

```
<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="utf-8"/>
<meta name="viewport" content="width=device-width, initial-scale=1"/>
<title>Academix - Professional learning hub</title>
<meta name="description" content="A clean, formal learning hub. Calm UI, structured
navigation, and complete subject notes with links to interactive minigames."/>

<meta name="color-scheme" content="light"/>
<link rel="preconnect" href="https://fonts.googleapis.com"/>
<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin/>
<link
href="https://fonts.googleapis.com/css2?family=Inter:wght@400;500;600;700;800&family=IBM+
Plex+Sans:wght@400;500;600;700&display=swap" rel="stylesheet"/>

<style>
:root {
  /* Palette */
  --bg: #F8FAFD;
  --surface: #FFFFFF;
  --ink: #0E1A2A;
  --muted: #5B6B82;
  --muted-2: #3E5065;
  --brand: #0A2A66;
  --brand-600: #082451;
  --brand-700: #061D40;
  --accent: #1565C0;
  --accent-600: #0D4FA0;
  --accent-700: #093D7E;
  --border: #D7DFEA;
  --soft: #EEF2F7;

  /* Layout rhythm */
  --radius-s: 10px;
  --radius-m: 14px;
  --radius-l: 18px;
  --space-xs: 6px;
  --space-s: 10px;
  --space-m: 16px;
  --space-l: 24px;
  --space-xl: 42px;

  /* Shadow */

```

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--shadow-1: 0 10px 24px rgba(6, 29, 64, 0.08);
--shadow-2: 0 16px 36px rgba(6, 29, 64, 0.12);

/* Fonts */
--font-sans: "Inter","IBM Plex Sans",system-ui,-apple-system,"Segoe UI",Roboto,"Helvetica
Neue",Arial,"Noto Sans",sans-serif;
}

* { box-sizing: border-box }
html, body {
  background: var(--bg);
  color: var(--ink);
  font-family: var(--font-sans);
  line-height: 1.65;
  -webkit-font-smoothing: antialiased;
  -moz-osx-font-smoothing: grayscale;
}
a { color: var(--accent); text-decoration: none }
a:hover { text-decoration: underline }
img, svg { display: block; max-width: 100% }
:focus-visible { outline: 3px solid #7EA6E0; outline-offset: 3px; border-radius: 8px }
.container { max-width: 1240px; margin: 0 auto; padding: 0 var(--space-l) }

/* Header */
header.site {
  position: sticky; top: 0; z-index: 1000;
  background: var(--brand);
  border-bottom: 1px solid var(--brand);
  color: #FFFFFF;
}
.brand-row {
  display: grid; grid-template-columns: auto 1fr auto;
  gap: var(--space-l); align-items: center; padding: var(--space-m) 0;
}
.brand { display: flex; align-items: baseline; gap: 12px }
.brand-title {
  font-weight: 800; letter-spacing: .2px; color: #FFFFFF;
  font-size: 20px; line-height: 1;
}
.brand-sub a {
  font-size: 13px; font-weight: 600; color: #FFD700;
}
nav.primary { display: flex; gap: var(--space-m); flex-wrap: wrap; justify-content: center }
nav.primary a {

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    color: #FFFFFF; padding: 10px 12px; border-radius: var(--radius-s);
    font-weight: 600;
}
nav.primary a:hover { background: rgba(255,255,255,0.12); text-decoration: none }
.header-cta { display: flex; gap: var(--space-m) }

.btn {
    display: inline-flex; align-items: center; gap: 10px;
    padding: 12px 16px; border-radius: var(--radius-m);
    border: 1px solid var(--border);
    background: var(--surface); color: var(--ink); font-weight: 700;
    box-shadow: var(--shadow-1); cursor: pointer;
    transition: transform .12s ease, box-shadow .2s ease, background .2s ease;
}
.btn:hover { transform: translateY(-1px); box-shadow: var(--shadow-2) }
.btn-primary {
    border-color: transparent;
    background: linear-gradient(135deg, var(--accent), var(--accent-600));
    color: #fff;
}

