

Journey of Female Athletes in Bataan: Basis for Gender Fair Sports Education

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DOI: <https://dx.doi.org/10.47772/IJRISS.2025.910000177>

Received: 21 October 2025 2025; Accepted: 26 October 2025; Published: 06 November 2025

ABSTRACT

This study, titled “Journey of Female Athletes in Bataan: Basis for Gender-Fair Sports Education,” explored the lived experiences of selected female athletes in the province of Bataan. Using a qualitative phenomenological research design and purposive sampling technique, the study aimed to understand the challenges, motivations, and successes that shape the athletic journey of women in sports. The chosen respondents of the study, female athletes, were a product of the province of Bataan. The study was analyzed using thematic analysis. Findings revealed that the participants emphasized the importance of recognition for women, support and continuous learning, sports contribute to developing leadership and building meaningful relationships, and they build confidence. As for issues and challenges encountered in the study, gender fair treatment, lack of resources, safety and well-being, and more funding. Moreover, the study identified best practices among female athletes, such as the integration of technology in training, enjoyment and passion for playing, sharing of knowledge with others, as well as positive coaching. These insights highlight the need for inclusive and gender-fair sports education programs that promote equality, empowerment, and holistic development among female athletes. Recommendations in the study include continuous support from the government to be able to give gender fair treatment to the female athletes. Another is the provision of enough funds to support training and continuous study for the improvement of the main focus of the study.

Keywords: female athletes, gender-fair education, sports in Bataan

INTRODUCTION

Sports are generally played by many people, regardless of gender or sex. Furthermore, over the years, history has recorded remarkable events that reveal that female athletes are no less than males in sports competitions and games. Because of this, it has been an excellent opportunity to uncover the truths behind the journey of every female athlete, particularly in Bataan, and what values and lessons it could add to sports education in the Philippines.

According to Garcia (2020), since the main focus of the study is on the journey of the female athlete, she declared that by participating in athletics, women are taking on the status quo and empowering themselves and other women worldwide. The incredible accomplishments made by women in sports continue to inspire us to break past the glass ceiling. To pay tribute to the female athletes who came before and paved the way for those to follow, one can choose to try out for a team in their school or league or attend a women's sporting event.

However, according to Federico et. al (2023), despite considerable progress, equal pay remains a major challenge in women's sport. Unlike the United States women's national team, which, through its fight for parity, succeeded in obtaining a collective agreement guaranteeing equal pay for male and female players in the national team, many international federations continue not to offer fair pay to their female athletes. Although some improvements have been made, women's salaries are still significantly lower than those of their male counterparts.

The Philippines passed Republic Act No. 9710, which establishes the Magna Carta for Women, in recognition of the fact that women's contemporary circumstances are influenced by political, social, and economic realities,

given that the research is centered on the experiences and histories of female athletes. In addition to recognizing women's contributions to the advancement of the country, it states that the State maintains the substantive equality of men and women. It will support women's empowerment in pursuing gender parity in the workplace, provide equitable access to resources, and advance development goals and achievements. Furthermore, the State understands that achieving gender equality means doing away with the unfair systems and customs that support prejudice and inequality. To do this, the State will work to create strategies, laws, plans, initiatives, policies, and other tools to combat inequality and discrimination in the social, political, economic, and cultural spheres that affect both men and women. The law includes opportunities for women to play sports, which may contribute significantly to sports education.

In fact, the province of Bataan is spearheading its campaign to promote the importance of the role played by female athletes, particularly to the citizens of Bataan, in helping the province and country uplift sports development and education. Bataan, particularly each school under it, had been promoting gender fair treatment, especially in sports. It has created different activities and sports leagues, creating beautiful experiences for free athletes. However, there have been limited studies conducted about the experiences and journey of female athletes in the province of Bataan, which may be a significant step in the progress of the sports industry. The study may open doors that may open opportunities to improve the quality of experiences for every female athlete focused on sports development and education.

As a Physical Education teacher, the study is imperative since it may contribute to the entire body of female athletes' sports education, particularly in the Philippines, that may result in programs and activities leading to the enhancement of both the experience of the female athletes and sports organizations in the Philippines which aims to uplift the quality of sports competitions regardless of sex and gender. Moreover, the study aimed to provide sufficient and efficient information regarding the journey and experience of female athletes in the province of Bataan, which may serve as a blueprint in creating innovations centered on the improvement of gender fair sports education in the province.

Statement of the Problem

This study aimed to explore the journey of female athletes in Bataan as a basis for gender fair sports education. Its findings served as input for future studies regarding female athletes.

Specifically, the study sought answers to the following questions:

1. How may the experiences of the selected female athletes be described in terms of?
 - 1.1 professional and non-professional games,
 - 1.2. athletes' experience in Bataan,
 - 1.2 career progression and opportunities?
2. What are the different issues and challenges faced by female athletes in the locality of the province of Bataan?
3. What are the best practices of the female athletes or sports organizations in the province of Bataan under the new normal in terms of sports implementation and practices?
4. Based on the findings of the study, what sports educational model may be proposed?
5. Based on the findings of the study, what monitoring tool for female athletes may be proposed?

Significance of the Study

The results of the study may be of great benefit to the different personalities and institutions for the following reasons:

Female Athletes. The study may be beneficial to female athletes since it focuses on enhancing their experiences through an intensive study of their journeys, specifically in the province of Bataan. Moreover, the study may

serve as a source of valuable information that could enhance and further improve the sports education programs for every female athlete, particularly in the province of Bataan. In like manner, the study may serve as a springboard for the female athletes and the people in the community of Bataan to promote the importance of supporting female athletes and their imperative journeys.

Student-Athletes. The study may serve as a great source of information for every student-athlete in improving their awareness about female athletes' contributions to the sports industry. Furthermore, the study is an eye-opener for every student-athlete who continuously improves their craft in sports regardless of age, sex, or gender. In addition, the study is an excellent source of information that invigorates student-athletes' desire to pursue their dreams and continuously improve their skills in the sport, contributing significantly to the nation's development in the sports industry.

Coaches and Trainers. This study may help all coaches working with female athletes to comprehend every facet of sports activities and instruction led and played by female athletes. The results of the study may provide valuable insights that improve the action plans and programs that female athletes' coaches and trainers now run, particularly in light of the needs of the province of Bataan.

Sports Industry. The study may help the sports industry broaden its knowledge of the importance and role of female athletes in contributing to sports development in the Philippines and the nation's sports education, which inspires young female athletes currently affiliated with sports education. Moreover, the study may serve as a venue for the sports industry to connect to the entire community about the need for important information, programs, and plans about equal opportunities for athletes regardless of sex and gender by providing them with enough knowledge, news, and current trends about the focus of the study.

Department of Education. This study may be an excellent source of information and a basis for the Department of Education to create innovative programs and plans that would further increase the desire of female athletes to improve their crafts and play sports, particularly in the province of Bataan. Another important aspect is that the study may serve as an initiative for the educational system to promote sports as an equal opportunity given to both male and female athletes, which serves as a tool for sports education. The study may guide the entire Department of Education in revisiting its existing plans for sports educational management, specifically for female athletes.

Participants of the Study. The participants may benefit from the study since they can serve as a valuable source of information to the members of the community about how imperative of gender fair treatment, particularly among female athletes. The study may increase and boost the confidence of the participants of the study since they serve as an example to a lot of female athletes and organizers, and lead coordinators of sports events, both public and private.

Community. The study may increase the awareness of the community members about the importance of highlighting gender fair equality, especially in the field of sports in the Philippines. In addition, the study may serve as a source of valuable information that could encourage every member of the community to contribute to equal treatment for women, both in perception and practice.

Future Researchers. Future research on female athletes' experiences, particularly concerning sports education and competitive games, may draw from this study. By means of this initiative, researchers want to establish a connection between the study participants and the sports business, with an emphasis on improving the experience of female athletes and their travels.

Scope and Limitation of the Study

The study is centered on the "Journey of Female Athletes in Bataan: Basis for Gender Fair Sports Education," which is focused on the experiences and journey of selected female athletes residing in Bataan, which serves as the venue or location of the study.

In addition, the study is a phenomenological research study that focuses on the individual experiences of female

athletes in Bataan. The study involved ten (10) respondents for this study. As part of the inclusion criteria of the study's respondents, the following criteria are considered: first, they must be certified female athletes with a strong affiliation with any sport; second, the study respondents should be currently or have been engaged in any official sports game, at least at a regional level. Finally, they must be willing and capable of sharing, articulating, and describing their experiences as female athletes, including their achievements, recognitions, issues and challenges, best practices, and training, which the researcher considers in determining the study's respondents. As for the exclusion criteria, female athletes living outside Bataan can only participate if the study promotes localization.

Notably, interviews with female athletes are the focus of the study. The researcher will ensure that the personal appointment for the interviews of the respondents is done before the narration of their experiences. The respondents are free to narrate whatever experiences and journeys they have experienced as female athletes.

Lastly, the study has limitations in terms of information that highlight the existing women's sports club, where the researcher could get more participants who could join the study. Another limitation of the study is that the sports industry in Bataan is mostly dominated by men, which limits the gathering of important information coming from women.

Notes on Chapter I

Olivia Garcia (2020), The Importance of Recognizing Women in Sports, Her Campus Media, LLC.

Federico I, Bowden M, Hamalian S. (2023), Despite the progress made in women's sport, major challenges remain, particularly regarding equal pay, visibility and training conditions. Euro News, <https://www.euronews.com/2023/07/27/gender-inequality-in-sport-the-challenges-facing-female-athletes>

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THEORETICAL FRAMEWORK

The present study was conceptualized along with Everett Rogers' (1995) Diffusion of Innovations Theory, Edward Lee Thorndike's (1905) Thorndike's Law of Exercise, Effect, and Readiness, and Albert Bandura's (1977) Social Learning Theory.

Rogers' Diffusion Innovation Theory was created in 1995 and is predicated on the assumption that a concept or item will eventually gain traction and diffuse or spread over a certain population or social system. People embrace new ideas, behaviors, or products as a result of this diffusion, integrating them into social systems. When someone adopts, it indicates that they have changed from their former behavior. The target audience must believe the idea, activity, or product is new or creative for them to embrace it. This may give rise to diffusion.

Moreover, new ideas, habits, or products are only gradually adopted in social systems. It's a process where some people will likely accept the innovation more readily than others. Research indicates that early adopters of technologies have different characteristics from later adopters. When promoting innovation to a target audience, it is important to identify the characteristics that will either help or hinder the innovation's adoption.

Relative to the present study, the Diffusion of Innovation Theory can be a good aid for the study since it promotes the utilization of innovation that could enhance the experiences of female athletes in the province of Bataan, which can serve as a valuable basis for gender-fair programs for every athlete, particularly female athletes. Since the end goal of the research is to come up with a practical innovation that can contribute to the enhancement of the experiences of the journey of female athletes in the province of Bataan, the theory has great relevance to the study since it promotes a valuable source of information that the researcher can use and study itself which can aid the formulation of recommendations, conclusion, and proposed gender-fair programs.

Similarly, the basis for Thorndike's Theory of the Law of Exercise, Effect, and Readiness (1905) was the notion that the law of exercise is a learning law, stating that the more often a stimulus and response are linked, the more likely it is that a particular response will follow the stimulus; the law implies that learning happens through experience and that one cannot learn a skill by watching others; the equally important law of effect states that actions that produce a pleasant outcome in a particular situation increase the likelihood that they will occur again; on the other hand, actions that produce an unpleasant outcome in that situation decrease the likelihood that they will occur again. Lastly, the law of readiness strengthens the connection between stimulus and response by highlighting that learning depends on the learner's readiness to respond. Therefore, an athlete with high motivation and a strong desire to learn is more likely to be open to learning than an athlete with low motivation.

The study is relevant to Edward Thorndike's Theory of Learning since it discusses the law of exercise, which focuses on rehearsing or exercising. It is a vital practice that female athletes should do since venturing into the sports industry requires consistency in training. The stimulus-response connections help strengthen the female athletes' and other players' skills by reinforcing the correct skill. On the other hand, the law of effect significantly influences the study since it states that if a pleasant reaction follows the skill, the stimulus-response bond is further strengthened. Female athletes experience positive effects when their journey brings pleasant experiences or valuable memories. If the following reaction is adverse, then the stimulus-response bond is weakened. Lastly, the research and the Law of Readiness are closely related, as female athletes must be physically and psychologically strong to compete in the sports sector.

Importantly, the premise that humans learn social behaviors by seeing and imitating others served as the foundation for Bandura's Social Learning Theory (1977). It emphasizes how important it is to watch, imitate, and replicate the behaviors, attitudes, and emotional reactions of others. The Social Learning Theory looks at how cognitive and environmental factors influence human behavior and learning. Two fundamental concepts were added to this theory by Bandura: first, there are mediating processes between stimuli and responses; and second, behavior is seen and taught from the environment.

The study is relevant to the study since it focuses on social learning through observing and imitating behaviors from others, such as influencers and sports education teachers in the sports industry. In the study, one of the vital, valuable experiences of female athletes is learning a lot about the sports industry from other athletes, coaches, and other people in the community, which is an imperative, central idea or source of learning and education among female athletes in the province of Bataan. Moreover, the study has great relevance to the study since the participants' experiences came from consistent social learning not just in the sports field but also in the entire sports environment itself, significantly contributing to their valuable experiences as female athletes.

The overall theories are relevant to the present study since they all play a significant role in helping the paper apply to the respondents and creating a solid basis for the study's objective, which is promoting gender fair treatment, specifically in the sports industry. Each theory is vital for the study's development and serves as a basis for improving its conduct.

Related Literature

Sex. Club X (2021) asserts that people may influence attitudes and motivate girls to engage in sports by demonstrating women's significant roles in these domains. Clubs may take action to expose members to more female athletes and provide them with positive role models, even though individuals cannot alter how the media covers sports. Encouraging girls to participate in sports, particularly those who might not feel as at ease in the gym or on the field, requires having female instructors. Famous role models are excellent, too, but coaches are essential to providing everyday support and encouragement. Girls may better envision themselves in that position and realize what is possible for women in athletics when they witness a woman in a leadership role serving as an inspiration.

May (2022) states that sports are often linked to positive ideals and values such as equality, fair play, collaboration, and mutual respect. It could also be a symbol of divisive ideologies and unethical behavior. The basic integrity of sport is compromised by discrimination based on gender and sexual identity, which is also

commonly linked to other integrity issues like abuse, harassment, or violence. While the meaning of the word "integrity" varies depending on the situation, in the context of sports, it refers to "moral responsibility and accountability, as well as respect for oneself and others." Ethical issues and integrity can vary depending on the sport, age group, and system.

Female Athletes. Ingram (2020) asserts that female athletes have a distinct advantage in the boardroom because they thrive on competition, tenacity, and a strong work ethic. Playing sports promotes girls' health and self-esteem, fosters the ascent of young female leaders, and enhances the success of C-suite executives. It's said that in sports, there has been talent competition. But there's a war going on as well: the fight for gender parity. Women are not winning until you use sport as a tool to elevate them to the same playing ground.

Moreover, McCoy (2020) said that the strength of female athletes cannot be disputed. Women have continuously shown that they are capable of achieving physically impossible tasks, like as running 26.2 miles at fast speeds or climbing the highest mountains in the world. But female athletes possess more than just strength; they also possess power. They destroy obstacles. They battle for equality tooth and nail. They become game-changers in culture that go beyond sports.

Furthermore, according to Themistokleous (2019), female athletes may serve as role models for confidence, a strong work ethic, and even a focus on education. The essential qualities that young girls need, confidence, leadership, cooperation, and teamwork, are exhibited by many female athletes. Young girls look forward to promising female collegiate athletes as role models because they show them how important education is and how to balance it with athletics. In the end, using female athletes as role models is a useful strategy that might help and motivate younger girls to reach their full potential, hone their abilities and morality, and become more demanding of both themselves and other people. This new modern lifestyle that we have embraced makes it clear that individuals are more prone to mirroring, especially considering the impact of social media on younger generations and the associated social isolation. To combat it, it's healthy and effective to use role models.

Gender Equality. It is true that doing sports as a pastime enhances our quality of life and health. In Europe and beyond, the global sports sector fosters social inclusion and collaboration. To achieve gender equality in sports, negative perceptions that discourage women from participating in sports must be dispelled. It also entails encouraging women to become elite athletes and sports industry executives (European Institute for Gender Equality, 2022).

In like manner, one of the most effective venues for advancing gender parity and female empowerment is sports. As the leader of the Olympic Movement, the International Olympic Committee is taking continuous action to advance gender equality. Significant progress has been made in balancing the total number of athletes participating in the Games. However, many other challenges and gaps remain. The International Olympic Committee is addressing these inequalities through leadership development, advocacy, and awareness campaigns, as well as appointing more women to leadership roles within the administration and critical governance positions. Together with many Olympic movement stakeholders, the International Olympic Committee has implemented significant gender equality initiatives to give girls and women worldwide greater access and opportunities to participate in sports. (Internal Olympic Committee, 2021)

Importantly, Silva (2022) states that while gender equality is a problem that affects all women globally, it is likely that the sports sector is the one that is most affected. Female athletes have several additional difficulties on and off the field of competition and face daily challenges. The ongoing struggle for equality among female athletes often leads some to give up on their goals. Numerous issues arise. Because women's sports are seen as a platform for their own gratification, spectators, pundits, and even coaches objectify women in sports. Males who believe that female athletes lack the strength or skill to compete successfully often make sexist remarks, which female athletes have to cope with.

Sports Education. In the framework of sports education, sports teach values like fairness, equality, cooperation, discipline, inclusion, persistence, and respect. A universal foundation for moral education may be provided by sport, helping to build the soft skills required for legitimate citizenship. Programs called Values Education

through Sport (VETS) encourage children to study actively, strengthen their cognitive abilities, assign them more responsibility, and improve their focus and engagement (UNESCO, 2022).

According to Inspiria (2022), Students who participate in sports education programs learn how to stay physically strong and develop virtues like discipline, obedience, and a winning mentality. Academic education gives students the capacity for thinking, mental growth, and career specialization. Therefore, sports education and academics result in the all-round development of the students. Nowadays, the education system stresses students' mental development and completely rejects physical activities. The overall outcome is that developing graduates and professionals need more muscular bodies and better physiques. Physical health education, sports, and games should be included in the curriculum for the kids' overall growth.

According to Inspiria, there should be a sincere introduction to sports instruction in schools and institutions. A strong and healthy body is impossible without sports and physical activities, which supports the adage, A sound mind resides only in a sound body. A competent athlete is constantly learning to follow the rules of the games and their coaches' advice. They learn leadership skills, how to sustain collaboration, and how to exhibit team spirit. Students who participate in sports education are taught to be humble even in times of triumph and to accept failure with a smile. It is the healthiest way to relax and have fun.

Sports Careers. A few occupations, such as athletes, come to mind when considering the sports business. Beyond just athletic skills, there is a wide range of interrelated employment in the sports industry. With new prospects opening daily, jobs along this line are growing quicker than ever. Since 2014, the sports sector has expanded at a compound annual growth rate of 4.3%, generating a \$488.5 billion worldwide market in 2018. Experts estimate that by 2022, it will have grown to around \$614.1 billion at a compound annual growth rate of 5.9%. The timing is ideal to consider a career in this field, given the industry's incredible rate of growth and the vast array of options available.

