10:30 – 10:45 AM

The Stress Level of Bachelor Teacher Trainees in Physical Education at National Institute of Physical Education and Sports (NIPES)

Speaker

Ms HO, VICHET

10:45 – 11:00 AM

Prevalence of Sports Participation among Children and Adolescents in Mindanao: Findings from the 2019 FLEMMS Survey

Speaker

Cagas, Jonathan

11:00 – 11:15 AM

The Effect of Yoga, Self-Compassion, and Gender on improving Mental Health in STOK Bina Guna students

Speaker

Mrs Puspita Sari, Ika Endah

11:15 – 11:30 AM

RELATIONSHIP BETWEEN OBESITY AND DIABETES MELLITUS IN INDONESIA (ILFS-5): AFFECTED BY THE TYPE OF PHYSICAL ACTIVITY

Speakers

Mr Kresnajati, Sandhya, Mr Sugiarto

11:30 AM