/* Hero */
.hero {
    background: linear-gradient(180deg, #FFFFFF 0%, #F6F7FB 100%);
    border-bottom: 1px solid var(--border);
    padding: 56px 0 28px;
}
.hero-grid { display: grid; gap: var(--space-xl); grid-template-columns: 1.1fr 0.9fr; align-items: center }
.hero h1 {
    margin: 0 0 12px; font-size: 38px; line-height: 1.18;
    color: var(--brand-700);
}
.hero p {
    margin: 0 0 16px; color: var(--muted); font-size: 18px;
}
.hero-actions { display: flex; gap: var(--space-m); flex-wrap: wrap }
.hero-card {
    background: var(--surface); border: 1px solid var(--border);
    border-radius: var(--radius-l); box-shadow: var(--shadow-1);
    padding: var(--space-l);
}
.hero-card h3 { margin: 0 0 8px; color: var(--brand) }
.hero-list { display: grid; gap: 8px; margin-top: 8px }

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.hero-list li { display: flex; gap: 10px }
.point {
  width: 10px; height: 10px; border-radius: 50%;
  background: var(--accent);
  margin-top: 6px;
  box-shadow: 0 0 0 5px rgba(21, 101, 192, 0.14);
}

/* Layout: sidebar + content */
.content-wrap {
  display: grid; grid-template-columns: 300px 1fr; gap: var(--space-xl); align-items: start;
}
.sidebar {
  position: sticky; top: 92px;
  background: var(--surface); border: 1px solid var(--border);
  border-radius: var(--radius-l); box-shadow: var(--shadow-1);
  padding: var(--space-m);
}
.sidebar h3 { margin: 0 0 8px; color: var(--brand) }
.toc { display: grid; gap: 8px }
.toc a {
  display: block; padding: 8px 10px; border-radius: var(--radius-s);
  color: var(--ink); font-weight: 600;
}
.toc a:hover { background: var(--soft); text-decoration: none }
.toc .group { margin-top: var(--space-m); color: var(--muted); font-weight: 700 }

/* Sections */
section { padding: 44px 0; border-top: 1px solid var(--border) }
section h2 { margin: 0 0 8px; font-size: 28px; color: var(--brand) }
section p.sub { margin: 0 0 22px; color: var(--muted) }

/* Blocks */
.block {
  background: var(--surface);
  border: 1px solid var(--border);
  border-radius: var(--radius-l);
  box-shadow: var(--shadow-1);
  padding: var(--space-l);
  margin: 16px 0;
}
.block h3 { margin: 0 0 10px; color: var(--brand-700) }
.block h4 { margin: 12px 0 8px; color: var(--ink) }
.block p { margin: 8px 0 0; color: var(--muted) }

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.block ul { margin: 10px 0 0 20px }
.block li { margin: 6px 0 }
.columns { display: grid; gap: var(--space-l); grid-template-columns: 1fr 1fr }

/* Overview cards */
.grid { display: grid; gap: var(--space-l); grid-template-columns: repeat(3, 1fr) }
.card {
  background: var(--surface); border: 1px solid var(--border);
  border-radius: var(--radius-m); box-shadow: var(--shadow-1);
  overflow: hidden; display: flex; flex-direction: column;
  transition: transform .12s ease, box-shadow .2s ease;
}
.card:hover { transform: translateY(-1px); box-shadow: var(--shadow-2) }
.card-header { padding: var(--space-m) var(--space-l); border-bottom: 1px solid var(--border);
  background: #FBFCFF }
.card-header h3 { margin: 0; font-size: 18px; color: var(--brand-700) }
.card-body { padding: var(--space-l) }
.card-body p { margin: 0 0 10px; color: var(--muted) }
.card-footer {
  padding: var(--space-m) var(--space-l); border-top: 1px solid var(--border);
  background: var(--soft);
  display: flex; justify-content: space-between; align-items: center; font-size: 12px; color:
var(--muted);
}
.card a { font-weight: 700 }

/* Tables */
.table-wrap {
  border: 1px solid var(--border); border-radius: var(--radius-m);
  overflow: hidden; box-shadow: var(--shadow-1); background: var(--surface);
  margin: 12px 0;
}
table { width: 100%; border-collapse: collapse }
thead th {
  background: var(--soft); border-bottom: 1px solid var(--border);
  text-align: left; padding: 12px 14px; color: var(--muted); font-weight: 700;
}
tbody td { border-bottom: 1px solid var(--border); padding: 12px 14px }
tbody tr:hover td { background: #FAFBFF }

/* CTA */
.cta {
  margin: 24px 0; padding: var(--space-l);
  border: 1px solid var(--border);