Moreover, career options in the sports business are not just for players; non-athletes may also pursue various roles in the sector, according to Lantern (2020). These positions supply sales and marketing income, mental and physical health services, and sports media material to support the sports sector. The following guide lists some of the most well-liked sports occupations for people who are not players and discusses the increasing number of women entering the field. Fitness Director, Coaches, High School Coaches, College or Professional Sports Coaches, General Manager, and Sports Internships.

Furthermore, almost six million people pursue jobs in sports, yet historically, only men were allowed to do so, according to Garg (2018). This has changed dramatically under Title IX, which forbids gender discrimination in sports. Following the enactment of Title IX in 1972, women had more opportunities to pursue degrees in sports-related disciplines and to progress in their careers. Regretfully, in specific domains, a great deal remains to be done.

Team (2023) declared that if someone has a passion for sports, pursuing a job in the sports industry can lead to a rewarding and lucrative career. It is okay to have athletic abilities to pursue a career in sports. One can consider various sports jobs depending on one's skills and ambitions. Learning about potential salaries in this field can help someone set career goals and give them something to work towards.

Furthermore, Recruiter Z. (2023) underlined that you can still work in the field you love if sports are your passion, even if you are not a professional player. To keep players performing at their peak and to keep viewers amused, the sports business depends on specialists from different industries. Your career options may include working with players as a coach or athletic trainer as they train and hone their skills, or joining a team's medical staff as a sports physician, physical therapist, sports medicine assistant, or sports massage therapist. If you would rather work in an office setting, think about a career in sports management or marketing. Running athletic venues also involves a lot of support roles.

Build Self-Confidence. According to Gill (2023), there is no doubt that athletes in sports thrive on high confidence levels. Examples exist where performers score a goal and continue scoring due to renewed

confidence. A tennis performer may suddenly gain belief in individual sports, having been down two sets. A golfer may begin to reach the fairway and greens with a smoother technique. These are only a few instances when self-assurance might be the difference between success and failure, given the permissible margins in athletics. Despite this, we must admit that confidence may swing from high to low since it is like riding a rollercoaster.

Additionally, players' confidence in their capacity to succeed in sports is defined by Thomas and Thrower (2022) as their belief or level of assurance in that capacity. It is the conviction that sportspeople have in their potential for achievement. Studies have repeatedly demonstrated that athletes with confidence in their ability to succeed in sports tend to perform better. Consequently, there has been a surge in interest in comprehending sports confidence and developing models that facilitate applied sports psychology, a field that improves performance and well-being by working with athletes, coaches, and athletic organizations. Moreover, coaches should help athletes develop their skills. So far, most sports-confidence articles have focused on exploring what types of sports athletes are confident about.

Recognition for Women. As long as history has been written, men have been able to engage in sports, claims Graves (2023). In contrast, women were permitted to participate in competitive sports in the late 1800s despite not receiving the same respect or privileges as men. The same sexist problems that women encounter in the outdoors are also present in the world of athletics. Since high school athletics, women have been affected by these difficulties in terms of media attention, audience size, compensation, and treatment.

In fact, sports may transform lives, according to UN Women (2023). By teaching women and girls' collaboration, self-reliance, resilience, and confidence, it can promote gender equality. Women in athletics make encouraging role models, illustrate that men and women are equals, and challenge social norms and gender prejudices.

Develops Relationships and Leadership Skills. According to MU Health Care (2023), children and adolescents can benefit from regular physical activity and organized, well-structured youth sports. A young person's life is significantly impacted by the positive experiences that sports and an active lifestyle may provide. Competing against coaches and players for a shared objective develops collaboration and improves communication skills for problem-solving. This knowledge is handy when dealing with issues at home or work.

TAC Sports (2023) said that collaboration is one skill youngsters learn from playing sports, even if it might seem apparent. One of the fundamental qualities that sports can teach future leaders is how to work as a team. Working as a team teaches children to pull together, which is a necessary leadership ability. Because teamwork assigns tasks based on skill sets, it teaches youngsters how to delegate. As a leader, delegation is crucial since you must assign the right tasks to the right people for the job to be completed successfully. Great leaders need specific talents to set a good example and be helpful to the people they lead. Sports participation fosters teamwork because of the camaraderie and communication that occur within the team. Children who participate in sports learn teamwork, which is a critical leadership quality.

Support from the Local Government Unit in Bataan. According to Sports Management Hub (2019), sports play a significant role in many lives worldwide, whether we are high-performance athletes, current or aspiring sports management professionals, or love watching the game. We become involved in sports because of social connections, exercise, passion, and competition. When it comes to government, the municipal city government maintains order in public areas of society. Because sports arenas and fields are such a large part of public society, the government must ensure they are managed safely for citizens.

Apart from this, Nair (2023) said that sports development in the government and public sector has the potential to bring numerous benefits to society. Sports development programs can significantly impact communities by improving health and well-being and creating economic opportunities. However, to be successful, these programs must have certain key elements in place. Government funding can play a vital role in supporting sports development programs. Government funding can provide sports facilities, coaching, and talent identification programs. It can also help sports science research and fund elite sports programs.

Positive Coaching Guidance. According to Lantzy (2019), collaborative coaching is a new approach and mindset one can implement to strengthen the relationship within a team, particularly in the City Schools Division of Balanga. Moreover, though there are multiple components to collaborative coaching, there are a few actions one can take to get started. He has done, or already did, certain beautiful things. However, one must reflect on what one needs to prepare for coaching sessions. Collaborative coaching and start transforming the mindset from a have-to to a get-to.

Indeed, coaching referred to in this micro-credential is not an instructional coach's role but collegial, partnership coaching. Coaching is voluntary and focused on improving professional practice that impacts teaching and learning. Four essential practices are critical to this voluntary, collaborative, and self-initiated coaching. Establish trust and maintain equality in a self-initiated collaborative coaching relationship, engage in growth-focused observations and dialogue, provide evidence-based graphic feedback, reflect collaboratively, and plan action. The Kentucky Valley Educational Cooperative (2021)

Equally important, Mosely (2021), stated that effective collaboration requires much from your people. Moreover, having the proper skill set can help collaboration thrive. Here are six skills that make collaboration happen and how to foster them in your people. Collaboration is all about bringing people from different departments, locations, and teams together and focusing their efforts on a common goal. However, it can only happen skill-wise if everyone is on the same page. Collaboration is a process but collaborating well is a skill honed over time.

Opportunity for New Learning. Muktadir (2022) asserted that academic education and athletic training are connected. They are both halves of a single coin. A vital component of the educational curriculum is sports. It aids in a person's overall growth and helps to mold their personality. This topic illustrates every discipline one has studied in school. Math and physics provide the basis of all sports. Sports and physical education allow children to acquire various skills while being outside and exercising, even if many courses are taught in a classroom setting.

LinkedIn (2023) stated that gaining new information and abilities is crucial for professional and personal development. The first stage is assessing a person's present skill level and determining what needs to be learned or improved upon. Athlete can measure their abilities and gaps via online exams, comments from others, and self-assessment tools.

Sharing of Knowledge. Sports Ed (2023) stated that sharing information is a way for the sports community to show compassion. Practically speaking, many researchers must disseminate the findings of scientific studies to their community of practice, and many coaches need more time to read the research. At our conferences, we are receptive to fresh perspectives and approaches to the problems facing sports in the twenty-first century.

Similarly, Carruthers (2021) defined knowledge sharing as individuals, groups, or organizations exchanging information. This information might be implicit, meaning it was learned via experience, or explicit, which derives from policies or processes. Knowledge sharing is advantageous to both the giver and the recipient.

Enjoyment in Playing. According to Active Norfolk (2021), team sports in particular provide a chance to unwind and take on a rewarding challenge that improves your fitness. They also provide social benefits, since they allow you to socialize in an enjoyable setting with friends and colleagues. As you age, regular physical activity helps to preserve your critical thinking skills. This calls for research, good judgment, and clear thinking. Combining aerobic and muscle-strengthening activities is very advantageous, according to research. These long-lasting benefits for mental health may be obtained by doing this kind of exercise three to five times a week for at least 30 minutes.

Equally important, Sports Session (2021) pointed out that Kids can be encouraged to be active through sports in an enjoyable way. Getting your children involved in sports will help them stay fit and healthy. Read on to find out the best sports for kids to play. Unique sporting experiences make a positive impact on children's lives. Here are some of the best sports activities for kids to play.

Lack of Equipment. According to Fair Gaze (2023), Sports played a significant role in our lives and provide much fun. They provide a forum for forging close ties between individuals from other nations, ethnicities, and backgrounds. However, in recent years, the need for sports equipment in other countries has been a significant challenge to the growth and development of the sports industry in different countries. The need for more sports equipment has significantly impeded the growth of the sports business in many nations. India has long been renowned for its rich history and culture, but it must realize its full potential in the sports industry.

Indeed, sports safety gear is essential for shielding athletes from moderate to severe accidents, according to Quinn (2022). Numerous body regions are prone to sprains, strains, fractures, and other injuries that may limit your activities or cause long-term problems. As you prepare to play any sport, determine what protective gear the player would require keeping them as safe as possible. Make sure the equipment is in good working order and the correct size. Although sports are a fantastic way to enhance your life, accidents might prevent you from participating. For the most fantastic fun and the lowest danger, take precautions.

No Venue and Known Sports Female Club in Bataan. Grand Slam (2022) claimed that sports complexes provide year-round access to exercise. Of course, indoor options allow you to play in inclement weather, but even outdoor facilities provide smooth surfaces, netting, and court lines for players to use. Depending on the configuration, players can be shielded from external factors, including rain, strong winds, and UV radiation. Certain outdoor amenities are situated in shady areas where extreme heat is not a problem. Your town may benefit greatly from having an indoor or outdoor sports facility to avoid bad weather and maintain practice and event schedules.

Moreover, Dillon (2023) said that International Women's Day offers a fantastic opportunity to help promote the game to girls and women from within your club and your wider community. It should be recognized that this focus should not only be limited to this particular day but also be a regular and consistent part of club planning and operations all year round. Supporting the development of women's and girls' clubs has been a consistent priority. This ensures that these clubs offer an inspiring environment for their players, a helping hand for their coaches, and a fun and engaging club for their fans.

Gender Fair Treatment. According to Vardot (2022), all genders must participate in sports and grow in the future. These are doable actions that can guarantee a positive path. Gender equality has been an issue from the beginning of time. Sports are not an exception to the historical records of women facing discrimination in their homes, workplaces, schools, and other areas. Men's stereotypes of dominance, physical prowess, and power are often expressed in acts of violence, exploitation, exclusion, and discrimination against women. This story must end. Men and their interests have always been linked to sports. This has excluded people of different genders who want to play sports. There are many strategies to promote gender parity in sports, but the following have to be implemented to create a more welcoming environment in the future.

Similarly, according to Yellow Brick (2023), there has been much discussion and controversy around gender parity in sports throughout the years. Even though the sports business has seen tremendous advancements in recent decades, there is still work to be done to guarantee equitable opportunities for all women. This article will discuss the value of gender parity in sports, the difficulties encountered, and the initiatives being taken to foster a more welcoming atmosphere.

More Funding. Schaitz (2022) asserted that sound financial management is a must for any successful program. No matter what position you hold, all administrators can plan and manage their finances. However, your level of influence over the funds once they arrive may vary depending on your company and job. A budget should be established by all sports league organizers before accepting any registrations. The budget ought to project your earnings and outlays. Additionally, sports administrators want to break out those expenses and earnings into separate line items. To allow for a margin of error, estimate low revenue and high costs. Unless there has been an increase in revenue that would warrant spending more, stick to the budget after it has been established.

Integration of Technology. According to Ex Sports IO (2023), Technology provides players and teams with cutting-edge tools for training, performance analysis, and injury prevention. Heart rate monitors and GPS

trackers are wearable Technology that may enhance training regimens and give important information about athletes' physical capabilities. Players and coaches may use video analysis tools to evaluate performances, pinpoint strengths, and shortcomings, and create winning tactics.

With this in mind, Technogymn (2023) said that the use of technology in sports is increasing. In football, for

example, new gadgets are employed for various purposes, such as assisting referees in making calls and measuring players' performance during a match, which enables the coach to determine the training schedule and the game plan.

Relevant Studies

According to Smith's study on how college students perceived the representation of women in sports media (2020), focus groups discussion was used to ascertain college students' perceptions of how women are framed in sports media. The study found that college students are well aware of how women are misrepresented in sports media, which groups are affected, and how women will be framed in sports media going forward.

The study is relevant to the present study since it discusses the representation of women in sports media, which talks about women's empowerment and the role played by women in sports media. The study is very relevant since it contributes to the entire research community on how women contribute significantly to the community by sharing their talents in the sports industry, which is likely the role played by most men in the sports industry. It contributes valuable information, which includes perceptions from the respondents of the study that could help the current study develop its approach and methods in bringing out the best results of the focus of the study.

In her paper, *The Lived Experience of the Collegiate Female Student-Athlete*, Saxe (2020) made this declaration. This study looked at the actual experiences of female collegiate student-athletes. Members of this group make up around half of the 463,000 student-athletes who compete in the National Collegiate Athletic Association (NCAA). This study used hermeneutic phenomenology to examine female college student-athletes to gain a comprehensive picture of their experiences. When managing this group, this will assist coaches, support staff, and administrators in making well-informed judgments and acting appropriately. In their third or fourth year of eligibility, the female student-athletes were from NCAA Division I Football Bowl Subdivision colleges. We had one long, unstructured interview with every participant. The interviews were unstructured, enabling the participant to steer the discourse and address the parts of her experience that she deemed most pertinent to disclose. Four themes emerged from examining the transcripts using interpretive phenomenological analysis: transition blues.

The study is relevant to the present study since it talks about the lived experiences of collegiate female athletes, while the current research focuses on the Journey of female athletes. Both studies share essential information about the valuable knowledge of female athletes, which enhances the proposed recommendations and conclusions that could help the current state of the sports industry, particularly for female athletes who reside in the province of Bataan. The study is an excellent venue for the current research to enhance the paper and add valuable sources of information.

Furthermore, according to the study of Shifflett, Murphy, Ghiasvand, and Carlton (2021), in their study entitled *Gender Bias in Sports-Media Analytics*. They said critical media scholars have maintained that popular sports media perpetuates the conventional hegemonic masculinity connected to the Sport by acting as a cultural facilitator. This study analyzed how much web-based ESPN Sport Science films featuring elite athletes' sport-related accomplishments support or deviate from the general underrepresentation of women in sports media. It did this by doing a thorough content analysis of the videos. We examined every film in the ESPN Sport Science web collection. The study's main focus was on how different the substance and quantity of time spent evaluating male and female athletes were. The findings showed a bias in favor of males, as with other media coverage of male and female sports. Analysis of male athletes accounted for 88% of the total time spent on all videos. These findings align with other studies on the underreporting of women's sports. However, unlike most sports' coverage

in the media, the films highlighted the athletes' athleticism and included similar biomechanical evaluations, irrespective of the athletes' gender.

The study is relevant to the present study since it discusses Gender Bias in Sports Media Analytics. The end output of the current research focuses on programs about gender biases between female and male athletes. The study has great relevance to the present study since it can be a source of valuable information that could strengthen the research and have a more significant basis for the formulation of conclusions and recommendations that could enhance programs meant for equal opportunity between female and male athletes

and eliminate gender biases in the sports industry.

Similarly, in her paper *Women's Leadership and Gender Equality in Sport Governance: FISU leaders' Perceptions*, Semenova (2020) noted that although women's possibilities to participate in sports actively have significantly increased, women are still underrepresented in leadership roles in sports. The worldwide problem of gender disparity has not, however, been adequately addressed by scholars who have examined female leadership within international sports regulatory organizations. The International University Sports Federation, or FISU, conducted this study to investigate the status of gender equality and women's leadership in senior leadership roles. The primary data analysis showed that current leaders at FISU take the problem of gender imbalance in leadership posts seriously. In addition to outlining the reasons behind gender inequality at FISU leadership, the findings also underlined the necessity of both top-down and bottom-up changes to achieve gender diversity on the board, stressed the significance of responsibility sharing with all members of the organization, and listed the qualities that set female leaders apart and make them valuable. To have a wider understanding of the global viewpoint on gender equality and women's leadership, recommendations for additional study included increasing the sample of research participants by contacting the heads of FISU and the national university sports associations.

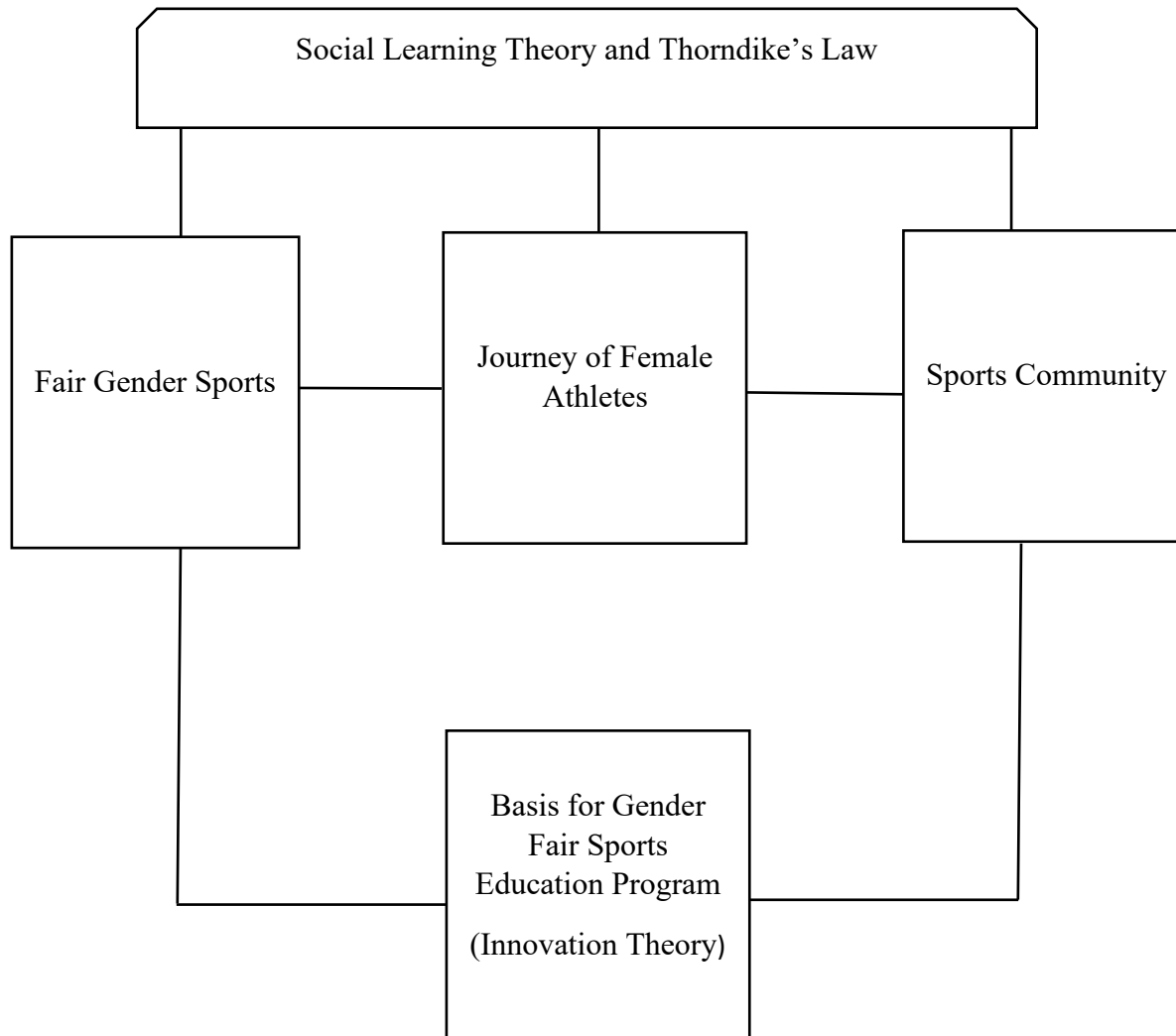
The study is relevant to the present study since the focus of the discussion is Women's leadership and gender equality in sports governance, which are important variables and elements of the main focus of the current study, which is gender equality in sports governance and industry. The study may contribute valuable information that can build the current research and bolster its foundation, which is gender equality among female and male athletes, which enhances the Journey of female athletes, particularly those living in the province of Bataan.

