



**JORDAN MIRANDA POCAAN, PhD**  
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#### Areas of Specialization

##### Physical Education:

Exercise Physiology, Motor Learning and Development,  
 Health Education, Adapted Physical Education, Research in Physical Education

##### Sports Science:

Biomechanics, Human Kinetics, Nutrition, Physiotherapy,  
 Research and Analytics in Human Movement

##### Higher Education:

Quality Assurance, Program Standard

#### Professional Examinations

Licensed Professional Teacher  
 Civil Service Professional

#### Education

Bachelor of Physical Education, 2017  
 Thesis: Coaching Strategies of BU in Regional SCUAA Games

Master of Arts in Education, 2020  
 Thesis: Adapted Physical Education Teaching Strategies Program

PhD in Educational Foundations

Dissertation: Evidence-Based Exercise And Sports Training Program Development Framework

### Published Articles

#### *SCOPUS Indexed*

Pocaaan, J. M. (2025). Conducting a Core-Based Exercise Program in Movement Competency Training Course to Improve Pain Tolerance and Abdominal Endurance of Female University Students with Primary Dysmenorrhea. *Physical Education Theory and Methodology*, 25(3), 533–539. <https://doi.org/10.17309/tmfv.2025.3.08>

Pocaaan, J. (2025). Effect of Filipino dodgeball competition on agility, speed, and special endurance of university students: A one class experiment. *International Journal of Human Movement and Sports Sciences*, 13(3).

Pocaaan, J. M. (2024). Effect of Tabata resistance training program on body capacities and 50m sprint performance of intermediate swimmers. *Journal of Physical Education and Sport*, 24(4), 846-854.

Pocaaan, J. (2024). The Effect of 16-Week Progressive Circuit Training Program on the Health and Skill-Related Fitness Parameters of Overweight University Students. *Physical Education Theory and Methodology*, 24(2), 198-204.

Pocaaan, J. (2023). The impact of COVID-19 pandemic isolation on the performance of track and field athletes: A comparative study of 100m sprint. *Journal of Physical Education*, 34(1), e-3439. <https://doi.org/10.4025/jphyseduc.v34i1.3439>

Pocaaan, J. P., & Pocaaan, J. (2023). The Social Support Systems and Needs of Private SHS Teachers in Writing Research. *AsTEN Journal of Teacher Education*, 7.

Pocaaan, J. M., Bailon, L. L., & Pocaaan, J. P. T. (2022). Strategic reading intervention for left-behind learners in the Philippines. *LLT Journal: A Journal on Language and Language Teaching*, 25(2), 367-378.

#### Asean Citation Indexed

Pocaaan, J. (2022). Exploring teaching strategies and challenges towards a holistic context-based special education teaching strategies program. *The Normal Lights*, 16(1).

Pocaaan, J. (2023). The LGBTQA intercollegiate experiences in higher education institutions in the Philippines: Basis for an institutional inclusive sports plan. *Dalat University Journal of Science*, 59-76.

Pocaaan, J. M., & Pasano, A. (2022). Motivation and challenges in a humble beginning: The case of potential young Filipino (Batang Pinoy) boxers. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 8(4), 387-404.

Pocaaan, Jordan Miranda, Hennie Pama Lomibao, Grace Revilla Campos, Kristel Ann Rosaceña Hermosa, Faustino Jr Arimado, Abegail Enriola Ballatan, Karen Pesonila Dumo, Jayson Dumo, Menchie Espineda, and Joan Conepcion Alej. "Management Skills and Organizational Issues Toward Change Management Model:

The Case of Rural Community Colleges in the Philippines." *Jurnal Pendidikan Progresif* 13, no. 2 (2023): 622-637.

Pocaaan, J., Bailon, L., & Pocaaan, J. P. (2023). Online teaching preparedness and stress profile: A comparative study of secondary and higher education faculty experiences in the Philippines. *Dalat University Journal of Science*, 121-135.

Pocaaan, J., Batalla, J. M., Aguilar, J., Marbella, T., Bacolod, M. L., & Gonzales, N. (2022). Utilization of Pili Nutshells (*Canarium Ovatum*) as Aggregates. *Journal of Sustainable Materials Processing and Management*, 2(1), 56-63.

### Speakership

Choosing Reputable Journal Publication: A Guide for Graduate Students, BU Graduate School, 2024  
 Navigating ACI, SCOPUS, WoS: A Guide to Identifying Indexed Journals for Publication, SorSU 2024  
 Empowering Trainers: AI Driven Outcomes-Based Syllabus Creation, SorSU, 2025  
 BLEPT MAPEH Majorship, SLRC Bicol 2018-2024

### Other Research Service:

Reviewer, International Journal of Special Education, 43-300 Bielsko-Biala, Poland (SCOPUS Journal)  
 Reviewer, Journal of Physical Education, State University of Maringá, Spain (SCOPUS Journal)  
 Reviewer, European Journal of Human Movement, Spanish Sport Science Association (SCOPUS Journal)  
 Reviewer, The Open Medicinal Chemistry Journal, University of Illinois, USA, (SCOPUS Journal)  
 Reviewer, PeerJ Life & Environment, San Diego, CA 92191, USA (SCOPUS Journal)  
 Reviewer, Frontiers in Public Health, 1005 Lausanne Switzerland (SCOPUS Journal)  
 Reviewer, Southeast Asian Multidisciplinary Research Expo and Extension Conference 2025, SorSU  
 Reviewer, 2nd International Research Opportunities, Developments, and Extension Outcomes (IRODEO) Conference 2025, DBESMSCAT

### Recent Professional Experience

University of Santo Tomas-Legazapi  
 Teacher II

St. Louie Review Center  
 National Lecturer

### Professional Service

Regular Member, National Research Council of the Philippines  
 Regional Quality Assessment Team Member for Teacher Education Programs  
 Regional Quality Assessment Team Member for ETEAAP  
 Bicol Consortium for Health Research and Development Ethics Board Member

Character References

ANALIZA C. PASANO, PhD  
Program Chairperson, BCAED  
Bicol University

Prof. EMIL BROÑOSO  
Student Affairs Coordinator  
Bicol State College of Applied Science and Technology

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Bicol University

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Vice President for Academic Affairs  
Sorsogon State University