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background: linear-gradient(180deg, #FFFFFF 0%, #F4F7FB 100%);
border-radius: var(--radius-l); box-shadow: var(--shadow-1);
display: grid; grid-template-columns: 1fr auto; align-items: center; gap: var(--space-l);
}
.cta h3 { margin: 0; color: var(--brand-700) }
.cta p { margin: 6px 0 0; color: var(--muted) }

/* Footer */
footer {
border-top: 1px solid var(--border);
padding: 36px 0; background: #FFFFFF; margin-top: 20px;
}
.footer-grid { display: grid; gap: var(--space-xl); grid-template-columns: 1.2fr 1fr 1fr 1fr }
.footer-grid h4 { margin: 0 0 8px; color: var(--brand) }
.footer-grid ul { list-style: none; padding: 0; margin: 0 }
.footer-grid li { margin: 6px 0 }
.muted { color: var(--muted) }
.copyright {
margin-top: 20px; color: var(--muted); font-size: 12px;
display: flex; justify-content: space-between; flex-wrap: wrap; gap: var(--space-m);
}

/* Responsive */
@media (max-width: 1140px) {
.hero-grid { grid-template-columns: 1fr }
.content-wrap { grid-template-columns: 1fr }
.grid { grid-template-columns: 1fr 1fr }
.cta { grid-template-columns: 1fr }
}
@media (max-width: 740px) {
nav.primary { display: none }
.grid { grid-template-columns: 1fr }
.hero h1 { font-size: 32px }
}
</style>
</head>
<body>
<!-- Header -->
<header class="site" role="banner" aria-label="Top navigation">
<div class="container brand-row">
<div class="brand">
<div class="brand-title">Academix</div>
<div class="brand-sub">
<a href="https://sites.google.com/view/ciphertech1/home" target="_blank" rel="noopener">

```

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        Click here to filter fake news using A.I
    </a>
</div>
</div>
<nav class="primary" aria-label="Primary">
    <a href="#overview">Overview</a>
    <a href="#christian-ed">Christian Ed</a>
    <a href="#pfpl">PFPL</a>
    <a href="#political-science">Political Science</a>
    <a href="#biology">Biology</a>
    <a href="#ucsp">UCSP</a>
    <a href="#physics">Physics</a>
    <a href="#chemistry">Chemistry</a>
    <a href="#mandarin">Mandarin</a>
    <a href="#intramurals">Intramurals</a>
</nav>
<div class="header-cta">
    <a class="btn btn-primary" href="https://academixtua.vercel.app/" target="_blank"
rel="noopener">Play Minigames!</a>
</div>
</div>
</header>

<!-- Hero -->
<section class="hero" id="overview" aria-label="Site overview">
    <div class="container hero-grid">
        <div>
            <h1 class="headline">Academic excellence for the future</h1>
            <p>Empowering students through interactive learning by combining technology, creativity,
and scientific realism to make education immersive and impactful.</p>
            <div class="hero-actions">
                <a class="btn" href="#pfpl">Start PFPL</a>
                <a class="btn" href="#chemistry">Review Chemistry</a>
                <a class="btn" href="#mandarin">Study Mandarin</a>
            </div>
        </div>
        <div class="hero-card" aria-labelledby="heroCardTitle">
            <h3 id="heroCardTitle">Why it works</h3>
            <ul class="hero-list">
                <li><span class="point" aria-hidden="true"></span><strong>Clarity:</strong> Structured
design, balanced spacing, and clear tone keep focus effortless.</li>
                <li><span class="point" aria-hidden="true"></span><strong>Depth:</strong> Detailed
content paired with practical cases and guiding cues.</li>
            </ul>
        </div>
    </div>

```

- Flow: Persistent navigation and seamless flow keep users engaged.

- Bridge: Minigames.

</div>

</div>

</section>

<!-- Subject overview cards + sticky sidebar -->

<section id="subjects">

<div class="container">

<div class="content-wrap">

<aside class="sidebar">

<h3>Table of contents</h3>

<div class="toc">

Christian Ed

PFPL

Political Science

Biology

UCSP

Physics

Chemistry

Mandarin

Intramurals

<div class="group">Tools</div>

Minigames

</div>

</aside>

<div>

<h2>Subjects overview</h2>

<p class="sub">Use these cards to jump to the complete modules.</p>

<div class="grid">

<div class="card">

<div class="card-header"><h3>Christian Ed</h3></div>

<div class="card-body"><p>John the Baptist, Baptism, Temptations, sacramental context, and loving service in mission.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>PFPL</h3></div>