Indeed, according to Wood (2021), the goal of her study, *Student-Athlete Awareness of Athletic Career Transition and Transferable Skills*, was to gauge the awareness of transferable skills among student-athletes, determine which skills are most transferable, and pinpoint the resources that can help them as they transition from an athletic career to a non-athletic one. To gather information on student-athletes' knowledge of job transition and transferable abilities, McKnight's survey was modified. The survey, divided into three sections transferable skills, job transition, and demographic data—was completed by 156 student-athletes to ascertain student-athletes' awareness of transferable skills, the most frequently reported transferable skills, and the resources that facilitate the acquisition of transferable skills and the transition from athletic career retirement to a non-athletic career setting, a quantitative approach employing descriptive statistics was employed. The theoretical frameworks of the Model of Transition and the Life Development Intervention were used to describe the factors influencing transition and the requirement for transferable talents when moving out of the sport. According to the findings, which align with earlier studies in the literature, student-athletes have a strong awareness of transferable talents. The study's participant student-athletes also found that a strong work ethic was the most commonly mentioned transferable trait. The most beneficial sources for learning transferable skills and making a move from sports retirement to a non-athletic employment environment were found to be family members and staff members of the athletics department, including coaches and student-athlete development staff.

The study is relevant to the present study since it discusses student-athletes' awareness of athletic career transition and transferable skills. One factor that is vital to female athletes' journey is their careers and the opportunities open to them. The study could be a great source of information about different perspectives on the significance of athletic careers for female athletes and the opportunities ahead.

Conceptual Framework

Figure 1. Paradigm of the Study



The Conceptual Framework reflected in the given figures represents different figures and arrows, which illustrate the vital framework of the entire study entitled Journey of the Female Athletes of Bataan: Basis for Gender Fair Sports Education Program. Centered on the framework is the journey of female athletes since the survey is all about their experiences, issues, and challenges, and it involves important

themes that illustrate their journey in sports education and the sports community, particularly in the province of Bataan.

In addition, the above box on the framework shows the critical theory that governs the entire study, which is the Social Learning Theory. Becoming a successful female athlete requires positive socialization and learning while living the essential principles of Thorndike's laws, such as practice, readiness, and exercise.

On the other hand, the left box of the framework represents fair gender sports among the athletes, which shows a significant factor in creating a valuable experience for female athletes in the province of Bataan and even across the globe. On the other hand, the right side of the framework denotes the sports community, which illustrates the world in which female athletes live.

Lastly, the final box under the framework shows the entire research output, the Basis for Gender Fair Sports Education Program. After interpreting the data gathered and formulating the conclusion, a proposed program

that centers on gender-fair sports is created, which aligns with the study's focus. The arrow represents the direction and connection of the critical variable relevant to the study.

Assumptions

The following are the assumptions of the study;

1. Female athletes should be given fair treatment in terms of opportunities and privileges like male athletes, with no biased judgment in sports education and the community, to enhance better experiences among female athletes.
2. Innovative practices and programs should be implemented to enhance the Journey of female athletes and promote a fair gender sports environment in Bataan and the entire country of the Philippines.

Definition of Terms

The following figure entitles are deepened to the significant studies:

The following figures are based on the significant studies:

Athletic Careers. Operationally, in the study, it is defined as a job or profession that someone does for an extended period of their life that focuses on being a female athlete, particularly in the province of Bataan. As for the conceptual definition, according to Indeed (2024), sports refer to any job that is involved with the athletic industry, including athletic and non-athletic positions. Athletic careers include positions for people who work directly with athletes as well as behind the scenes, supporting athletic events.

Female Athletes. Operationally, the study defined female athletes as people deficient in naturally occurring chemicals crucial to an athlete. Without this deficiency, she is deemed to have an unfair advantage. Moreover, it is defined as being in shape to play your Sport, being willing to train hard, and wanting to grow with your team and coaches to be your best. Under the conceptual definition, according to Merriam-Webster (2024), a female person is one trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.

Gender Equality. In theory, it is the state where individuals of both genders enjoy equal opportunities, rights, and duties. Gender disparity affects everyone: men, women, transgender and gender nonconforming individuals, kids, and families. People of various ages and backgrounds are affected by it. According to NCA (2024), for the conceptual definition, gender equality is imperative to human rights and peaceful societies and has been proven by myriad research studies to be important for all communities to thrive.

Gender Bias. The study defined gender bias as behavior that favors one gender over another. Gender bias favors male or female athletes over women and female athletes. However, this is only sometimes the case. We must distinguish between the terms gender and sex to fully describe gender prejudice. As for the conceptual definition, Reiniers (2023), the tendency to prefer one gender over another. It is a form of unconscious bias, or implicit bias, which occurs when one individual unconsciously attributes certain attitudes and stereotypes to another person or group of people.

Sports Education. In terms of operational definition, subject taught in schools, sports education focuses on enhancing physical fitness and the ability to participate in and enjoy regular physical activity. Along with these abilities, kids learn to play various sports, such as basketball, soccer, and swimming. As for the conceptual definition according to Myers (2019), is a curriculum and instruction model designed for delivery within physical education.

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METHODS OF RESEARCH

The demographic and sample, research, instrument, instrument development and validation, data collection process, and statistical analysis of the data used in the study are all covered in this chapter.

Research Design

This study employed a qualitative research technique. According to Denzin and Lincoln (1994), qualitative research emphasizes multimethod and takes an interpretive, naturalistic approach to the subject matter. The aim of qualitative research, which examines items in their natural surroundings, is to interpret occurrences in terms of the meanings people attach to them.

Methods and Techniques

In the same way, the study utilized phenomenological descriptive qualitative research. According to Creswell (2013), a phenomenological method of qualitative research centers on the shared aspects of an individual's life experience within a particular group. The approach's main objective is to describe the nature of the specific phenomena. Interviews are usually done with people with firsthand knowledge of a topic, experience, or event.

Qualitative research was employed instead of a quantitative research study since the study is focused on the journey of the female athletes, which requires the stories of the successes and challenges encountered by female

athletes. In addition, the chosen methodology was chosen since it was found by the researcher to be suited to the needs of the study.

Population and Sample

The female athletes who were chosen for the research are the ones who made the province of Bataan famous and successful in the sports world. To collect data for the qualitative portion of the study, the respondents or students were selected using a non-probability sampling approach called purposive sampling. Given the unique qualities of the respondents who are limited to study participation, a set of criteria was used to choose.

Specifically, the selected female athletes were chosen based on the following inclusions: the participants must be residents of the province of Bataan and should be reputable and recognized female athletes who have won at least regionally in their sports. Moreover, the participants were selected based on their experiences as female athletes and the various recognitions that they have accomplished as female athletes in the province of Bataan.

Lastly, ten (10) participants were initially selected for the study to gather the data and share the respondents' experiences. A female athlete can only participate in the study if she is in the practice of the sports industry and can meet the criteria for selecting the survey respondents. Meanwhile, in terms of the exclusion criteria, no female athlete residing outside Bataan can participate in the study since the study is promoting its localization.

Profile of the Respondents

Table 1 Profile of the Respondents

Profile	f	%	Profile	f	%
Age			Played as a Female Athlete		
21 to 30 years old	5	50%	School Level	0	0
31 to 40 years old	5	50%	Division Level	0	0
40 years old and above	0	0%	Regional Level	3	30%
			National Level	7	70%
Civil Status			International	0	00%
Single	8	80%	Length of Experience		
Married	2	20%	1 to 3 Years	0	0%
			4 to 6 years	1	10%
Owner of a sports-affiliated business or in line with the sports industry			6 to 15 years	9	90%
Yes	10	100%	16 to 25 years	0	0%
No	0	0%		0	0%
Socio-Economic Status					
Poor, less than 12,000 pesos monthly income	0	0%	Upper middle income, 82,000 to 141,000 pesos monthly income	0	0%
Low income but not poor, 12,000 to 24,000 pesos monthly income	1	10%	Upper income but not rich, 141,000 to 234,000 pesos monthly income	0	0%
Lower middle income, 24,000 to 47,000 pesos monthly income	8	80%	Rich earns at least 234,000 pesos monthly income	0	0%

Middle class, 47,000 to 82,000 pesos monthly income	1	10%		
Total				
Total		100.00	Total	41 100.00

The profile of the study respondents can be revealed in the table above. As for the age of the selected respondents so the study five (5) or (50%) of the respondents of the study range from 21 to 30 years old, while the other five (5) or (50%) are 31 to 40 years old. On the other hand, in terms of civil status, eight (8) or (80%) of the respondents are single, while the other two (2) or (20%) are married. As for whether all the selected respondents are affiliated with the sports industry, the answer is yes; all ten (10) or (100%) of the respondents are currently affiliated with the sports industry. In terms of the level the female athlete played, three (3) or (30%) played at the regional level, while seven (7) or (70%) of the respondents played at the national level. On the other hand, in terms of the length of experience as a female athlete, one (1) or (10%) of the respondents have four to six years of experience in the sports industry, while nine (9) or (90%) have 7 to 15 years of experience.

Finally, as for socioeconomic status, one (1) or (10%) of the respondents belong to the low-income but not poor category, with a monthly income of 12,000 to 24,000 pesos. Eight (8) or (80%) respondents belong to the Lower middle-income category, with a monthly income of 24,000 to 47,000 pesos. Finally, one (1) or (10%) of the respondents belong to the middle class, with a monthly income of 47,000 to 82,000 pesos.

Research Instrument

For the instrument of the study, the questionnaires that were administered to the respondents of the study provide questions that helped the respondents and the researcher clearly understand the experiences of the journey of the female athletes in the province of Bataan, which will serve as a basis for Gender-Fair Sports Education. The questionnaire is self-made, and the questions are adapted from the theories cited in Chapter II of the study to align with the goals and objectives of the study.

The questions indicated in the research study are based on the gathered literatures and studies that focuses on the main focus of the study, which unlocks the journey of female athletes in the province of Bataan, which led to recognizing them as women. The research question is a self-made questionnaire that is designed to support gender fair treatment, which is important in the study. All the questions are guided as well by the theories indicated in the study.

Regarding the qualitative researcher design, the investigator employed a guided questionnaire and a comprehensive one-on-one interview with study participants to get insightful information about the study that may support and enhance the data collected.

The procedure is low-cost to implement and will allow the researcher to collect the necessary data from the subjects quickly. Furthermore, the secrecy and anonymity of the study are essential for collecting data from the participants. The study's questionnaire is an effective tool for gathering data.

Construction and Validation of the Instruments

A valuable instrument was employed to explore and bring out the best results in the study "Journey of Female Athletes in Bataan: Basis for Gender Fair Sports Education." Moreover, a self-made questionnaire validated by three Sports Management and Education experts was utilized. Prior to the questionnaire being sent, comments were collected to enhance the instrument and strengthen the research, which centers on the experiences of female athletes in the province of Bataan. Face validity was also used by professionals to authenticate all acquired data and information, which were handled with the highest secrecy. To strengthen the validity of the study instrument, a preliminary data collection or interview. Errors and acts were handled with caution, and corrective measures were implemented to maintain the accuracy of the information. Subsequently, the investigator will introduce the study tool and the interview schedule.

Data Gathering Procedures

The data-gathering procedure for the qualitative research approach involved primary data collection among successful female athletes in the province of Bataan.

Next, informed consent was collected from the selected participants of the study, which provided permission and agreement between the researcher and participants of the study about the risks and benefits of the study. Schedules that include the date and time of the data collection, which is the interview, were clearly discussed for the benefit of the participants of the study.

Furthermore, the most essential part of the data collection process of the research study is the data that came from the respondents through the aid of the guided questionnaires, which were used in the research study's data gathering process. A reliable question was provided to explore the journey of female athletes in Bataan as a basis for gender fair sports education to develop a valuable research output for the future generation. A secondary data collection source was first used, which gathered information from related literature and relevant studies by different researchers related to the study. To provide a foundation and platform for the study, the data that has been gathered were synthesized. After that, they used the major data source, which was the interviewee data collected through a series of questions for the unstructured interview and guided surveys. Following an exhaustive data-gathering process, the material acquired was analyzed. From that, a foundation for developing a research output intended for the study's beneficiaries was concluded and formed.

In addition to the given data above, COVID-19 had impacted the initial data gathering since the initial start of the study fell under the time of COVID-19 19 which is at its almost in end of its era. It had impacted the initial data collection through limited resources and restrictions in terms of actual interviews between the participants of the respondents and the researcher.

Analytical Lens

The interview data were decoded, transcribed, analyzed, and interpreted in order to solve study-related issues. It underwent manual processing and encoding. To convey the main concepts of the participants, a thematic analysis was conducted. In order to develop a conclusion for the qualitative portion of the study, the data-gathering procedure looked for solutions.

A representation of the approach was used to describe and summarize the live experiences of female athletes.

Ethical Considerations

A qualitative study was conducted, specifically a phenomenological study in nature. Formal consent was obtained, and the respondents' profiles were kept confidential. As a result, permission was gained from the related female sports organization for the conduct of the study.

The relevance of research ethics was carefully followed throughout the study. The permission from the selected female athletes was also obtained, which was recognized because of their talents and were or still reside in the province of Bataan, by informing them about what the study was all about and securing informed consent regarding the risks and benefits. The benefits include the contributions of the information that the female athletes would share to be able to enhance further the experiences of the female athletes. The research study is inexpensive, and the participants can withdraw anytime. As for the risk, it was assured that there was less risk since all the information was strictly used for academic purposes and was treated with utmost confidentiality.

Furthermore, guidelines for research ethics in social sciences, law, and the humanities (2006) recognized that while research can help improve the worth of human life, it may also endanger it. Respect for human dignity was demonstrated by the researchers in their topic selection, study subjects, and study findings reporting. This indicated that research procedures must meet specific criteria. Individuals must have the ability to affect what occurs to them in critical aspects of their lives. Being subjected to observation and interpretation by others may be demeaning; thus, extreme caution is advised.

Notes in Chapter III

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Presentation, Analysis, And Interpretation of Data

This chapter presents, analyzes, and interprets the data gathered from the instrument based on the specific problems being investigated. Chapter I utilized textual presentations of the findings to answer particular problems. It significantly covered relevant aspects, leading to the realization of the findings on the phenomenological study about the Journey of Female Athletes in Bataan: Basis for Gender Fair Sports Education.

How may the experiences of the selected female athletes be described?

Professional and Non-Professional game

Theme 1: Build Self-Confidence

It can be revealed, based on the given theme above, that the respondents of the study had developed self-confidence and were able to build their confidence in their entire journey from playing non-professional to professional games. It can be revealed, according to the responses that they have given, that self-confidence is a vital aspect in helping them create a valuable experience and journey as a female athlete. Self-confidence allowed the respondents to perform better inside the sports arena and in their overall personality as women.

I think yun nga po sinabi ko kanina nagkakaroon ka na ng identity sa ibang tao base sa mga nareceive mo ah sa mga awards mo o medal doon sa sports and then I think po pangalawa po diyan mas na bu-build po 'yong self-confidence po natin kasi mas mabilis po tayong mga babae maapektuhan, 'yong self-esteem po natin konting pagkakaroon lang ng problema nawawala na po ang lakas. So ang athlete na na tetrain sa sports, mas nabubuild up ang self-confidence. **Participant 1**

Actually wala din po sa plano na maglaro pero yun nga binalik ako sa paglalaro and then naenjoy ko din naman po so ayun naexperience ko sa professional game na kumbaga parang mas naboost yung confidence ko sa paglalaro and also sa pagpapatuloy ng martial arts kasi nga po diba parang as an athlete as a female parang pag sinabi pong martial arts kailangan boyish kailangan kumbaga handa kang as in masaktan ganyan so kumbaga para sa akin po hindi siya para sa lahat kumbaga meron talagang swerte na mga people na talagang magiging passionate about sa sports na kinabibilangan and even sa outside tournament nakatulong siya mga non-professional games in preparation sa professional games mas naengage dahil iba iba rin ang nakakalaban mo mas naging na enhance yung skills mo and then kumbaga mas kumawak yung kaalaman mo when it comes sa iyong sports. **Participant 3**

So, I got to have a physically healthy body because of training and then it also boosted my self-esteem then syempre I came to a team sport or group sport softball yung camaraderie with the other teammates. **Participant 5**

Experience sa non-professional? Ako ay nagstart magjoin ng non-professional nung high school ako during intrams, so actually ah magandang experience siya kasi kung hindi ako nagstart na magjoin diyan hindi rin ako magkakaroon ng idea na sumali ng mas mataas na level pumasok ng varsity nung college at makapaglaro ng regional so it's a great start, lalo na sa mga students na naghahanap ng extra-curricular activities or parang outlet and also diyan kasi makakapagstart ng makakapag salamuha ka sa mga kaklase mo kaibigan mo sa ibang section, then diyan nag start lalawak ang circle mo, diyan din magstart ang confidence mo, na marerealize mo na oh kaya ko din yung ganito. **Participant 7**

The difference po siguro kasi mam baka sabihin mo mam malantong ako mam, pag female athlete ka mam prone sa ligaw ligaw mam sa lalaking atleta kasi ang dating sa kanila mam cool ka mam, pero meron ding advantage mam, yung ano po parang outstanding point as to compare to my hobbies ay physically fit ka kasi pag writer ka parang nasa bahay ka lang lagi napaka introvert ko , nadevelop po tla ako sa paglalaro kumikilala ka sa ganito, nakakasama ka sa ibang quarters may kasama ka sa ibang event, you have to be friendly so ang outstanding traits nadedevelop yung social aspect ng characteristic mo talaga tapos ayun interpersonal characteristic ang nadedevelop mas maraming kasing opportunities aminin naman natin kapag marami nakakakilala saiyo kapag ka pag pumunta ka sa ibang lugar ay marami kang backer or connections. **Participant 8**

In support of the highlighted theme above, according to Thomas and Sports, confidence, according to Thrower (2022), is an athlete's level of assurance or trust in their capacity to succeed in sports. It is the confidence that sportspeople have in their capacity to succeed in their chosen field. Studies have repeatedly demonstrated that athletes with confidence in their ability to succeed in sports tend to perform better. As a result, interest has grown in trying to understand sports confidence and produce models that enable applied sports psychologists. An individual who improves performance and well-being by working with athletes, coaches, sporting organizations, and instructors to help players cultivate it. So far, most papers on sports confidence have examined the many forms of sports confidence that athletes possess.

