

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

FIFTEENTH CONGRESS
Second Regular Session

HOUSE BILL NO. 5050

Introduced by REP. ANTHONY G. DEL ROSARIO

EXPLANATORY NOTE

Games are won in the mind. For professional or amateur athletes, psychological conditioning is equally important as physical training to excel in their chosen sport.

Athletes around the world have long recognized the invaluable benefits that psychological coaching and conditioning provide to bring out their best performance during sports competitions. Physical exercise and training prepare an athlete's body for the rigors of competitive sports, while psychological conditioning builds an athlete's confidence, both in himself and in his team. Psychological conditioning also motivates an athlete to push beyond the limits of his capabilities.

The Philippine Sports Commission, being the lead government agency tasked to implement and oversee the country's amateur sports development program, should take full advantage of sports psychology in developing the potential of Filipino athletes. Presently, the agency has only one female sports psychologist under its employ. It is therefore with enthusiasm that this representation seeks to increase the number of sports psychologists by mandating the hiring of a certified sports psychologists to serve the Philippine Sports Commission in regional training centers and sports facilities around the country.

With the help of sports psychologists to motivate and inspire the Filipino athlete's spirit, winning the first Filipino Olympic gold medal may soon be at hand.

In view of the foregoing, approval of this bill is earnestly sought.



ANTONIO RAFAEL G. DEL ROSARIO

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AN ACT
INSTITUTIONALIZING SPORTS PSYCHOLOGY IN GOVERNMENT SPORTS
PROGRAMS, AMENDING FOR THE PURPOSE REPUBLIC ACT NO. 6847,
OTHERWISE KNOWN AS "THE PHILIPPINE SPORTS COMMISSION ACT"

Be it enacted by the Senate and the House of Representatives of the Philippines in Congress assembled:

SECTION 1. Section 23 of Republic Act No. 6847 is hereby amended by adding new paragraphs to read as follows:

"Sec. 23. *Sports Facilities.* – The administration and full control of all existing sports facilities, including land, buildings and equipment, owned by the national government as well as those owned by government-funded foundations, associations and entities except liabilities, shall be transferred to the Commission: *Provided,* That the sports facilities owned by the local government units, state colleges and universities, or public schools shall remain with the said institutions or entities. In particular, the management and full control of all land, buildings, equipment and other improvements thereon of the Rizal Memorial Sports Complex, and the Quezon City Velodrome shall be transferred to the Commission upon the effectivity of this Act.

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THE COMMISSION SHALL MAINTAIN ONE (1) SPORTS PSYCHOLOGY UNIT IN EVERY REGIONAL TRAINING CENTER OR SPORTS FACILITY ADMINISTERED OR CONTROLLED BY THE COMMISSION.

THE SPORTS PSYCHOLOGY UNIT SHALL BE MANAGED BY A CERTIFIED SPORTS PSYCHOLOGIST WHO SHALL PROVIDE THE NECESSARY PSYCHOLOGICAL TRAINING AND CONDITIONING

AIMED AT IMPROVING, AMONG OTHERS, THE MENTAL PREPARATION, MOTIVATION, CONFIDENCE, CONCENTRATION, EMOTION AND STRESS MANAGEMENT SKILLS OF ATHLETES TO ENHANCE THEIR PERFORMANCE IN LOCAL OR INTERNATIONAL COMPETITIONS.”

SEC. 2. The Philippine Sports Commission shall issue the necessary rules and regulations for the effective implementation of this Act.

SEC. 3. This Act shall take effect fifteen (15) days after publication in the Official Gazette or in two (2) national newspapers of general circulation.

Approved,