

## **List of Appendices**

### **APPENDIX**

- A. Bibliography**
- B. Curriculum Vitae**

## **BIBLIOGRAPHY**

### **A. Books**

- G. Alce, A. Hansson, and K. Mårtensson, "Using VR for fitness training – pilot study," in *Lecture notes in computer science*, 2021.

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- M. Lotan, S. Yalon-Chamovitz, and P. L. Weiss, "Improving physical fitness of individuals with intellectual and developmental disability through a Virtual Reality Intervention Program," Research in Developmental Disabilities, 2020.

## **B. Periodical and Journal**

S. Zhou, "Using virtual reality to promote physical activity," Journal of Software Engineering and Applications, 2020

M.-H. Bae, "The Effect of a Virtual Reality-Based Physical Education Program on Physical Fitness among Elementary School Students," Iranian Journal of Public Health, 2023

J. Qian, D. J. McDonough, and Z. Gao, "The Effectiveness of virtual reality exercise on individual's physiological, psychological and rehabilitative Outcomes: a systematic review," International Journal of Environmental Research and Public Health, 2020

## **C. Electronics Sources**

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<https://www.linkedin.com/pulse/virtual-reality-fitness-market-trends-research-9rzde>

# Curriculum Vitae

**JANDEL ESCALERA**



09154822092



jandeleido@gmail.com



Asturias Street, Tibag, Calapan City, Oriental Mindoro

## OBJECTIVES

Experienced Information Technology professional with experience. Proven success as an IT entrepreneur, demonstrating excellent teamwork and a consistently positive attitude. Seeking to influence technical expertise and entrepreneurial skills to improve innovation and growth.

## PERSONAL INFORMATION

Date of Birth: January 26, 2003

Sex: Male

Civil Status: Single Citizenship: Filipino

Religion: Roman Catholic

Language Spoken: Filipino/English

## EDUCATION

### TERTIARY

2024 - Present

**Mindoro State University**

Bachelor of Science in Information Technology

### SECONDARY

2019 - 2021

**Oriental Mindoro National Highschool**

Technical Vocational Livelyhood (ICT

Programmming)

### PRIMARY

2010 - 2015

**Adriatico Memorial School**

## SKILLS

- Databases and web development
- Application Support
- SQL Server
- Universe Design Tool

*Jandel Escalera*  
**Jandel Escalera**  
Signature

# Curriculum Vitae

**KING JAY JAY PECHECO**



09154209022



pachecokingjj@gmail.com



Lazareto, Calapan City, Oriental Mindoro

## OBJECTIVES

Accomplished IT entrepreneur seeking a data analyst role. Dedicated to assisting companies in making informed decisions and enhancing processes through insightful analysis.

## PERSONAL INFORMATION

Date of Birth: July 4, 2003

Sex: Male

Civil Status: Single Citizenship: Filipino

Religion: Roman Catholic

Language Spoken: Filipino/English

## EDUCATION

### TERTIARY

2024 - Present

**Mindoro State University**

Bachelor of Science in Information Technology

### SECONDARY

2019 - 2021

**Oriental Mindoro National Highschool**

Technical Vocational Livelihood (ICT

Programmming)

### PRIMARY

2010 - 2015

**Lazareto Elementary School**

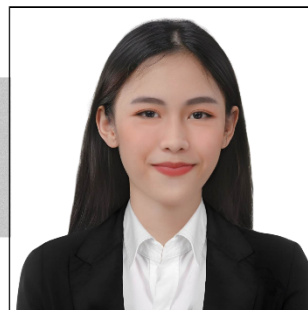
## SKILLS

- Databases and web development
- Application Support
- SQL Server
- Ability to adapt to changing requirements

  
**King Jay Jay Pacheco**  
Signature

# Curriculum Vitae

**LESLIE JEAN RIVERA**



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Paras St. Ibaba East Calapan City, Oriental Mindoro

## OBJECTIVES

Experienced Information Technology professional with experience. Proven success as an IT entrepreneur, demonstrating excellent teamwork and a consistently positive attitude. Seeking to influence technical expertise and entrepreneurial skills to improve innovation and growth.

## PERSONAL INFORMATION

Date of Birth: June 12, 2003

Sex: Female

Civil Status: Single Citizenship: Filipino

Religion: Roman Catholic

Language Spoken: Filipino/English

## EDUCATION

### TERTIARY

2024 - Present

**Mindoro State University**

Bachelor of Science in Information Technology

### SECONDARY

2019 - 2021

**Oriental Mindoro National Highschool**

Technical Vocational Livelyhood (ICT

Programmming)

### PRIMARY

2010 - 2015

**Calapan Central School**

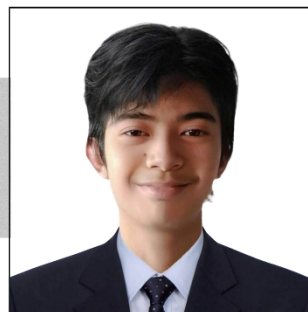
## SKILLS

- Databases and web development
- Front End Coding
- Web Designing
- Coding

  
**Leslie Jean Rivera**  
Signiture

# Curriculum Vitae

**MARC ANDREI SANTOS**



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marcandreisantos1414@gmail.com



Aboboto St. San Vicente East Calapan City, Oriental Mindoro

## OBJECTIVES

To secure a position where I can apply my commitment to business growth and educational requirements effectively. With a passion for innovation and leadership. dedicated to supporting organizational goals and utilizing my leadership abilities for advancement opportunities.

## PERSONAL INFORMATION

Date of Birth: July 14, 2003

Sex: Male

Civil Status: Single Citizenship: Filipino

Religion: Roman Catholic

Language Spoken: Filipino/English

## EDUCATION

### TERTIARY

2024 - Present

**Mindoro State University**

Bachelor of Science in Information Technology

### SECONDARY

2019 - 2021

**Oriental Mindoro National Highschool**

Technical Vocational Livelyhood (ICT

Programmming)

### PRIMARY

2010 - 2015

**Adriatico Memorial School**

## SKILLS

- Databases and web development
- Front End Coding
- Computer Literacy
- Strong Communication

  
**Marc Andrei Santos**  
Signature