Theme 2: Recognition for Women

Based on the study's responses, it can be revealed that part of their journey is being recognized as a valuable female athlete who contributes to the sports industry, particularly in Bataan, Philippines. According to the study's respondents, being recognized as a woman who performs in sports impacts the community and destroys barriers between men and women. Recognizing women is a significant step in creating a space to value the role played by female athletes in the sports community.

Sa tingin ko po mam isa po sa pinaka best experience po mam syempre po yung nagkakaroon po kami ng recognition, parang nagkakaroon kami ng identity example po mam sa akin po kapag nalaman po nila na Yes si Jolina yan sila Jonathan parang meron na pong pagkaka kilalanlan tapos po during training po kasi diba po sa babae pag ang tingin saiyo mahina hindi nila aayusin isa po yung combative sports so parang nagkakaroon ng pero sa amin po hindi po nila tina take po na weakness po sa akin po pag lumalaro po ako halimbawa kalaban ko po ay lalaki talaga po kung ano po yung pinapakita po nila nagkakaroon po sila ng fair na game hindi po na babae ka hindi po yung I adjust nila yung ganyan atleast po mas lalo ka pong nag iimprove o gumagaling syempre po iba pa rin pag kalaban mo ang lalaki, iba yung physical aspects kumpara sa babae mas malakas talaga tapos isa po sa nakatulong po talaga siya sa akin pag aaral po. **Participant 1**

Nung una po na pinapagawa po nila ang dating hindi ko naman po ginagawa, napanghihinahaan po akong loob tapos dahil po nandiyan yung mga coaches para I guide kami itrain po tapos po, pag po na parang napupuri o nacocompliment po na tama ginagawa mo o ano, kaya mong gawin, siguro yung ganito, ginalingan mo pa ito, mas na cucurious na ano pa kaya ang mga dapat kong gawin, hanggang sa minamahal mo na ginagawa mo, ayun po. **Participant 2**

Narerecognize na din yung mga female athlete kumbaga nakikita ko yun dito sa kumbaga yung mga un ana purong mga lalaki wala pang gaanong female karate do nagsimula sa isa hanggang dumami na kami kumbaga may progressive narerecognize na female athlete na boboo na ang confidence ng ibang athlete kumbaga noon Nakita na maging engage sa sports kasi noon makikita natin sina Michael mga male athlete klumbaga walang problema dahil magaling sila sa larangan nila pero meron tayong Hidilyn Diaz babae pero yung strength niya is narecognize and yung pagiging athlete niya Nakita ko na nakaboost din sa ibang female athlete and yun nga po yun naman sa ibang sports siguro kagaya naming noon siguro nung mga unang lumalro ako wala kaming vess na isinusuot kumbaga medyo sa amin medyo delikado pero later on nung dahil nga naisip nila mahy mga female athlete so ayun nagkaroon ng nirequire na yung dress which help us na to move and gumalaw ng sa laro naming na hindi kami nag aalala kung may tama yung maselan mag cacaue ng ayun po. **Participant 3**

Like nung nauna kong sinabi before wala pang social media ahm mas common na nakikita sa sports kahit sa tv naman parang boxing ni Manny Pacquiao, basketball PBA pero ngayon nakikita ko sa tv ahm lagi na nila

pinapakita mga babae like yung volleyball lang yung volleyball team sa Pinas lagi ko na siya nakikita before talagang parang lalaki lang ang may sports community, ngayon may mga babae na like Hidilyn Diaz isa na siya sa narerecognize so kung dati mga lalaki lang ang nanalo kasi lagi sila naisasalang ngayon mga babae na kasi sinasali na sila sa competition. **Participant 7**

Regarding the statement that was just made, the U.N. Women (2023), athletics has the ability to transform lives. the capacity to promote gender equality by imparting confidence, resilience, collaboration, and self-reliance to women and girls. Sportswomen inspire as role models, challenge societal conventions and gender stereotypes, and demonstrate equality between men and women.

Theme 3: Develops Relationships and Leadership Skills

One of the significant themes revealed in the study is that, according to the respondents' responses, the female athletes were able to develop relationships and leadership skills, which are a significant part of their journey as female athletes. The relationships were built from their practices and competition experiences, which increased their morale and individual growth. Moreover, the journey of the respondents indicates that leadership skills were developed, which is a significant step in enhancing their characteristics and careers as female athletes.

Maganda din yung babae ang manlalaro, should have female coaches and trainers para mas ano sila palagay ang loob nila, at ease yan and then eto also have to develop leadership provide girls an opportunities to play a leadership role, the program parang ganun kasi usually sa sports meron kasi tayong stereotype na mas magaling ang mga lalaki kesa sa ganun parang ganun so we have to develop these, these things dun sa manlalaro especially sa mga babae, confidence, relationship, leadership and last is education, about to build up, to support girls eto importante eto actually hindi lang sa bata, nandun sa pinaka mataas na part ng sports para hindi nila tinitignan na ang babae, babae lang parang ganun. **Participant 5**

Siguro yun nabuong Samahan talaga eto naman yung masasabi mo, iba ang Samahan ng female athlete, iba ang nabubuong kumbaga eto yung nabubuong harmonious relationship, pagdating sa experience siguro yung maidadagdag ko dkito kung meron mang hindi masabi natin best experience siguro iba yung bonding ng female athlete kesa sa iba, iba yung siguro iba mag open ang mga babae pagdating sa o mas mabilis ang communication dahil nga pareho ng gender, yung sa experience siguro sa palagay ko mas vocal ang mga babae pagdating sa mga gustong sabihin o nararamdaman kumbaga minsan hindi naitatago yung pagdating sa support or frustration sa games ayun. **Participant 3**

Personally sa akin ang laking bagay sa career kasi unang una sa lahat after ko naka graduate from varsity hanggang nagamit ko siya since varsity nga ako nursing din ako so mga hospital mga doctor nakalaro ko during student time ko nagkaroon, lumawak ang circle ko nagkaroon ng maraming kakilala naging malaking bagay. **Participant 7**

Nadevelop po tliga ako sa paglalaro kumikilala ka sa ganito, nakakasama ka sa ibang quarters may kasama ka sa ibang event, you have to be friendly so ang outstanding traits nadedevelop yung social aspect ng characteristic mo talaga tapos ayun interpersonal characteristic ang nadedevelop mas maraming kasing opportunities aminin naman natin kapag marami nakakakilala saiyo kapag ka pag pumunta ka sa ibang lugar ay marami kang backer or connections ayun. **Participant 8**

Nakikita ko po is ano, kahit hindi po sila ganung magkaka close basta pag naglalaro kayo ng volleyball pag naglalaro kayo ng sports parang magiging malapit na din ang loob niyo yun po ang nakikita ko kahit po non-professional or professional games kasi po parang common na din na ano eh o sa volleyball napapansin ko po sa sports ko ayun po kahit na hindi kayo basta nakasama mo maglaro, nagiging magkalapit na po kayo o parang connect na kayo kaagad ganun madaling makikipag get along mga babaeng athlete in terms of professional kahit non-professional. When it comes to non - professional games po makikita kaagad yung pinagkakaiba sa practices katulad ng mga committees at referees, sa professional game naman po, lahat complete, merong Officials, national referees, line judge. Kitang kita talaga yung pinagkakaiba. **Participant 9**

Kumbaga the female athlete are the initiator po madalas kasi pag nagpapa training po ako pag nagkakasabay ang

lalaki at babae at napapansin ko boys magte training na bilisan niyo nandiyan na si mam, sila pa po yung taga shout taga inititate taga pasunod sa mga lalaki sila pa yung nagcocollect ng boys para macomplegte, ang girls automatic na sa isang lugar. **Participant 10**

Youth sports that are well-organized and ongoing physical activities have been shown to provide several advantages for kids and teenagers, according to M.U. Health Care (2023). Sports and an active lifestyle may give young people positive experiences that are crucial to their development. You learn to develop collaboration and effectively communicate to solve difficulties by fighting for a shared goal with players and coaches. If you run across issues at work or home, this experience might be helpful.

Athletes' experience in Bataan.

Theme 1: Support from the Local Government Unit in Bataan

One valuable theme revealed in the study is the support given by the local government of Bataan to its female athletes. The study reveals that it is significant to have support from the local government to perform better as a female athlete and to address different issues and challenges of athletes. Support is a vital aspect that enhances experience and contributes to the improvement of the players.

Tapos sa experince sa Bataan actually Maganda po yung support ng Bataan nung naglalaro po ako nun kasi sa mga tawag dito sa mga equipment pa lang po halimbawa request po ng coaches naming napo provide naman po sa amin and then allowances pa nga lang po eh medyo malaki laki rin po yung binibigay po nila sa amin basta po yung suporta po samin sobra Maganda po yung binigay po sa amin as in kasi nakasali po kami sa outside diba po usally kapag student aathlete na sinasalihan kung ano lang naman binaba ng ched o ng deped pero po sa ibang tournament po nakakasali naman po kami sa government po natin and then as an athlete po isang malaking bagay po na naging athlete po lalo po nasa DepED mas tinitignan po nila halimbawa po merong knowledge ka na mapapakinabangan ka nila hindi naman po para sa mga wala sports diba po Malaki po satin yung sports.

Participant 1

100 percent na masasabi ko na yung support ng government pagdating sa mga kagaya ng mga uniform meron naman sabihing 100 percent naman ang suporta nila, sinasagot naman nila kumbaga. **Participant 6**

Bataan ahm swerte din naman nung batch ko nun wayback ano ba yun mga 2010 ako nag graduate, 2006-2010 ata ako nagvarsity, ok naman, thankful kami sa school and sa government natin kasi nagsusupport sa varsity at nagpo provide ng training before nung competetition, nagpoprovide sila ng uniform mga supplies like ako shuttle cock and everything tapos during naman kami maglaro binibgyan kami ng chance na maglaro ayun po very supportive ang government nman din natin sa Bataan, and BPSU yong school natin mismo may support din. **Participant 7**

Kasi po para sa akin every time na maglalaro ako,actually mam first love ko yan, second love ko lang ay writing kaligayahan ko ang paglalaro at ang family ko ay very supportive, super support ng school at alam mo yung pakiramdam diba mam magtetraining kayo aalis kayo sa iskul ang kagandahan dito sa Bataan although hindi naman ako academically poor, hindi naman nila nileglelect ang grades mo, may mga retain grades, kasi sabi ng mga teachers naming na binibitbit naming ang name ng school bakit ka namin ibabagsak, isa po yun sa best experiences dito sa Bataan hindi po kami pinabayaan lalo sa grades at isang edge po yung kapag po alam po nila lalaro ka ng gold during that time yung mga players very supportive talagang pupuntahan ka sa laro at may dalang merienda. **Participant 8**

Moreover, to add worth to the responses above, Nair (2023) said that Sports development in the government and public sector has the potential to bring numerous benefits to society. Sports development programs can significantly impact communities by improving health and well-being and creating economic opportunities. However, to be successful, these programs must have certain key elements in place. Government funding can play a vital role in supporting sports development programs. Government funding can provide sports facilities, Coaching, and talent identification programs. It can also help sports science research and fund elite sports programs.

Career Progression and Opportunities

Theme 1: Increase Job and Career Opportunities

The study's respondents' responses revealed that being a female athlete increases job and career opportunities. Not everyone is blessed with the skills of a female athlete. This opens up doors for job opportunities and increases job offers, which is vital for career progression and individual growth. With this in mind, it can be revealed that the given theme allowed the respondents to fully maximize their potential and create a secure, better opportunity in the future through the help of being a female athlete.

Para po sa akin it's a good choice na maging isang female kasi nga po kagaya ng sinabi ko kanina advantage na po ito sa female halimbawa po as a mapeh major advantage ko po ito mas mataas na makapasok sa DepEd kasi mas pinipili nga tlaaga nila yung may skills or knowledge sa isang sports kasi alam na mapapakinabangan I mean makakatulong ka na mas maipanalala halimbawa sa iskul po mismo hindi ka lang naman sa provincial hindi lang sa regional meron pa nga nairarating po sa national hindi lang naman po ang nakikilala po diyan ang bata po mismo yung iskul po talaga yung nakikilala sa yung iskul po nakikilala dun and isa din po yun lang siguro mam I mean sa sports sa career choice ayun advantage talaga siya. **Participant 1**

For me po ay yung edge po natin tayo po nagiging career po natn siya pwede natin siya apply sa pagkuha po ng scholarship pagiging trabaho po, sa kanila po parang kumbaga pang leisure time lang walang achievement meron po parang satisfaction lang po, pero hindi katulad ng pagkuha ng medal hindi po nila mararanasan po ayun po parang ginagawa po nila ng hobby po. **Participant 2**

Nakatulong siya sa application sa work, diba po kapag nag apply ka or nagpaparank ka in public school kailangan mo ng other skills kailangan mong magtake ng course sa akin po sa isa sa naging advantage po ayun po nagamit ko ang aking certificate as an athlete yung certificate ko sa karate para kumbaga nagserve siya alternative dun sa TESDA kumbaga para sa akin naging advantage siya kasi yung points so nakatulong po siya ng Malaki when it comes to applying to the public as a teacher. **Participant 3**

Alam mo naisip ko din mam dati kasi mas gusto maging part ng Philippine team pero mas inuna ko magtrabaho, nawala na ang sa pangarap, yun pala meron para sa akin, and that is maging coach. **Participant 4**

I remember a coach to play for their team in exchange for free baon this was my elementary days and that's where it all started, actually, I started being an athlete when I was a fourth grade and then I played for Bataan from Elem to college and because of my athletic experience it's easy for me to get a job parang ano correlated din kasi nga now that I am P.E teacher, yan. **Participant 5**

Sa career progression and opportunities naman, ah nagamit, nagagamit siya lalo na sa teaching kasi mayroong lesson dun na about volleyball yan kumbaga nakatulong siya na meron kang naexperience meron kang alam na nakapaglaro ka, at same time sa opportunities naman ayun nga kapag meron kang competition sa iskul isa ka sa kahit papano nakakasama sa paglalaro so yun yung mga experience na ibabahagi ko. **Participant 6**

I see to it na nag aaral ako ng Mabuti actually nursing ang course especially hindi sana ako pwede mag varsity kasi mahirap po ang nursing course ko ayaw nila payagan yan pero ginagawan ko ng paraan kasi gusto ko nga sumali talaga, ginagawa ko bago magcompetition nag aaral na ako super talaga atleast magleave man ako sa school mahahatak ang grades ko, on the other hand yung mga boys before not all mostly nasa basketball dati naman sorry sa mga basketball ang ano nila hindi sila dapat ibagsak parang hindi na sila papasok kaya nadadamay kaya meron sa pang boys kapag alam na female athlete ka hindi ito nagpapabaya kaya naga grant ng magandang opportunity siguro yun ang difference mas disciplined ang babae pero not all dahil meron din sa mga lalaki ano talaga. **Participant 7**

Yung interviewer nung pinakaboss po naming si mayrong bang sports na ganun ganyan, syempre mam hindi ka mag hehesitant kasi kailangang mong ma hire, ako po mam player po ako ng volleyball, OMG meron na tayong player, mukhang mananalala na tayo ang Bataan so sabi niya mam, ang tanong niya unit meet or provincial meet, so sabi ko mam naglalaro po ako ng nationals, buong Pilipinas doon sila nawindang ano po siya naging one

reason po is writer po ako kasi naging office yung iba kong kasama naging field works dahil writer po ako dinala ako sa office at gusto ko ni TL lagi niya ako at player ako lagi niya ako kasama. **Participant 8**

In terms of career progression, it helped me know the career I wanted to have when I became a college student since gusto ko nga po related sa sports yung kukunin kong course so napagdecidan ko na magtake ng teaching course that is related to any sports so nag. P.E po ako actually ang first choice which is sports science pero hindi ko po na reach ang quota for that certain course so nagdirectso na po ako ng P.E, so sa P. E po kasi wide range din po, pwede po kayo magturo, pwede po mag coach, pwede kayo mag gym, pwede magtrainor you just have to get a certificate pero natulungan po ako na pumili ng course which is the teaching profession and as a teacher po kasi natutulungan ko po impart ang knowledge ko sa paglalaro sa mga bata, maging stepping stone ko lalo na sa grass roots Since I am inclined with many sports particularly in Volleyball, I wanted to expand my knowledge in these and also share what I know to the grass root athletes here in Bataan. **Participant 10**

Similarly, based on the given responses above,

Theme 2: Opportunity for New Learning

Based on the study's respondents, one of their valuable experiences is that their non-professional and professional experiences as female athletes had opened up doors of opportunity for new learning, which they got from their experiences. New learning has been a great blessing to every female athlete who participated in the study, and it has allowed them to be better and improve themselves individually. New learning is essential for continued progress and betterment of oneself, especially being a female athlete.

Nung grade 6 po ah sa christmas party po sinali po nila ako sa sayaw po nila sa program po kasi by group po, tinuruan po kami mag split sobrang hirap po sobrang taas po, tapos po nung high school po ako akala ko P.E lang pinag ganun kami kaya ko pa pala tapos yung tumbling po as in zero po talaga tapos roll hindi ko din po alam basic roll split lang talaga kaya ko po nun. **Participant 2**

Kasali ka sa isang martial arts o sa isang kumbaga combative sports advantage po siya sa female kasi kumbaga yung self defense na matututunan mo kumbaga sa panahon natin ngayon hindi natin alam kung sino sa paligid po kumbaga advantage po not only hobbies advantage saiyo as female nga kasi minsan maglalakad ka mag isa kaya mo protektahan ang sarili and as an athlete advantage mo na yung yung katawan na prepared kumbaga sa ibang activities ayun, kagaya ng kumbaga masala ka dito sa trabaho kumbaga masali ka sa mga activities sa mga gsp encampment kumbaga kaya ng katawan mo yung activities yung ibang activities. **Participant 3**

Meron akong favorite tip na nakuha kay sir Donny ang sabi niya s aakin. Kapag naglalaro ka student athlete aka, anong unang word ang nabasa mo so you were student at first kailangan mo muna mag aral kaya nga student athlete hindi athlete student kaya yan ang tumanim sa akin, kung hindi mo mam naitatanong mam during college mam nung naglalaro ako ng SCUAA consistent deans lister po ako mam. **Participant 8**

You get to bring awards that contribute to the province's sports performance and third you get to interact with professional coaches who may give you academic/athletic scholarships to help you go to certain universities in Manila. **Participant 10**

Muktadir (2022) asserts that there is a connection between academic instruction and athletic training. They each represent one half of a single coin. Sports are an integral part of the curriculum in schooling. It helps shape a person's personality and contributes to their overall growth. This subject provides an overview of all the subjects that are taught in schools. Every sport is based on mathematical and physical concepts. Even though many physical education and sports courses are taught in a classroom, children may still learn a variety of skills while having fun and exercising outside.

What are the different issues and challenges of female athletes in the locality of the province of Bataan?

Theme 1: Lack of Equipment

A significant issue that needs attention is the lack of equipment for female athletes, a substantial requirement for their training and detailed training. Equipment has been a continuous issue, particularly in sports, wherein the

budget should be allocated appropriately and liquidated effectively and efficiently. Notably, according to the study respondents, the lack of equipment should be adequately addressed to ensure a smooth training and preparation experience among female athletes in the province of Bataan.

