

PHILIPPINE CENTER FOR SPORTS MEDICINE

SPECIFY THE TYPE OF SERVICE/TRANSACTION

Philippine Center for Sports Medicine

Sports Medicine/Sports Science

Schedule of Availability:

Day: Monday to Friday

Time: 8:00 am to 5:00 pm.

Who May Avail of the Services:

National Athletes, Coaches, Employees

What are the Requirements:

Request letter

Approval of the letter

Duration:

Without Discrepancy- 4 hours

With Discrepancy – 8 hours

STEP	APPLICANT/CLIENT	SERVICE PROVIDER	DURATION OF ACTIVITY (under normal circumstances)	PERSON IN CHARGE	FEES	FORM
1	<p>PRE-PARTICIPATION PHYSICAL EXAMINATION</p> <p>Ø Proceed to the Medical Unit for initial consultation and secure PPPE forms and other documents (medical records)</p> <p>Ø Proceed to the PCSM doctor's for Medical Examination</p> <p>Ø Proceed to the Sports Rehabilitation Unit</p> <p>Ø Proceed to the Sports Control Doping Unit</p>	<p>Ø Provide the athletes and coaches with initial medical consultation and examination (vital signs, medical history, etc.)</p> <p>Ø Conduct general medical examination and gynecological examination (for females)</p> <p>Ø Conduct musculoskeletal examination</p> <p>Ø Conduct Doping examination and education</p> <p>Ø Conduct Nutrition counseling, examination, and create meal plan and diet</p>	<p>15 mins.</p> <p>30 mins.</p> <p>45 mins</p> <p>30 mins</p>	<p>Nurse</p> <p>Family Medicine/Orthopedic Doctor</p> <p>Physical Therapist</p> <p>Doping Officer Staff</p>	<p>FREE</p> <p>FREE</p> <p>FREE</p> <p>FREE</p>	<p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p>

	<p>∅ Proceed to the Sports Nutrition Unit</p> <p>∅ Proceed to Sports Psychology Unit</p> <p>∅ Proceed to the Sports Physiology Unit</p> <p>∅ Proceed to the Strength and Conditioning Unit</p> <p>∅ Proceed to Dental Unit</p> <p>∅ Proceed to the PCSM Medical Unit to submit the accomplishment PPPE form</p>	<p>programs</p> <p>∅ Conduct Psychological counseling and administer psychological assessment tests</p> <p>∅ Monitor Physical Fitness level and conduct evaluation sessions and testing</p> <p>∅ Conduct sports-specific consultation and provide scientific exercises prescription</p> <p>∅ Conduct dental consultation and examination</p> <p>∅ Examine the duly accomplished form and make necessary evaluation if the athlete/coach is physically fit for their competition viz:</p> <ul style="list-style-type: none"> v Southeast Asian Games v Asian Games v Olympic Games v Other competitions per NSA <p>∅ Prepare and submit medical report to the respective NSA of the athlete/coaches and file for official medical record</p>	<p>30 mins.</p> <p>30 mins</p> <p>45 mins.</p> <p>45 mins.</p> <p>1 hour</p> <p>1 hour</p> <p>30 mins</p>	<p>Sports Nutritionist/Dietitian</p> <p>Sports Psychologist</p> <p>Sports Physiologist</p> <p>Strength and Conditioning Specialist</p> <p>Dentist</p> <p>Family Medicine and Orthopedic Doctors/Nurses</p> <p>Family Medicine and Orthopedic Doctors/Nurses</p>	<p>FREE</p> <p>FREE</p> <p>FREE</p> <p>FREE</p> <p>FREE</p> <p>FREE</p> <p>FREE</p>	<p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p> <p>PPPE Forms</p>
2	EDUCATIONAL LECTURES-SEMINAR/WORKSHOP	Conduct seminar/workshop, lectures, Within and outside Metro Manila	1-3 hours	Consultants and Staff of PCSM	FREE	Power Point ,LCD, Laptop, Handouts

3	ASSESSMENT	Conduct Assessment by all the Units of PCSM		Consultants/PCSM Staff	FREE	Health Assessment Interview Laboratory Physical Fitness Form
4	TESTING	Conduct Testing by all the units of PCSM	30 mins – ordinary 1-5 hours – sports specific	Consultants/PCSM Staff	FREE	Paper & Pencil Battery Test Evaluation Flexibility Doping Form
5	COUNSELING	Conduct counseling individually or by group Team Building	1-2 hours	Consultants/PCSM Staff	FREE	Interview Questionnaires
6	CONSULTATIONS	Provide and conduct medical , rehab, etc. consultation for injury and health care of athletes, coaches, employees and allied group of PSC	30 mins	Consultants/PCSM Staff	FREE	Examination PCSM Forms Medical Procedures Ortho Procedures Preventive Measures