Kahit papano yung body ng isang athlete hindi nagiging stagnant kasi po pag ikaw walang tigil sa training parang panibagong mas mahirapan makarecover po and the siguro po na sinasabi niyo sa individual arnis sa combative yung mga gear dapat po sana mas provide po sana ng maraming mga equipment po para kahit papano diba po mam syempre isa talaga yan sa factor kung bakit kahit papano yung ibang ano nahihirapang mag improve kasi walang nagagamit na mga equipment talaga na kailangan kasi hindi naman makakapaglaro lalo sa arnis alangan naman gamitin ng bata yung stick malaking factor po talaa po yung mga equipments na ginamagamit siguro yung mga municipality yung program or mga sponsor po na makapagprovide po kahit po sa mga schools kahit po paunti unti hindi biglaan kasi alam ko naman po mahirap maglabas ng pera. **Participant 1**

Nung nagtraining po kami sa iskul namin, parang hindi po ganung ka kumpleto ang equipment po kung ano lang po meron kapag naka tuntong ka sa next stage pag nanalo ka sa city meet, ayun po dun ka lang sponsoran ka ng school para ma itrain ka ng maayos dun lang kami nakaka experience ng kumpletong, naisasama po kami sa gym talaga na pang gymnastic dahil may naabot kami ganun. **Participant 2**

Literal na nagmamakaawa ka sa equipment pero dahil gustong gusto mong laro mo, and then you love playing, yung sports I pupursue mo na kahit hindi na big time yung sapatos mo na kahit na mukha literal kang kawawa kang taga bundok buti na lang magaling ka yun mam maisip mo lang na siguro blessing ni Lord na during that time dun ka mag grow during difficulties ayun nakakabili na rin ako ng sariling gamit yung hirap mo noon magbubunga din talaga. **Participant 8**

Dito sa Bataan may equipments po kami hindi nakukuha yung bola luma so kailangan naming pagtigayaan ang binibigay sa amin pero they also tried na ibigay ang mga needs naming and there were also time na po na ayun nga especially yung mga sapatos, mga knee pad hindi po naming makuha kasi nga po we don't have money for that and kumuha pa ng assistance from our parents in my case nma po napo provide naman po pero yung mga kasamaan ko napapansin mko yung mga shoes nila hindi na pwede gamitin kumbaga pinagtitiyagaan nila, may restriction po tlga sa movement . **Participant 10**

Theme 2: No Venue and Known Sports Female Club in Bataan

One significant issue that needs immediate attention and concern is the lack of venues and sports clubs in the province of Bataan. The venue and creation of female sports clubs are necessary for the continuous training of female athletes and have been a significant element in enhancing their skills and capabilities. It is an issue that needs immediate attention, falls into the budget, and needs to be addressed for the venue and creation of female sports clubs, specifically in the province of Bataan.

Wala pong sport organization dito sa Bataan for female. **Participant 4**

Siguro ano, pagdating siguro sa venue sa paggamit ng venue before mas priority ang mga lalaki, ayan kumbaga bago makapag practice ang mga kami female athlete mga lalaki muna parang there was a time na parang hindi pa nauna ang mga girls sa venue sa pagpappractice. **Participant 6**

Kasi po yun nga po katulad ng nabanggit ko kanina na Club na Balanga Volleyball Club dito po sa Bataan ano po eh facilities po din talaga , facilities na kauna unahan tsaka yung sa gamit din naman kasi ano naman po makaka bili naman for example po nag train dun po sa train PBSU extension po na pinagte trainingan naming sa COB tuwing Saturday po last year po yung sa gamit po kasi kaya pa po natin maprovide ng sari sarili pagbili yun nga po sa facilities po talaga and yung mga ano bata or mga player po na gusto pa ;po nilang maimprove yung mga skills po nila yun din po kasi po katulad po kunwari po magpapa try out.

Sa Bataan po na nasalihan Balanga City Volleyball Club pero under 18 pa po kami that time napansin ko lang din po yun everytime po na nagtetraining lagi kami kumpleto mga girls compare sa boys, napapansin ko po yun kahit wala po kami laban. **Participant 9**

Yung sa experience ko lang po kasi nung time naming is yung sa mga venue po, yung mga playing area na ginagamit hindi po ganun ka conducive in terms of sa playing area hindi po siya covered court, volleyball po is an indoor sports kasi yung a certain conditions such as masyadong mahangin, pag maulan po automatic hindi po makapagtraining minsan napupunta kami nsa laruan ng bako bako which is nagresult ng pagkakaroon ng mga sugat yung ka comfortable po sa playing area is not that good and also may time po na nagsasalit salit ng gamit sa usage ng sport you have to wait for our turn, nauuna po hyung lalaki kesa sa amin at may times po ang mga lalaki covered court kaming mga babae nasa open court.

So far wala po talaga pang female ayun po yung naoobserve ko sa Bataan they don't focus on sports organization main lamng sa lalaki wala pa ako nakikita na nagpapa clinic or any sports organization for female. **Participant 10**

In keeping with the aforementioned premise, Grand Slam (2022) claims that sports complexes provide individuals with the tools they require to exercise all year round. Of course, indoor options allow you to play in inclement weather, but even outdoor facilities provide smooth surfaces, netting, and court lines for players to use. The configuration can shield players from UV rays and other environmental factors. The heat of the sun, strong gusts, and rain. Certain outdoor amenities are situated in shady areas where extreme heat is not a problem.

Theme 3: Gender Fair Treatment

It can be revealed that gender-fair treatment between male and female athletes has become one of the major concerns of the study. Gender-fair treatment includes being fair to the privileges and opportunities that can be given to every female athlete, which are being given to male athletes. Gender-fair treatment also involves being fair to the perception of the community to women and addressing them as essential individuals to the sports community, like male athletes. Below are the responses provided by the study respondents.

Yes po parang kung hindi ako sumama sa kaibigan ko diba po, ayun po nabuild na bond na with your team mates is mahalaga din po kasi sa team mates sa naging ka team ko po kasi po parang family po yung aming turingan although when it comes to training walang babae walang lalaki kung ano yung ginagawa ng mga lalaki kung paano yung push up nila, kung paano yung rigid training ganun din po yung level sa aming mga babae pero yung bond po ng bawat isa kumbaga hindi ka nakaramdam ng kumbaga ay babae yan kumbaga mahina ganun although minsan may some parts alam mong pinagbibigyan ka kasi alam mong babae ka pero most of the time pantay naman po. **Participant 3**

Eto naisip ko, papangalanan ko siguro tong program nato na "BABAE KA, HINDI BABAE KA LANG" this is a program that I think will support students athletes, trainers, coaches, officials and the like create more welcoming program for women or girls that start with the recognizing barriers that exist even before ayun nga an ba yung mga barrier nay un parang pag babae kasi kulang ng kakayahan, di niyan kaya ito, so ganun when it comes to sports kasi ah when we talk of sports physical kasi ang maisip kasi ntin diyan diba lagging ang sinasabi dapat lalaki so yun so pag magkakaroon ako ng program yun ang ipapangalan ko" BABAE KA, HINDI BABAE KA LANG. **Participant 5**

Pagdating po diyan merong pong specifically sa female ha, medyo ano hindi siya ganun ka lakas, yung support kasi alam naman natin na minsan may pagka bias din, yan pagdating tlaga sa female athlete iba ang tingin ng karamihan pagdating sa female athlete pero sa support naman ng government kahit papano unti unti nagiging pantay yung support nila sa mga male and female athlete. **Participant 6**

Outstanding points siguro kapag female athlete ka ahm medyo than other hobbies very ano kasi pag sinabing athletes ka ang laki ng tingin saiyo ng mga taong especially sa ating mga Filipinos tumatatak tlaga sa atin ang mga nasa field of sports like sina Manny Pacquiao ahm parang part na kasi ng Filipino culture natin ang sports may female din kasi iilan na lang ang nag fi female sports especially sa aming ng badminton nung wayback kasi dati nung hindi uso ang social media parang all we know is ano basketball pang boys mostly pang boys ang basketball mga sepak takraw nung badminton kami medyo nakikilala kmi lalo mga babae kasi iilan yung badminton samin noonna babae usually lalaki lng nakakapagtry out, so medyo nakakapasok na parang anon a eh bihira eh unlike sa music babae lalake nakakapsok mostly sports lalaki lng pero pag nanalo ang babae iba ang

dating sa tao talaga ako as female athlete tingin ko feeling ko parang tinitingala ka ng kaklase mo minsan papasok ako naka gear up talaga ako pang sports iba talaga,oo dati kasi parang sa boys lang parang pag varsity lang boys eh pero nung Time naming nakikilala na unti unti badminton, swimming yan kasi may mga babae na esoeially yung dance sport may babae na ayun good thing. **Participant 7**

So far wala po talaga pang female ayun po yung naoobserve ko sa Bataan they don't focus on sports organization focus lang sa lalaki wala pa ako nakikita na nagpapa clinic or any sports organization for female. **Participant 10**

In light of this, Vardot (2022) stated that sports and growth in the future need to be inclusive of all genders. The following concrete actions might guarantee a positive start. Since the beginning of civilization, gender balance has been an issue. Sports is not an exception to the historical records of women facing discrimination in their families, occupations, and educational opportunities. Violence against women, exploitation, exclusion, and discrimination are manifestations of the ideas of dominance, physical strength, and power that are commonly depicted by men.

Theme 4: Safety and Well-Being

One of the significant experiences of the female athletes is their safety and well-being, which has become their major concern. Safety, both physically and mentally, has been a consistent challenge among female athlete since their work requires and physically and mentally fit body. In addition, the respondents declared that continued prioritization for the safety of the female athlete should be constant to eliminate the worst scenario that may decrease their performance and demotivate other female athletes who are aspiring to enter the sport community.

Actually, ako din po ngayon nag oofficite na lang ng mga laro ang concern ko ay knee injury naman. During training po nangyari kumbaga naidala naman sa nearest na healthcare unit kumbaga nainjured napatingin naman po sa doctor ang naging problem pa lang po siguro kasi nasundan ng nasundan ang injury ko sa mga outside activities ko ayun. **Participant 3**

Sa arnis parang ala naman, depende sa combat team dalawa yung ano naming category, sa combat team talagang ,malaki ang adjustment, share share lahat, syempre hinga ng isa, syemre susunod na gagamit ano kailangan para sa head gear mo spray agad alcohol ganun sa anyo kasi hiwa hiwalay naman talaga combat team kasi nung pandemic. **Participant 4**

Although kung magkaka anak ako sasabihin ko magsports siya pero not to the pointy na maabuso ang katawan niya kasi mam sa 26 yrs old mam meron na akong aray aray kasi nga po abi nila kapag atleta ka hindi naman kung ano ang itanim mo during the Days aanihin mo pero bhindki kapag may edad ka na alam mo mam nung nag retire ka na kasi I had to kasi yung braso ko po diko na kaya mag back hand sabi ng nurse sa bpsu over use na siya kung magkikita tayo ng personal pwde ko ding ipahawak yung shoulder join ko pareho na tumutunog na ayun lang ang bag lash nang pagiging atleta may reigining days pagdating mo na ng tumatanda ka yung pang aabuso sa katawan is aanihin mo talaga. **Participant 8**

Theme 3: More Funding

One issue that needs immediate attention is the funding and budget allocation that should be given to female athletes and the coaching staff. In addition, more funding should include the equipment necessary for the training and the facilities needed for the overall experience and preparations. Funding is a vital issue that requires effective strategic planning, auditing, and liquidation to adequately provide the essential materials, facilities, and equipment, particularly in the sports education community in the province of Bataan, and for every female athlete.

Para ano additional exposure, yung pagka meron ng exposure ng mga bata yung self-esteem nila mataas tsaka alam na nil ana confident na compose nila kamuka nun babalikan natin na kwento mo na yung mga nakakalaro na sila nakikita momun nag si sea games naghihintayin din, pinaghahandaan ka na tapos may nakikita ka na na may ibang skills so malaking bagay din pagdting dito more on funding or organizing parang sports parang ah

isali or humanap parang ganun parang initiative na ng munciipality na isali rin ang mga batang ito hindi lamang DepEd organize. **Participant 1**

Pano po ba yan pwede ko po ba isama yung financial incapabilty medyo naka L L na sa buhay nung naka graduate na ako during that time nung elementary at highschool during that time maiiyak ka sa akin napaka dedicate kong student at dedicated player ang work ng mama ko ay labandera at nagpaplantsa at yung papa ko karpinetero, alam mo ba mam sapatos pa lang limang libo. **Participant 8**

As an athlete dito sa Bataan may mga difficulties din po during that time as an athlete and student hindi pa po kami financially stable during that time, so they were instances na we are not receiving financial aid pero may time po na enough lang binibigay nila pero may times na nagkukulang po and also hindi naman po pinag tutunan ng sports dito sa Bataan may equipments oi kami hindi nakukuha yung bola luma so kailangan naming pagtigayaan ang binibigay sa amin pero they also tried na ibigay ang mga needs naming and there were also time na po na ayun nga especially yung mga sapatos, mga knee pad hindi po naming makuha kasi nga po we don't have money for that and kumuha pa ng assistance from our parents in my case nma po napo provide naman po pero hyung mga kasamaan ko napapansin ko yung mga shoes nila hindi na pwede gamitin kumbaga pinagtitiyagaan nila, may restriction po talaga sa movement. **Participant 10**

According to Schmitz (2022), every good program has solid financial management, which supports the previously mentioned concept. All administrators, regardless of capacity, may plan and manage their finances. However, your power over the funds once they arrive may be limited depending on your organization and function. Before accepting a single registration, sports league officials must have a budget in place. Your income and spending should be estimated in the budget.

What are the best practices of female athletes or sports organizations in the province of Bataan under the new normal in terms of sports implementation and practices?

Theme 1: Integration of Technology

According to the study's respondents, one of the highlighted best practices is the integration of technology in their training and experiences as female athletes. The respondents declared the importance of modernization and how technology helps them in their non-professional and professional lives as female athletes. Nowadays, it can be seen that the tremendous help technology can offer in sports and the entire community, particularly in the province of Bataan and Female athletes.

Siguro po nung during that time ahm kasi medyo hindi naman ako naglalaro pero kumbaga nakikita ko po yung mga event more on sa amin po kasi parang demo kumbaga arnis is anyo more on naging labanan dahil nga online naging online po yung laban, and during pandemic talagang nagstop ang mga training kasi kailangan maging maingat dala ng covid, pero kailangang magpatuloy sa training and during new normal set up na tayo balik na sa dating set up training talaga ang kailangan para mas maging magaling despite sa mga restrictions. **Participant 3**

Siguro mam dahil siguro mam ng technology nag advance narin siya na kaya ng pagsabay sabayin na ang telecast na noon isang monitor lang so parang it's a great practice na din hindi lang sa SEA GAMES kasi ngayon sa atin pwede na, mga sikat mga ganyan , yung pagkapanalo ni Hidilyn Diaz ang laking bearing para sa lahat. **Participant 8**

Siguro po yung inclusivity ng mga training programs for all gender especially po sa mga female athlete kasi po most of the coaches are adopting for the modern and effective way to training sports yung mga kayang gawin ng mga lalaki automatic kayang gawin na ng mga babae so in terms of training flexibility training it should be inclusive to all gender yun naman na po ang ginagawa mngayon yung mga hirap na pinagdadaan ng mga lalaki ay kayang gawin na po ng mga babae. **Participant 10**

In response to the statements above, Technogymn (2023) reports a tremendous increase in the use of technology in sports. Football is one Sport in which modern gadgets are employed for various purposes. Referees use them

to make decisions, and coaches use them to measure players' performance during a game and determine training plans and game strategies.

Theme 2: Positive Coaching Guidance

According to the study respondents' responses, positive Coaching and guidance have been significant experiences for female athletes in their journey. They indicated that positive coaching experience and guidance allow them to perform better and build their confidence in the coming games. Moreover, it provides a valuable experience that motivates them to represent their places better, mainly the province of Bataan.

Sa akin po sa experience ko hindi naman po ang naging trainor po naming naming ay naging tatay kumbaga as tatay naiintindihan mo yung anak mo whether alam mo yung hindi kaya pero pinupush po talaga nagiging kumbaga nagiging firm siya sa kanyang rules pero kumbaga makikita mo naman na fare naman po siya, fare sa male athlete fare din po sa female athlete, ayun po dahil nga po may mga instances naman po na syempre sa training kailangan mo sa lalaking player para makita mo kung paano gumalaw ang mga lalaki halimbawa may kalaban ka na babae pero lalaking gumalaw ayun nga pinapakita nila saiyo kung ano mga techniwques pero kumbaga oriented naman po sila kumbaga alalay pag babae. **Participant 3**

Nung una po na pinapagawa mo nila ang dating hindi ko naman po ginagawa, napanghihinahaan po akong loob tapos dahil po nandiyan yung mga coaches para I guide kami itrain po tapos po, pag, pag pag po na parang naupuri o nacocompliment po na tama ginagawa mo o ano, kaya mong gawin, siguro yung ganito, ginalingan mo pa ito, mas na cucurious na ano pa kaya ang mga kong dapat gawin, hanggang sa minamahal mo na ginagawa mo, ayun po. **Participant 2**

Ako lang po ang nakapasok na player sa BPSU ng nationals, sobrang daming badminton player mam, ako lng nakapasok naman, actually kung kilala niyo po si sir Kiko Gallardo siya po yung nagmessage sa akin mam pasok ka pala sa nationals bakit hindi ka nag aayos ng papel kasi po dati kapag team event po yan kahit na gold medalist ka mam kapag po team event ang kukunin po nkila ay mismong koponan nila, I mean sa BulSu nawindang ako nung kinuha ako ng BulSu so ayun nung naglaro po ako ng naglaro po ako para sa national sa Batangas ayun pinalad mo nag gold medalist kahit na mag isa lang ako, mag isang player ng badminton na nahiwlai kasi lahat sila from Bulacan very supportive ang BPSU sa akin money, pati sa mga chaperon ayun po pinapadalahan sila kahit mag isa ako meron akong kasamang chaperon kung kilala mo po si sir Donny siya po talaga ang nagtake care sa akin sa nationals and doon nag gold medalist po ako, tapos po ansundan po ng 2017-2018 ng SCUAA nag gold din po ako tapos pagdating sa nationals napasok ako sa Antique naglaro din ako ng Antique ayun kasama sila sir Nisay. **Participant 8**

In relevance to the responses of the respondents of the study, according to Lantz (2019), collaborative Coaching is a new approach and mindset that one can implement to strengthen the relationship within a team, particularly in the City Schools Division of Balanga. Moreover, though there are multiple components to collaborative coaching, there are a few actions one can take to get started. He has done, or already did, certain beautiful things. However, one must reflect on what one needs to prepare for coaching sessions. Collaborative Coaching and start transforming the mindset from a have-to to a get-to.

Theme 3: Sharing of Knowledge

One of the essential themes emphasized by the study respondents is the sharing of knowledge they had gained from their entire experience playing as a female athlete from the province of Bataan. It can be revealed that, according to the respondents, sharing knowledge had been one of the critical elements of making the respondents' experience pleasurable and significant, among others, since it is passing on what they have learned from the entire experience.

Best practices selected female athletes in terms of non-professional, siguro yung masasabi ko pagdating sa non-professional, nai she-share mo yung knowledge mo sa iba lalo na iyong kabarangay lalo na sa mga maliliit sa mga elementary, sa professional narerepresent mo ang school pagdating sa ibat ibang competition na ang number 1 participant ay school yun. **Participant 6**

In terms of career progression, it helped me know the career I wanted to have when I become college since gusto ko nga po related sa sports yung kukunin kong sports napagdecidan ko na magtake ng teaching course that is related to any sports so nag. P.E po ako actually ang first choice which is sports science pero hindi ko po na reach ang quota for that certain course so nagdiretso na po ako ng P.E, so sa P. E po kasi wide range din po, pwede po kayo magturo, pwede po mag coach, pwede kayo mag gym, pwede be magtrainor you just have to get a certificate pero natulungan po ako na pumili ng course which is the teaching profession and as a teacher po kasi natutulungan ko po impart ang knowledge ko sa paglalaro sa mga bata, maging stepping stone ko lalo na sa grass roots Since I am inclined with many sports particularly in Volleyball, I wanted to expand my knowledge in these and also share what I know to the grass root athletes here in Bataan. **Participant 10**

According to Sports Ed (2023), Sharing knowledge is an act of demonstrating caring in the sports community. Practically speaking, many researchers must disseminate the findings of scientific study to their community of practice, and many coaches lack the time to read research articles. At our conferences, we are receptive to fresh ideas and approaches to the problems facing sports in the twenty-first century.

Theme 4: Enjoyment in Playing

One of the redeeming themes highlighted in the study is the enjoyment of playing. Being a female athlete includes fun and joy in playing sports, which makes the overall experience memorable and exciting. Enjoyment is one of the crucial factors needed in the study to make the journey and experiences of the female athlete pleasurable and worth sharing. The following responses support the findings of the study.

Hanggang provincial meet lang kasi nagkaroon ng injuries, ayun po so actually wala din po sa plano na maglaro pero yun nga binalik ako sa paglalaro and then naenjoy ko din naman po so ayun naexperience ko sa professional game na kumbaga parang mas nabooost yung confidence ko sa paglalaro and also sa pagpapatuloy ng martial arts kasi nga po diba parang as an athlete as a female parang pag sinabi pong martial arts kailangan boyish kailangan kumbaga handa kang as in masaktan ganyan so kumbaga para sa akin po hindi siya para sa lahat kumbaga meron talagang swerte na mga people na talagang magiging passionate about sa sports na kinabibilangan and even sa sa outside tournament nakatulong siya mga non-professional games in preparation sa professional games mas naengage dahil iba iba rin ang nakakalaban mo mas naging na enhance yung skills mo and then kumbaga mas kumawak yung kaalaman mo when it comes sa iyong sports ayun po. **Participant 3**

Kasi po para sa akin every time na maglalaro ako, actually mam first love ko yan, second love ko lang ay writing kaligayahan ko ang paglalaro at ang family kmo ay very supportive, super support ng school at alam mo yung pakiramdam diba mam magte training kayo aalis kayo sa iskul ang kagandahan dito sa Bataan although hindin naman ako academically poor, hindi naman nila nileglect ang grades mo, may mga retain grades, kasi sabi ng mga teachers naming na binibitbit naming ang name ng school bakit ka naming ibabagsak, isa po yun sa best experienbec dito sa Bataan hindi po kami pinabayaan lalo sa grades at isang edge po yung kapag po alam po nila lalaro ka ng gold during that time yung mga players very supportive talagang pupuntahan ka sa laro at may dalang mirienda. **Participant 8**

Naexperience ko po sa Bataan kasi since dito na talaga ako nagstart ahm masaya maging athlete lalo dito sa Bataan although may mga deficiencies na hindi naman din maiwasan ano ahm noon masaya na kami nasasama sa CLRAA, sa City meet as an athlete ayun. **Participant 9**

Equally important, Sports Session (2021) pointed out that sports are a fun way to motivate kids to stay active. Getting your children involved in sports will help them stay fit and healthy. Read on to find out the best sports for kids to play. Amazing sporting experiences make a positive impact on children's lives. Here are some of the best sports activities for kids to play.

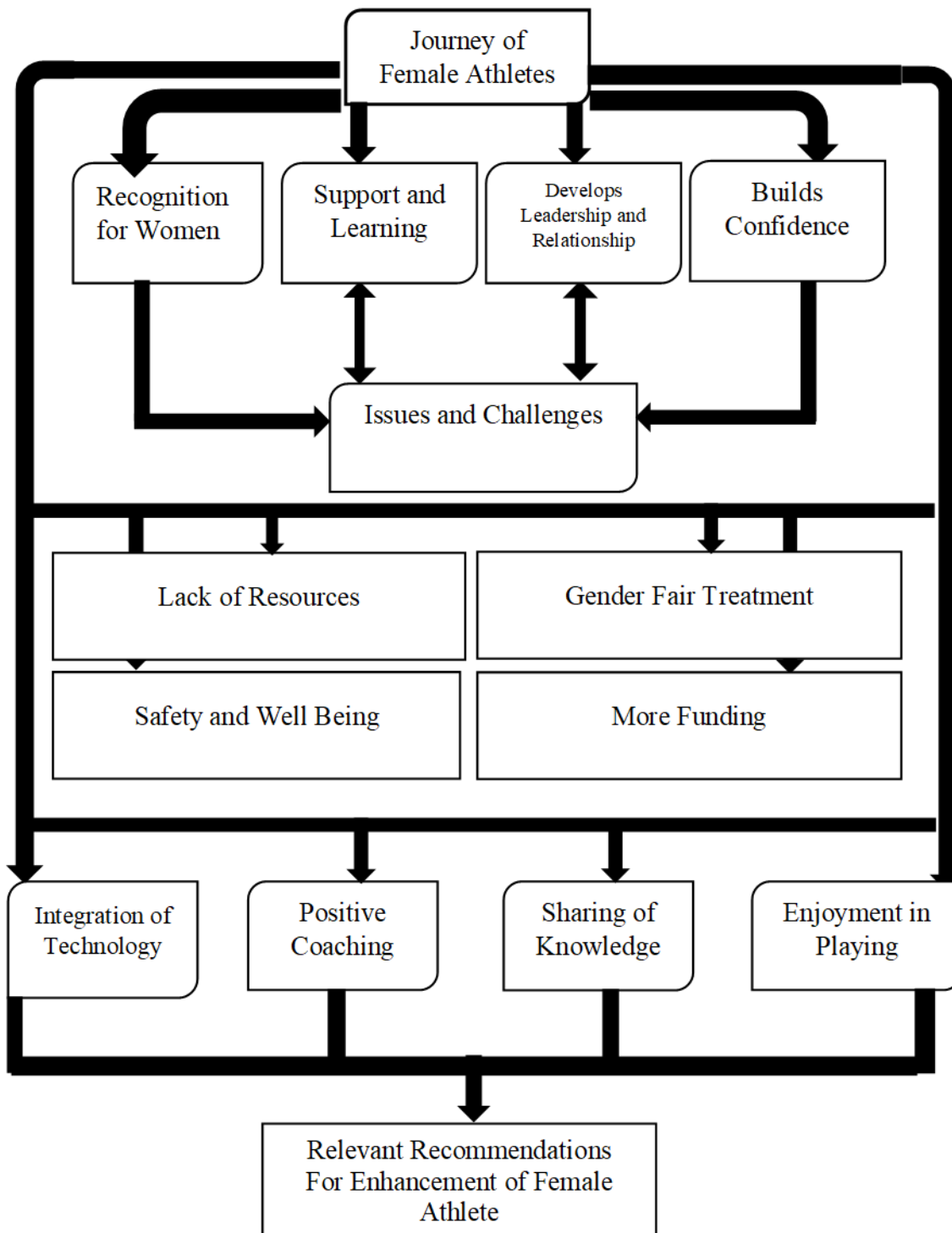
Based on the findings of the study, what sports model may be proposed?

Model for Summary for the Key Themes

The model for the summary of key themes focuses on the main topic of the study, which is the Journey of Female Athletes in the Province of Bataan: Basis for Gender Fair Sports Education. In addition, the significant variables

written inside the frameworks are based on the responses of the study participants, who are the selected female athletes from the Province of Bataan

Figure 2. Model for Summary of Themes



The different shapes and figures, together with the indicated variables, have great relevance to the study. They highlight the direction and flows of the model for summary of key themes for every female athlete, particularly in the province of Bataan. The model for the summary of key themes can be deemed as the center of all the variables on the three important aspects essential to the study.

First, the top box indicates the journey of the female athletes, from which the relevant themes are extracted carefully. Below, the journey of the female athletes indicates the three important aspects of the model for a summary of key themes. First is the experience. Regarding the experience, it was revealed that the respondent

emphasized recognition for female athletes. Sports should provide support and opportunities for learning. Another is that it develops Leadership and relationships and finally builds confidence.

Second to the critical variable indicated in the sports model for summary of key themes are the different issues and challenges that need immediate attention, which include lack of resources, more funding, safety and well-being, and promotion of gender-fair treatment among the female athletes in the province of Bataan. Lastly, it can be revealed that the last boxes of the framework show the best practices in the province of Bataan that enhance female athletes' experiences. These include integrating technology, positive Coaching, sharing knowledge, and enjoying sports which have been revealed as the main best practices of the focus of the study.

The last box on the bottom part of the model for a summary of key themes shows the relevant recommendations, which are based on the study's findings.

Based On The Findings Of The Study, What Monitoring Tool For Female Athletes May Be Proposed?

Proposed Monitoring Tool for Female Athletes

The monitoring strategy that the coach uses should be proactive, using the Yearly Training Plan (YTP). The table below provides some examples of different monitoring factors and timing within the yearly training plan. Coaches can use a similar table to assist in planning when monitoring a particular factor.

Table 2: Proposed Monitoring Tool for Female Athletes

Name of the Athlete:

Date:

Monitored Performance Indicator	Key Importance H-High M-Medium L-Low	Frequency T- Every other Day D- Every day W- Weekly S- Strategically	Yearly Training Plan Scheduling Daily Micro cycle Mesocycle Phase	Duration or Number 1- Every Day 2- Two Days 3- Three Days 4 -More than three Days
Training Venue				
Training Intensity				
Sleep Length				
Sleep Quality				
Stress				
Mood				
Journaling				
Nutrition				
Hydration				

Finally, the opportunities that effective programs and activities for females can give both coaches and athletes to monitor performance and establish training. Goals are exhaustive. Coaches should not shy away from implementing some monitoring strategies with their athletes, but should instead consider the amount of information to be tracked and the frequency with which the information is required in the Yearly Training Plan.

Further, coaches should try to create tracking habits with their athletes, so the burden of tracking does not rest entirely on the coach.

SUMMARY OF FINDINGS, CONCLUSION, AND RECOMMENDATION

Summary

the study used phenomenological research about the descriptive qualitative approach to gather experiences through a thematic interview guide. this research aimed to resolve the general problem of "journey of the female athlete in bataan: basis for gender fair sports education. specifically, it sought to answer the following queries;

1. how may the experiences of the selected female athletes be described in terms of:

- 1.1 your passion for sports
- 1.2 undergraduate experience
- 1.2 professional player experience?
2. what are the issues and challenges of female athletes in the locality of bataan?
3. how may the different best practices of female athletes in the new normal be described?
4. what enhanced sports educational model may be proposed based on the study?
5. what proposed monitoring tool for female athletes may be proposed?

ten (10) certified female athletes are identified as bataaños who were utilized and asked to participate in studies that are currently affiliated with the sports industry. all ten (10) respondents of the study were professional female athletes who were classified as participants in different sports events that are relevant to sports. all the respondents were categorized and assessed, among others, and were classified as worthy to become the study participants. all the respondents contributed to the sports field in the province of bataan, which is the main focus of the research study.

approval to conduct the study was solicited first from the dean of the graduate school, along with the panel for the thesis paper defense. after the approval of the graduate school official panel, the researcher obtained authorization to conduct the study in the province of bataan. furthermore, with all honesty, the researcher gathered informed consent through a letter and verbal agreement right from the very start of the data gathering under the province of bataan, down to the respondents of the study, who are professional female athletes who had joined a professional sports competition. it includes the interview stating the purpose of the research, the procedures, especially the recordings, the risks and benefits of the research, the voluntary nature of the research participants, and the purpose of convenience as the situation arises. all the interviews were finished in different meetings with different respondents. the procedures used to protect confidentiality through fictitious names were used in the transcript to protect each one's identity.

the study used a thematic interview guide in open, unstructured one-on-one interviews. data gathering will involve further documenting the process and examining the written text. as the data were collected and analyzed, the researcher gained an increased understanding of the dynamics of the process under study. the exploration of the "journey of the female athletes in the province of bataan, basis for gender fair sports education" was analyzed and determined through vigorous data interpretation and analysis. interpretations of the described and analyzed were scrutinized. before the study was finalized, the researcher validated the participants' experiences by allowing them to read and grasp again the documented incidents that delighted them in return. based on the data gathered in the study, the following are the findings:

how may the experiences of the selected female athletes be described in terms of your passion for sports, undergraduate experience, and professional player experience?

it can be revealed that, based on the results of the research study, the selected female athletes' respondents had indicated major themes as part of their experiences as female athletes. one is that their experience as a female athlete builds confidence. self-confidence allowed the respondents to perform better in sports and in their overall personality as women.

second, there is an existing recognition for women. recognizing women is a significant step in creating a space to value the female athlete's role in the sports community. third, it develops relationships and leadership skills.

their experience has extended to developing these significant skills necessary for their growth. lastly, the respondents had a warm experience with support from the province of bataan, which boosted their performance. apart from this, being a female athlete, they concluded that it opened doors of opportunities in terms of career.

what are the issues and challenges female athletes face in bataan's locality? various issues and challenges appeared among the primary respondents of the study, who were female athletes. one of the main challenges that needs immediate attention under the focus of the study is the need for more equipment and resources. the lack of equipment should be adequately addressed to ensure a smooth training and preparation experience among female athletes in the province of bataan. second is the unavailability of venues and clubs, which are necessary materials for enhancing skills and personality among female athletes in bataan. third is the emphasis on gender-fair treatment. gender-fair treatment also involves being fair to the perception of the community to women and addressing them as essential individuals to the sports community, similar to male athletes. next is the safety and well-being of the players. physical and mental safety have been a consistent challenge among female athlete since their work requires a physically and mentally fit body. lastly, there should be more funding. funding is a vital issue that needs effective strategic planning, auditing, and liquidation to adequately provide the essential materials, facilities, and equipment, particularly in the sports education community in the province of bataan, and for every female athlete.

how may the different best practices of the female athletes in the new normal be described?

as for the best practices of female athletes in the province of bataan, one of the redeeming themes highlighted by the respondents of the study is the integration of technology. modernization in sports education and training has significantly impacted the sports industry, particularly female athletes, helping them develop their overall personality and skills. next is positive coaching guidance; positive coaching experience and guidance allow them to perform better and build their confidence in the games to come. moreover, it provides a valuable experience that motivates them to represent their places better. another is sharing knowledge, which has been one of the critical elements of making the respondents' experience pleasurable and significant, among others, since it involves passing on what they have learned from the entire experience. and finally, is the enjoyment or fun in learning. enjoyment is one of the critical factors needed in the study to make the journey and experiences of the female athlete pleasurable and worth sharing.

Proposed sports educational framework in Bataan

The study, based on its interpreted data, proposed a sports educational framework, hoping to decrease issues and challenges for female athletes and enhance their experiences in the province of Bataan while representing different sports areas.

CONCLUSIONS

In light of the findings of this study, the following were concluded: female athletes' journeys are significant processes that are vital to the development of players. These processes contribute greatly to the sports industry, particularly in the province of bataan, and different issues and challenges associated with being a female athlete and being part of the province of bataan require immediate attention and intervention, which is necessary for the system's growth and improvement.

RECOMMENDATIONS

This study contributes to developing and enhancing the journey of female athletes in Bataan: Basis for Gender Fair Sports Education. Based on the findings revealed, the researcher made subsequent recommendations:

1. The concerned government unit, like the department of education, specifically the division of bataan and balanga, and the sports organization, should adequately acknowledge the efforts of female athletes in promoting gender fair treatment experience for every woman and recognizing their efforts in the sports industry by providing and giving them with recognition. Acknowledgment can be given to proper

recognition and support from the local government unit and even the private sector, with great relevance to sports education.

2. The local government unit and department of education, along with the other relevant organizations, should revisit implementing guidelines for female athletes to develop better programs and activities and create sports clubs that suit their needs. Moreover, the study also recommends utilizing available resources and providing additional funding for equipment and facilities in every municipality in bataan that could enhance female athletes' experiences with safe precautionary methods for every athlete who ventures into sports.
3. Proper training, webinars, and seminars through online platforms, which are part of integrating technology for both coaches and female athletes, should be done to ensure the continuous promotion of sports education among all female athletes in the province of bataan.
4. Further research and innovations should be done, written, and published to develop programs, activities, and a basis for the enhancement of the experiences of the journey of female athletes in bataan.
5. Finally, a monitoring tool and a framework should be created to monitor female athletes' experiences. This tool may serve as a basis for measuring the success rate of interventions for different issues and challenges cited in the research study.

ACKNOWLEDGMENT

The master's degree requirements were challenging to achieve. It took hard work, perseverance, determination, and faith in God, who is the most merciful and compassionate, and who gives me the courage to accomplish the goal. However, with the assistance and support of different individuals, this was attainable. This has ended up being an excellent opportunity.

I want to express my profound appreciation and thanks to everyone who made this research possible. I can't tell you how reliant I am on these people, but after a couple of days of working with them, I will always be appreciative of their kindness and wisdom.

Dr. Alonzo L. Mortejo, who served as my research mentor and adviser during the entire process, has my undying appreciation and thanks. I admire his unwavering commitment to his job and his zeal for his area of specialization. He, indeed, will have an impact on me in the future. I want to thank my mentor.

Dr. Ariel A. Bongco, our recent Dean of Graduate School, thank you for being an excellent chairperson during my final defense. I value his thoughtful remarks and willingness to share his knowledge to advance the research.

Dr. Jesselyn C. Mortejo, our previous Dean of Graduate School, has been very supportive since 2016, when I started my journey at BPSU-GS. Her motherly care helped me conquer my fear of the concept and thesis defense.

Dr. Ayu Anastasya Rachman, for her excellent panel participation and straightforward, constructive, and meaningful criticism, which helped the work shine.

Dr. Melvin N. Escartin, for being a great member of the panel, with all his knowledge of what is right and good for the paper, for which I am grateful, and for his extensive insight into his field of expertise.

Professor Lucky Sonny A. Ligsanan and **Dr. Ronaldo A. Punla**, whose expertise in research methodology and statistics provided invaluable guidance throughout this academic journey. Your insightful feedback, rigorous standards, and unwavering support have not only strengthened the quality of this research but also enriched my understanding of scientific inquiry. I am truly honored to have learned under your mentorship.

My heartfelt gratitude goes to **Dr. Flora D. Canare** and **Dr. Aisee Cruz Almario** for their time, effort, and expertise in editing this manuscript. Their constructive suggestions, careful guidance, and constant encouragement have been instrumental in refining and completing this work. I am truly thankful for their generosity and support throughout this endeavor.

Sir **Salvador A. Isip**, Ma'am **May D. Vinzon**, Ma'am **Mayfour Yadnu**, Dr. **Jashrell John B. Ordoña**, and Ma'am **Rowena M. Caparas**, thank you for your great help in providing data and documents related to my study

and for your words of wisdom and encouragement about the thesis.

Bataan Peninsula State University. For its mission and vision of bringing out the best in every student, and for its overwhelming support and love for its students.

The Lord Omniscient, who made it all possible, deserves a final mention—the one who gave me the knowledge and courage I required to complete this thesis.

Dedication

I want to sincerely thank our benevolent God for making this possible. I am grateful to Him for the doors and opportunities he opened for me, as well as the wisdom and fortitude he bestowed upon me while I was writing my thesis. Additionally, I dedicate this to my parents, **David G. Paguio** and **Irene G. Gajo**, who have inspired me to pursue a master's degree. Papa, I know you are proud of me.

This work is also lovingly dedicated to my siblings **Jojie, Evelyn, Lea, Devo, Ezra, Nica, Mcrorene,** and **Jenlee**, whose unwavering support has been a constant source of strength and inspiration. Your generous financial assistance, encouragement, and faith in my abilities have made this journey possible. Thank you for believing in me even when the path was uncertain. This accomplishment is as much yours as it is mine.

To my spouse, **Marlon**, who has been at my side throughout this journey and has always supported, loved, and stood by me. Their steadfast love inspires me and has an elusive effect that motivates me to keep going. My daughter, **Freya**, you are my inspiration.

To **COBNHS** friends, the **MAPEH** department, colleagues, and close friends who believed in me and were a source of strength. I also dedicate this to my students, my players, who inspire me to be a better person.

To the **Graduate School of Bataan Peninsula State University** for providing all professional students with a quality education that equips them to face life's challenges.

I dedicate everything to you all with the utmost love and respect.

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Appendix A

Letter for Permission

June 18, 2022

ROWENA M. CAPARAS
Founder, Balanga City Volleyball Club
Balanga City, Bataan

Ma'am,

Greetings!

The undersigned would like to seek your endorsement, for the assistance of allowing the researcher to conduct her study in the perusal of her thesis study entitled, "JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION". The study is conducted as part of an academic requirement for the Master in Physical Education and Sports at Bataan Peninsula State University, Graduate School, Philippines

Rest assured that all data collected will be treated as private and confidential. Data gathered shall be used solely for research purposes.

Your assistance in this research endeavor will benefit the aforementioned. Hoping for your favorable response. Thank you very much and may continue to live the research excellence in our profession. God bless.

Sincerely yours,


JENNY MAGTANONG,
Master in Physical Education and Sports

Appendix B

Letter to the expert

APRIL 29, 2022

For: **JASHIRELL JOHN B. ORDOÑA**
Cluster Head, Physical Education
Bataan Peninsula State University- Orani Campus

Sir,

Greetings!

The undersigned would like to seek your expertise in critiquing the research of the study entitled, "JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION"

The study is conducted as part of an academic requirement for the Master in Physical Education and Sports at Bataan Peninsula State University, Graduate School, Philippines

Your assistance in this research endeavor will benefit the aforementioned. Hoping for your favorable response. Thank you very much and may continue to live the research excellence in our profession. God bless.

☒

APPROVED

☐

DISAPPROVED

COMMENTS:

Rephrase your Question number 7. Instead of using new normal, use the word the next normal.
All questions are aligned with the SOP.

Sincerely yours,


Jenny P. Magtanong, LPT
Teacher I
Master in Physical Education and Sports Student
BPSU-Graduate School


6/21/22
4/24

Appendix B

Letter to the expert

APRIL 29, 2022

For: SALVADOR P. ISIP
Education Program Supervisor
City Schools Division of Balanga City

Ma'am,

Greetings!

The undersigned would like to seek your expertise in critiquing the research of the study entitled, **"JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION"**

The study is conducted as part of an academic requirement for the Masters in Education major in Physical Education at Bataan Peninsula State University, Graduate School, Philippines

Your assistance in this research endeavor will benefit the aforementioned. Hoping for your favorable response. Thank you very much and may continue to live the research excellence in our profession. God bless.



APPROVED



DISAPPROVED

SALVADOR P. ISIP
ERC-1 MSPE

COMMENTS:

Sincerely yours

Jenny P. Magtanong
Jenny P. Magtanong
Teacher I, Master in Physical Education and Sports
BPSU

Appendix B

Letter to the expert

MAY 7, 2022

For: **MAY D. VINZON**
City of Balanga National High School, SHS
City Schools Division of Balanga City

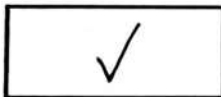
Ma'am,

Greetings!

The undersigned would like to seek your expertise in critiquing the research of the study entitled, **"JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION"**

The study is conducted as part of an academic requirement for the Master in Physical Education and Sports (MPES) at Bataan Peninsula State University, Graduate School, Philippines

Your assistance in this research endeavor will benefit the aforementioned. Hoping for your favorable response. Thank you very much and may continue to live the research excellence in our profession. God bless.



APPROVED
MAY D. VINZON



DISAPPROVED

COMMENTS:

- Questions are aligned with the SOP
- Limit your questions, combine questions 1 and 3.
- Rephrase question number 7.
- Directly ask the question for number 8.
- What program for the female athletes in Bataan would you recommend in particular to new normal setup?

Sincerely yours

Jenny P. Magtanong
Jenny P. Magtanong
Teacher I, Master in Physical Education and Sports
BPSU

Appendix B

Letter to the expert

|APRIL 29, 2022

For: **MAYFOUR B YADNO**
Bataan National High School, SHS
City Schools Division of Balanga City

Ma'am,

Greetings!

The undersigned would like to seek your expertise in critiquing the research of the study entitled, **"JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION"**

The study is conducted as part of an academic requirement for the Masters in Education major in Physical Education at Bataan Peninsula State University, Graduate School, Philippines

Your assistance in this research endeavor will benefit the aforementioned. Hoping for your favorable response. Thank you very much and may continue to live the research excellence in our profession. God bless.


☒

APPROVED

☐
DISAPPROVED

COMMENTS:

Sincerely yours

Jenny P. Magtanong
Teacher I, Master in Physical Education and Sports
BPSU

STATEMENT # 02

Guides Questionnaires

1. Describe your experience as a Female Athlete since you started falling in love with sports.
- you may categorize or may put specific details like (experience in training, traveling etc)
2. Describe your nonprofessional and professional experience as a Female Athlete.
- if this is only limited in bataan the answers would be lesser than expected
3. What are the different best experiences that you can remember as a Female Athlete in Bataan?
4. What are the different outstanding points of being a Female Athlete as compared to other hobbies?
5. What are the different issues and challenges of being a Female Athlete before and during the New Normal setup?
6. What are the best practices of the Female Sports community in Bataan and the Philippines now a day?
- this is valid if we have a lot of female clubs in bataan.
7. Do you think based on your experiences as a Female Athlete. Is being a Female Athlete a good choice of career why and why not?
8. If you would recommend a program for the Female Athletes particularly in Bataan under the New Normal set up what would it be and why?

Appendix D

Letter of Pilot Testing

Balanga City Volleyball Club
Balanga City, Bataan



ENDORSEMENT
JULY 27, 2022

Respectfully returned to **Jenny P. Magtanong**, Researcher, Bataan Peninsula State University, the herein approved request to float survey questionnaires to select female athletes in the province of Bataan, for her thesis entitled **“JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION”** as one of the requirements for the degree Master in Physical Education and Sports provided that the information gathered to be used solely for research purposes.

ROWENA M. CAPARAS

Founder, Balanga City Volleyball Club
Balanga City, Bataan

Guided Interview Protocol for the Research Study

“JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION”

Researcher: Jenny Paguio- Magtanong

RESEARCH INSTRUMENT

RESPONDENTS' PROFILE

Name (opt) Aprilyn

Address (opt)

(#, Street, Municipality, Town, Province)

1. Age:

- ☐ 21 to 30years old ☐ 31 to 40 years old ☐ 40 years old and above

2. Civil Status:

- ☐ Single ☐ Married ☐ Widowed

3. Played as a Female Athlete:

- ☐ School Level
☐ Division Level
☐ Regional Level
☐ National Level
☐ International Level
☐ Never

4. Owner of sports affiliate business or in line to sports industry or career:

- ☐ YES ☐ NO

5. Length of experience as female athlete

- ☐ 16-25 years
☐ 6-15 years
☐ 4-6 years
☐ 1-3 years

6. Socio-economic status

- ☐ Poor, less than 12,000 pesos monthly income
☐ Low Income but not Poor 12,000 to 24,000 pesos monthly income
☐ Lower Middle Income: 24,000 to 47,000 pesos monthly income
☐ Middle Class 47,000 to 82 000 pesos monthly income
☐ Upper Middle Income 82 000 to 141,000 pesos monthly income
☐ Upper income but Not Rich 141,000 to 234,000 pesos monthly income
☐ Rich earns at least 234,000 pesos monthly income

STATEMENT # 02**Guides Questionnaires**

1. Describe your experience as a female athlete in terms of the following criteria.

professional and non-professional game,

Respondent: ok po so magstart po ako sa experience ko po no sa mga sina lihan ko katulad ng professional game po kasama dun ang city meet, CLRAA, inter town scuaa, yung experience ko dun a no dun ay ano iba yung pressure dun kasi mayroon kang dalang school o pangalan ng school nct sa ganung professional game po then sa non-professional games nman po ng tulad ng mga kasama po dun ang mga barangay paliga kasama intrams kasam po ba dun mga pustahan? Ayun po kasi pag nonprofessional po chill lang mga game ganun or parang kasi maliban sa hindi pumicating mahigpit, hindi katulad ng professional game, minsan sa mga

professional game minsan sa nonprofessional game o kilala mo na mga kalaro mo o mga kakampi mo ganun tsaka yung experience po sa professional o non-professional is yung ahm hindi ganung kahigpit sa mga rules and regulation or sa mga violations ng sa paglalaro, ayun

athletes' experience in Bataan,

Respondent: nung ahm naexperience ko po sa Bataan kasi since dito na talaga ako nagstart ahm masaya maging athlete lalo dito sa Bataan although may mga deficiencies na hindi naman din maiiwasan ano ahm noon masaya na kami nasasama sa CLRAA, sa City meet as an athlete ayun

Interviewer: talking about deficiencies mam can you tell me po ano po itong mga experiences na ito na naranasan na na mayroong kulang po in terms of experience or para maexperience natin ang extreme na kailangan natin makuha sa game, or ano po mga pagkukulang mam?

Respondent: naexperience ko po, noon nung ano noon syempre po nung bata ako hindi ko pa po naiisip yung mga ah dapat pala ganito ang supportna binibigaydapat pla nito na lang nung nag high school at nagcollege po ngayon ko lang narerealize ah akala ko basta lang masama ok na hindi din po pala yung mga deficiencies na napansin ko nung naglalaro po ako dito sa Balanga, o dito sa Bataan, yung support po talaga ng lokal,tapos po sa mga yung facilities din po hindi masyado nakafocus sa sports ganun hindi siya yung mga bata na gustong magtraining pa, na maano pa yung ang skills hindi masyado nagpopokusan o hindi masyadong nate train ganun

Interviewer: you have mentioned about facilities, how about mga equipments,yung mga shoes attite meron po bang atleast kasi pag sinabi natin facilities mas wider na ito kapag kumbaga i ffinance ito mas mahal so about mga small things like yung mga attire jersey, shoes, food na binibigay po para mga nutrition ng mga athlete.

Respondent: yun naman din po ang nakkatuwa dun sa ano na yun katulad nga po yung mga shoes yung mga hindi po yun nakakalimutan na ibigay sa mga athlete mga kasama sa CLRAA ganyan hindi po yun nawawala yung may proper na tutulugan yung mga nag qua quarterings may maayos na food tapos meron din pong vitamins that time po na nag CLRAA ako ayun m eron po akong proper higaan ayun nakahiwaly po ang boys and girls,well ano po anong tawag dun ahm maayos po ang pamamalakad nila pagdating sa ganung bagay, yun po mga uniforms pag po city meet noon sagot ng schoolayun po libre po yun, sa CLRAA libre po lahat as in food may vitamins pa kami noon pag sa medics mga ganun po kumpleto po it comes po sa ganung ano po

Career progression and opportunities?

Respondent: nagstart po tlaaga akong ma CLRAA since grade 6 po ako gang sa pinatuloy kopo nung high school ako tinuloy tuloy ko pa dn pong maglaro gang grade 11 and 12, eto pong college nag SCUAA ako nakaktuwa lang din po nkasi ano maliban sa gusto ko na siya meron din ko kasing benefits nakukuha sa iskul kahit papano

Interviewer: yung pagpili po ng course kinuha niyo po sa college may relation din po ba sa career niyo sa paglalaro po?

Respondent: opo kasi nga po katulad po nun ahm volleyball player ako yung kinuha ko course is BPE which is maano po kasi ako sa aking nilalaro pwede ako magcoach ganun sa pagtuturo ko po ganun

Interviewer: so ibig sabihin po itong pagiging female athlete ahm naforsee niyo yung sarili niyo kung ano ang pwede niyo maging nung nasgtart na kayo sa city meet, sa mga liga sa mga brangay pwede niyo maging bread and butter in the future yun n ayung magiging kabuhayan niyo

Respondent: Yes, po

Interviewer: Thank you so much, ma'am.

2. What are the different best experiences that you can remember as a female athlete in Bataan?

Respondent: dito po sa Bataan dahil nga po ahm may mga ibat ibnag ano po ng palioga or mga professional

game po masaya po tlaa po na naexperience po katulad nga po ng inter town ung una ko nga po inter town po kasi nung 2018 yun ang first time ko na naghkaroon ng volleyball league yung Bataan minsan lang po s ailing taon then po nung sumunod ko naman na inter town Governors Cup nito pong 2022 malaki pong bagay po kasi po ahm syempre po hindi naman lahat hindi nabibigyan ng chance na maexperinece yung ganun na kakalabanin mo yung buong parang magcocompte ka sa ibang City sa ibang cipty municipalities sa loob ng Bataan kaya masaya po talaga sobrang nakakatuwa

Interviewer: ok thank you po for that

3. What are the different outstanding points of being a female athlete as compared to other hobbies?

Respondent: ahm for me po anoyung sa paglalaro po kasi being athlete po kasi ah mano po kasi talaga siya eh mabubuo niyo po yung discipline dun sa pagiging athlete sa ibwang hobby naman po may discipline pero iba din po kasi yung camaraderie niyo sa iba ayun po ib ayung discipline na kailangan kapag ka isa kang atleta hindi lang po sa pansarili kundi katulad ko volleyball player hidni lang sa pansarili kailangan sa buong ano mo team niyo iba po yung ano ahm kailangan mong I built ganyan

4. What are the different issues and challenges of being a female athlete before and during the new normal setup?

Respondent: Sa palagay ko po ano ay halos wala namang masyadong issue or,meron po pero minimal lang for example po ako athlete ako pag hindi ako nakapaglaro opwede akong mag gym or magpapawis sa bahay ngayon ;pong new normal set up ano po dun na po nagkaroon ng challenges talaga na kung dati free tayo kahit san tayo maghlro or pwede tayong maglaro kahit saan hindi awal pero nung new normal set up na po ano siya kailangan na ng vaccine card, kailangan ng bosster kailangan naka face mask ka ganyan kailangan meron kang dalang alcohol ganyuan ano po sobra lkaki din pong adjustment challenges pero before wala naman pong masyadong issues maliban sa mga syempre parang normal naman na dn po parang sa mga court parang nagiging issue yung court nag aagawan ang basketball at volleyball pero minimal lng naman po kaya po schedule noon p o gang ngayon din naman po ganun.

Interviewer: pero you are going to know this yung scheduling ng volleyball at basketball ano ang mas lamang na days given para sa mga nagbabasketball mas lamang ba ang days or equal sa scheduling

Respondent: yung napapansin ko po kasi parang mas lamang po ang Basketball, napapansin ko po yun parang mas marami pong ano yung sa basketball kasi parang sa volleyball po kasi parang hindi po lahat nag vo volleyball yung iba nga ;po naboboring sa paglalaro ng volleyball kaya po mas ano po talga

5. What are the best practices of the Female Sports community in Bataan and in the Philippines now a day?

Respondent: female sports community po parang yung best practices po nil ana napapansin ko, best practices po ba yung masiisipag magtraining kahit po walang game o laban po masiisipag po silang magtraining sa totoo lang hindi naman po kapag sinabing lalaki eh anon a hindi skila ganun magtrain kung cocompare lang po tlaa yung girls po kahit napapansin ko lang din po ha kahit saan mo ilagay na court kahit walang cover kahit sa ano yung floor ng court or kahit saang makinis basta po sinabing volleyball na magte training kahit anong sports magte training po yan yan po ang napapansin ko nagkaroon akong community dito sa Bataan po na nasalihan Balanga City Volleyball Club pero under 18 pa po kmai that time napansin ko lang din ;po yun everytime po na nagtetraining lagi kami kumpleto mga girls compare sa boys, napapansin ko po yun kahit wala po kami laban kunwari po biglaan po na may post na under 18 ganyan po kahit po walang po ganun nagtetraining po kami ayun po na natutunan ko dun yung Disciplines, kasi kahit wala kaming game or laban, palagi kaming nag tetraining.

Interviewer: to sum it up mas determine ang mga female athletes than the male athletes mas mataas ang self determination

Respondent: yes po

6. What are the different best practices of the selected female athletes in terms of their non-professional and professional games?

Respondent: ahm gng napapansin ko po, nakikita ko po is ano, kahit hindi po sila ganung magkaka close basta pag naglalaro kayo ng volleyball pag naglalaro kayo ng sports parang magiging malapit na dn ang loob niyo yun po ang nakikita ko kahit po non professional or professional games kasi po parang common na din na ano eh o sa volleyball napapansin ko po sa sports ko ayun po kahit na hindi kayo basta nakasama mo maglaro, nagiging magkalapit na po kayo o parang connect na kayo kaagad ganun madaling makikipag get along mga babaeng athlete in terms of professional kahit non professional When it comes to non - professionals games po makikita kaagad yung pinagkakaiba sa practices katulad ng mga committees at referees, sa Professional Game naman po, lahat complete, merong Officials, nationals Referee's, line judge. Kitang kita talaga yung pinagkakaiba.

Do you think based on your experiences as a Female Athlete. Is being a Female Athlete a good choice of career why and why not?

Respondent: ayun nga po meron po talagang benefits na makukuha kapag ikaw ay athletes Bukod sa nagagawa mo na yung passion mo, or yung ano mo kung gagawin pa siyang career ano po katulad po ng mga player na katulad sa mga tv diba po mga player ana ano si Allys a Valdez ganyan ano na po nila yun eh passion talaga pong kina reer na nila yung benefits po na e- earn sa pagiging athlete lalo na kung ikaw ay power katulad nila Hidilyn Diaz kasi po masaya ka dun sa ginagawa mo masaya kaya ano din good choice din na ano kung makaka career talaga at talagang makaka punta ka dun, makaka goods ng benefits ayun po

Interviewer: Ok po mam last question po mam

8. If you would recommend a program for female athletes particularly in Bataan, under the new normal setup up what would it be and why?

Respondents: ahm kasi po yun nga po katulad ng nabanggit ko kanina na Club na Balanga Volleyball Club dito po sa Bataan ano po eh facilities po din talaga , facilities na kauna unahan tsaka yung sa gamit din naman kasi ano naman po makaka bili naman for example po nag train dun po sa train BPSU extension po na pinagte trainingan naming sa COB tuwing Saturday po last year po yung sa gamit po kasi kaya pa po natin maprovide ng sari sarili pagbili yun nga po sa facilities po talaga and yung mga ano bata or mga player po na gusto pa ;po nilang maimprove yung mga skills po nila hyun din po kasi po katulad po kunwari po magpapa try out po pero hindi naman nalalaman ng iba ganun kasi po hindi po masyado napagfofocusan kunwari po sa isang iskul merong sampu po palanag magagaling pa parang hindi po nalalabas ganyan hindi po napapakita hindi po nabibigyan ng atensyon pa po tsaka po yung ano po mga bata o student gusto po nila kunwari may mga bata na gusto maglaro ng maging athlete, athletics pero dahil nga po ano dahil mas syempre po yung mga meron ng skills ang makukuhayung nabibigyan po sana ng time na matuto, yung matuto po tla kasi gusto nila, matutuhanan po talaga nila meron nga po kaming na encounter pero sa BPSU extension as in mga elementary po sila lahat po sila nagstart pa lng po mag volleyball yun po talaga ang ikina gandada sports clinic po, natuturuan kung paano ang mga basic kung paano mga proper yun po ang dapat matutunan para po kung makakalaro man sila ng high school nila, makakastart na maglaro ng elementary atleast po mas mahahasa po sila ganun po

Interviewer: How about yung clubs, yung clubs pos sports clubs or association, meron po ba kayong ah nabanggit niyo na po kanina your part of this mam?

Respondent: Yes po mam nung ako ay under 18 pa po ako nun mam

Interviewer: what can you say about this clubs po mam, meron po bang all female kayo na naotice na clubs or association dito po sa Bataan o Balanga

Respondent: ahm sa Bataan po madami po dito sa Bataan katulad po sa Dinalupihan ang tawag po sa kanila is BNA ay opo yata tawag dun basta po may tawag po sa knila eh parang volleyball club din po sila, Dinalupihan Volleyball Club

Interviewer: pero all female po ba sila mam?



Respondent: opo all female po depende din po sa pina ka club po nila example po may volleyball dun lang po sila magbubuo pero meron din silang girls

Interviewer: Thank you so much po mam Aprilyn for your time for your efforts.

Guided Interview Protocol for the Research Study

“JOURNEY OF FEMALE ATHLETES IN BATAAN: BASIS FOR GENDER FAIR SPORTS EDUCATION”

Researcher: Jenny Paguio- Magtanong

RESEARCH INSTRUMENT

RESPONDENTS’ PROFILE

Name (opt) _____

Address (opt) _____
(#, Street, Municipality, Town, Province)

7. Age:

☐ 21 to 30years old ☐ 31 to 40 years old ☐ 40 years old and above

8. Civil Status:

☐ Single ☐ Married ☐ Widowed

9. Played as a Female Athlete:

☐ School Level
☐ Division Level
☐ Regional Level
☐ National Level
☐ International Level
☐ Never

10. Owner of sports affiliate business or in line to sports industry or career:

☐ YES ☐ NO

11. Length of experience as female athlete

☐ 16-25 years
☐ 6-15 years
☐ 4-6 years
☐ 1-3 years

12. Socio-economic status

☐ Poor, less than 12,000 pesos monthly income
☐ Low Income but not Poor 12,000 to 24,000 pesos monthly income
☐ Lower Middle Income: 24,000 to 47,000 pesos monthly income

- ☐ Middle Class 47,000 to 82 000 pesos monthly income
- ☐ Upper Middle Income 82 000 to 141,000 pesos monthly income
- ☐ Upper income but Not Rich 141,000 to 234,000 pesos monthly income
- ☐ Rich earns at least 234,000 pesos monthly income

STATEMENT # 02

Guides Questionnaires

Describe your experience as a female Athlete in terms of the following criteria.

Interviewer: Ok, good afternoon, Ms Carmina, for your ahm, for our data privacy, you may opt po to off your camera, mas ok po nan aka off din camera niyo para maprotektahan din po ang iyong identity, so magpo proceed po tayo sa second ah part po ng aking pong questionnaire which the statement number 2 and I have here series of question for you, Are you ready mam?

Respondent: Yes po

Interviewer: Ok po, so for question number 1 Can you please describe your experience as a female athlete since you started falling inlove with sports yung karanasan mo nung ikaw ay nag uumpisa, nag uumpisang magustuhan ang sports na ito, pwede mo po bang I describe ang iyong experience?

Respondents:

Nung una po na pinapagawa mo nila ang dating hindi ko naman po ginagawa, napanghihinahaan po akong loob tapos dahil po nandiyan yung mga coaches para I guide kami itrain po tapos po, pag, pag pag po na parang naupuri o nacocompliment po na tama ginagawa mo o ano, kaya mong gawin, siguro yung ganito, ginalingan mo pa ito, mas na cucurious na ano pa kaya ang mga kong dapat gawin, hanggang sa minamahal mo na ginagawa mo, ayun po

Interviewer: bale kailan ka nag umpisa, mag start ng gymnastics?

Respondents: Nung grade 7 po ng pagpa sok ko nang high school, kasi nung elementary po hindi po ako into sports kasi ala lang po normal students lang po ako nagtry lng po ako para magkaroon ng thrill yung highschool life ko

Interviewer: so ibig sabihin, upon entering cobnhs ahm ikaw ay hindi tlaa atleta at hindi talaga ikaw yung, hindi mo rin na forsee na ikaw ay mag gymnastics in the future ng pang grade 7 mo na parang out of curiosity talaga?

Respondents: yung mga new friends ko po, new classmates ko po, inano po nila ako na, nagpasa po sila ng ¼ sheet of pape dun sa prof mo namin tapos kinaumagahan ininvite po ako dun sa room kung saan kami mag orientation for training, tapos diko po alam ayun training na pala yun for gymnastics hanggang sa sps na ako, kasi mga pinapagwa po nila, mga pinapagwa nila na skills na medyo kaya ko naman pla, pasado naman pala ayun pinagpatuloy ko na po?

Interviewer: pero sa gymnastics diba, parang bago ka mastart na sports na yun, alam mo sa sarili mo flexible kahit na papano yung makaka pagtumbling ka yang bang mga skill na yan bago ka mag grade 7 marunong ka na niyan lika nakakapag tumbling ka, nakakapag split ka?

Respondents: nung grade 6 po ah sa christmas party po sinali po nila ako sa sayaw po nila sa program po kasi by group po, tinuran po kami mag split sobrang hirap po sobrang taas po, tapos po nung high school po ako akala ko p,e lang pinag ganun kami kaya ko pa pala tapos yung tumbling po as in zero po talaga tapos roll hindi ko din po alam basi roll split lang talaga kaya ko po nun

Interviewer: pero paano mo natutuhan ng lahat yun, habang nasa sps na?

Respondents; Opo nung tini train na po kmi ng coaches, may mga pinapaga wa na pong basic para ma muscle memory ,mga skills na gagawin

Interviewer, ok ok, so ahm diyan tayo sa question number 2, describe your non-professional and professional experience as a female athlete, yung non professional it could include nung ikaw kagaya niyan ay nagtaty pa lang, hindi pa pinangco contest or hindi ka pa nanalo nns awards and then professional nitong nagreregional ka na, nag nanationals ka na then yung dedescribe mo sakina yung mga naging experiences

Respondents: nung ano pa po ako, ah curious po ako sa mga ginagwa ng mga professional na nilalaban, para pong naiinggit po ako bat sila pumupunta ng ganung lugar, ganun ganun nagagawa nila ganito, ang cool sa paningin kaya parang nacurios ako sa mga ano kayang mga benefits ano kayang, kumbaga parang magpapa line up parang magpapa fit ka na ikaw ang ilaro, una naiinggit ka napanghihinaan ka ng loob yung mga ginagawa ng professional di mo nagagawa tapos naisip ko sa sarili ko na ano kaya ang feeling hanggang sa nagtry ako, ayun po hanggang sa pagta try ayun po nilaban na ako, nung time na nilalaban ako sa city meet, regional meet pressure kasi kailangan kong pagsabayin ang pag-aaral tapos paglalaro, pagod, hirap at pag-aaral tapos tulad ko nung nakukuhang achievement tulad ng gold ang sarap sa feeling po hindi lang pala puro laro laro lang ginagawa kundi may patutunguhan ang ginagawa pag nakakakuha ng achievement ang sarap ng feeling hindi mo namamalayan college ka na, may trabaho ka na ka na ayun ang linya mo, mahal mo na ginagawa mo ayun po

Interviewer: ayun follow up question lang tungkol diyan meron bang big difference as to venue kung san ka naglalaro nung ikaw ay nasa non professional pa ngayong as to ngayong professional player ka na meron bang dipirensya sa training like equipments

Respondents: nung nagtraining po kami sa iskul namin, parang hindi po ganung ka kumpleto ang equipment po kung ano lang po meron kapag naka tuntong ka sa next stage pag nanalo ka sa city meet, ayun po dun ka lang sponsoran ka ng school para ma itrain ka ng maayos dun lang kami nakaka experience ng kumpletong, naisasama po kami sa gym talaga na pang gymnastic dahil may naabot kami ganun

Interviewer: yung training, yung naachieve mo ay parang motivation din for the people around you to prepare something for you like equipments na magaganda kumpara dun sa ginagamit niyo sa regulat training niyo.

Respondents: Opo , kumbaga yung achievement niyo po ang susi niyo para makaranas ng mas magandang equipments, magandang proper training, gagastusan kayo dahil parang yun po ang bayad sa iyong paghihirap

Interviewer: Ok next question

1. What are the different best experiences that you can remember as a female athlete in Bataan?

Respondent: Ahm, bukod po sa pagkakatraon ng bagong kaibigan di naman po ako dating palakaibigan nilabas ko ang kulit ko ingay ko sa training dahil araw araw kami magkasama sa gtraining , yun po yung nanalo kami ng sabay sabay ng team mates ko iba po ang pakiramdam parang ang sarap sa pakiramdam kaya po nagpursigi sa training para makuha ulit ang aming panalo at makuha ang aming medalya

Interviewer: in connection to that meron ka bang nakukuhang awards o incentives?

Respondents: nung city meet po yung coach ko po si si Mam Marquez, bago pa lng lumaban nagti treat na po, nagha hire po ng trainor, dahil hindi po kami kumpleto sa gamit yung ganung coach po na gumagastos po sa sariling pera para maturuan kami yung pina eeffortan po ay masahyang masaya na po kami nun, nung nakakuha ako ng bronze sa regional meet may pera kaming natanggap kay gov nun pag pong sa city meet lng po yun lang po binibigyan kami ni coach ng pagkain, yung mga nirerequest po naming

Interviewer: so malaking bagay din, maliban sa fulfillment yung mga external incentives like money, fulfillment din like pamasahe, pambili ng bagong attire or pangtraining ng mga damit is malaking bagay para mag proceed pa sa next journey

Respondents: Opo

Interviewer: Ok proceed tayo

3. What are the different outstanding points of being a female athlete as compared to other hobbies?

Respondents: Ahm for me po ay yung edge po natin tayo po nagiging career po natn siya pwede natin siya apply sa pagkuha po ng scholarship pagiging trabaho po, sa kanila po parang kumbaga pang leisure time lang walang achievement meron po parang satisfaction lng po, pero hindi katulad ng pagkuha ng medal hindi po nila mararanasan po ayun po parang ginagawa po nila ng hobby po,

Interviewer: As to career pwede tong maging source of living or source of income our bread and butter, sa atin dito sa Bataan, do you experience na mainvite kahit na hindi ka na licensed physical education teacher?

Respondents: Yes, po sa mga elementary schools po, iniivite po ako willing po na magbayad kahit na hindi po ako professional na trainor o kahit na studyante pa lang ako

Interviewer: ok po next question

4. What are the different issues and challenges of being a Female Athlete but before and during the New Normal setup?

Respondents: bilang babae po ba o bilang babaeng atleta yung dati po kasi same lang kasi ng pinapagawa yung mga trainor nmh hindi piniplit o sinasagad ang mga babae kumpara sa lalaki mas light lng ang ginagawa ng babae, ngayon po sa bubble training hindi po kami lumalabas, hold po lahat, sa lalaki po hindi po bawal yung paglabas lang po sa babae po lahat bawal mo matatamis, maalat, yun po mga pagkain, pag order, pati po paglabas labas yung babae po light lng po talaga

Interviewer: as to nutrition halimbawa yung mga pagkain in the new normal set up nagkaroon ba ng kaibahan sa diet na binibigay sa inyo unlike nung bago magpandemic

Respondent: nung una po ay ganun pa dn po pero ngayon po kasi dati po kasi nakakapagsulit pa pwd pa mag cheat day di po kasi nmh kasama ang aming coaches walang trainor na magcheche ng timbang nmh sa new normal training, ngayong bubble training nmh hold po tla sila yung nagbibigay ng pagkain naming, para masustain yung weight na kailangan nmh hindi kami nakakakain ng unhealthy foods na makakasira sa aming diet naming

Interviewer: somehow parang it is positive outcome same for example sa bubble you can monitor yung mga diet ng mga bawat atleta

Respondent: yes po, ahm mas ok po yun kasi naging maganda yung outcome ng bubble training kaya po sa next po face to face na inaano ng coach sa training nagrerequest kami ng bubble training gkasi po talagang effective po siya naging ok yung outcome dahiul nahohold po yung lahat, ganun po

Interviewer: balikan natin yung issues and challenges as to competition like nung before the new normal set up diba walang masyadong health restriction pwede tayo lumabas anytime anywhere tapos ngayon na mayroong ng competition from bubble competition hindi ba basta basta ito pag ginagwa hindi nagkakaroon ng competition nowadays

Respondent: yes po, katulad ng uaap last season, last last season d hindi po natuloy, dahil sa pandemic ngayon lang po natuloy,

Interviewer: so isang issue at challenge hindi makalabas ang mga tao freely dahil nga sa pag iingat ng tao sa pandemic

Ok next question tayo

5. What are the best practices of the Female Sports community in Bataan and in the Philippines now a day?

Interviewer: Do you know some sports organization which cater ahm female athlete here in bataan , female only

Respondent: babae po sa Bataan, ahm category po ng laro namin, ahm sa gymnastics po meron po kaming WAG womens artisticgymnastic and RG Rhythmic gymnastic

Interviewer: Meron ka bang sinasalihan na sports association o sports club?

Respondent: ahm wala po sa school lang po ako parang varsity lang po ganun lng po

Interviewer: ngayon since wala naman can you tell me na lang yung na observe mo best practices ng mga palarao na sinasalihan ng mga babae dito sa atin sa bataan

Respondent: may mga katulad po sa Milo, city meet, regional meron dn palaro kasi meron po siguro athlete sa bataan pero diko po kilala meron ding nagcocompete sa ibang bansa po

Interviewer: since wala dito sa Bataan can you tell me na lang specifically mga babae can you relate me what you know about dito sa Pilipinas best practices naman in our country

Respondent: ahm sa weightflifing po si Hidilyn Diaz, sa gymnastics po dahil po sa pagkapanalo ni Yulo Diaz, yung grils dn po ng gymnastics ng WAG humahakot nan din po ng medalya sa SEA games pero hindi ko po kilala pero nababalitaan ko po na nagkakamit ng medalya sa sea games

Interviewer: ibig sabihin somehow meron na ding mga female athlete na nanalo dito sa ating bansa in realtion to sports, ok next question

13. Do you think based on your experiences as a female athlete. Is being a female athlete a good choice of career why and why not?

Respondent: Maganda po siyang choice kasi marami pong benefits sa pagpipili ko ng career ko bilang female athlete dahil nga po sa pagiging atleta sa aming school hinihikayat po ako ng ibang school, sa elementary param magturo po sa kanila ngayong college ko po mas madaling pinag aaralan kasi nakakarelate ako sa sports at dahilbilang student athlete maraming naghihintay na trababaho sa mga athletes pwede po silang trainor, teachers, p.e teachers ganun po

Interviewer: It's definitely a good choice. Ok last question po,

8. If you would recommend a program for Female Athletes, particularly in Bataan, under the new normal set up what would it be and why?

Respondent: ah ano po, ah program na kung saan ang mga atleta ay te train ng Mabuti sa bilang ng araw taon bago ilaban para hindi sila inilalaban ng hilaw at maiwas sa mga aksidente po kasi po kapag sapat po yung pag eensayo ng atleta mas nagiging productive po ang outcome at hindi parang pinilit at hugot hugot lang kasi yung mga hugot lang ay wala siyang parang hindi mo ,maexpect nma makakuha ng ganun yung inaasam ng iskul na karangalan kung hugot hugot lang

Interviewer: so para sa iyo malaking bagay na mayroong specific na may training design para sa mga ina eye na atleta lalo na kapag competrtion specifically sa mga nasa lower competition like city meet, meron tayong mga scenario kinukuha na lng pag malapit na kapag nananalo dun I ririgid training tapos pag natalo anong mamapansin mo wala na diba?

Respondent: wala na po, meron po kasing mga normal student na Nata try ng sports , mga hugot hindi love ang sports pero nag eexcel po papal sila, parang nakakapanghinayang lang po, dahil tinitigil po nila, pero

napapamahal ka po sa ginagawa, kung maraming ganung estudyante na gustong matuto marami pong ilalaban sabansa natin na nmagbibigay ng karangalan

Interviewer: as to training design, kung paano ginagawa nag training sa araw araw, ilang repetitions ilang oras, mayroon ka bang napansin nadipirensya training design ning ng babae at lalaki particularly sa iyong sports

Respondent: opo sa lalaki po mas heavy po ginagawa nila dahil kaya nmn po I reach ang capacity ang babae po ay hindi siya ganun mas light kaya at hindi nmn kailangan ng babae ng sobrang o heavy ang ginagawa para lumakas sa babae kasi mas Maganda po kasing light lng s ababae dahil magkaiba po ng capacity ng babae o lalaki

Interviewer: last na lang follow up question sa gymnastic ba, im not familiar with this is there a difference kapag sa pointing sytem ng babae at lalaki

Respondent: ahm ang pinagka ibalang po nila pag lumabas ang mga strap ng bra at panties ay may deduction, sa mga lalaki wala nmana po silang ganun, tapos sa mga lalaki tapos po yung ano yung sap ag tawag dun pag points ng toes paglabas ng matt same lang po pero mas mataas ang skills ng mga lalaki kaya mataas po ang points na nakukuha

Interviewer: so sa gymnastics ang isa sa mga deduction ay mga female related issues ng straps ng bra tapos ano pa bakat ang panty?

Respondent: hindi po yung paglabas po ng panty, kasi po yung ibang schools po ginagawa po nila naghahanap po nila ng scotch tape kasi deduction po yun pag lumabas po,

Interviewer: that would be all Carmina, thank you for entertaining this interview, maraming maraming salamat