<div class="card-body"><p>Sanaysay forms, buod, sintesis, bionote, katitikan, agenda, panukala, talumpati — definitions and checklists.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>Political Science</h3></div>

<div class="card-body"><p>Foundations of governance, power and authority, stages of thought, and Philippine system overview.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>Biology</h3></div>

<div class="card-body"><p>Circulatory systems, pathways, heart conduction and control, osmoregulation, and disease.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>UCSP</h3></div>

<div class="card-body"><p>Socialization pillars, mechanisms, consequences, identity theories, norms, statuses, roles.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>Physics</h3></div>

<div class="card-body"><p>Core forces, free body diagrams, friction, and Newton's First Law scenarios.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>Chemistry</h3></div>

<div class="card-body"><p>Solubility drivers, electrolytes vs non-electrolytes, vapor pressure, concentration expressions.</p></div>

<div class="card-footer">Depth: ExtendedOpen</div>

</div>

<div class="card">

<div class="card-header"><h3>Mandarin</h3></div>

<div class="card-body"><p>Family, hobbies, food and drinks vocabulary, sentence frames, tones, and study routine.</p></div>

```

        <div class="card-footer"><span>Depth: Extended</span><a
href="##mandarin">Open</a></div>
    </div>
    <div class="card">
        <div class="card-header"><h3>Intramurals</h3></div>
        <div class="card-body"><p>Eligibility, line-ups, conduct, protests, format, ranking
procedure, and event mechanics.</p></div>
        <div class="card-footer"><span>Depth: Complete</span><a
href="#intramurals">Open</a></div>
    </div>
</div>

<div class="cta" id="play">
    <div>
        <h3>Practice through play</h3>
        <p>Reinforce concepts with interactive minigames. Launch in a new tab and apply what
you've learned.</p>
    </div>
    <a class="btn btn-primary" href="https://academixtua.vercel.app/" target="_blank"
rel="noopener">Open minigames</a>
</div>
</div>
</div>
</div>
</div>
</section>

<!-- Christian Ed -->
<section id="christian-ed">
    <div class="container">
        <h2>Christian Ed: preparation for ministry, sacraments, loving service</h2>
        <p class="sub">Prophetic foundation (John the Baptist), Baptism as inauguration,
Temptations and moral clarity, Anglican sacramental context, and service as mission.</p>

        <div class="block">
            <h3>John the Baptist: role, context, message</h3>
            <div class="columns">
                <div>
                    <h4>Prophetic role and urgency</h4>
                    <ul>
                        <li><strong>Herald:</strong> Calls for repentance and readiness for God's reign;
signals decisive divine action.</li>
                        <li><strong>Eschatological tone:</strong> Urgency for ethical reorientation and
concrete fruit.</li>

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- Fruit of repentance:** Generosity, honesty, fairness — practical signs of transformed life.

Historical context and core call

- Isaiah's fulfillment:** “Prepare the way of the Lord” situates John within prophetic expectation.

- Core call:** “Repent, for the kingdom of heaven has come near” — immediate and actionable.

- Humility:** Points to one “more powerful,” cultivating anticipation for Jesus' mission.

John's ministry disposes hearts toward receptive obedience, linking repentance to visible ethical fruit in community life.

Baptism of Jesus: identity, inauguration, solidarity

Event and meaning

- Divine affirmation:** Spirit descends; voice declares beloved sonship.

- Public commencement:** Sets Jesus' mission in motion with clarity of vocation.

- Solidarity:** Identifies with humanity; fulfills righteousness; anticipates sacrificial service.

Anglican sacramental frame

- Dominical sacraments:** Baptism and Eucharist instituted by Christ; ground identity and mission.

- Seven sacraments:** Baptism, Eucharist, Confirmation, Reconciliation, Marriage, Ordination, Anointing.

- Visible signs:** Outward rites mediating inward grace in communal practice.

<p>Sacraments weave personal transformation into the Church's shared mission, shaping ethical identity and service.</p>

</div>

</div>

</div>

<div class="block">

<h3>Temptation narratives: mapping and emphasis</h3>

<div class="table-wrap" role="table" aria-label="Temptation order">

<table>

<thead><tr><th>Temptation</th><th>Matthew 4:1–11</th><th>Luke 4:1–13</th></tr></thead>

<tbody>

<tr><td>Stones to Bread</td><td>First</td><td>First</td></tr>

<tr><td>Temple Pinnacle</td><td>Second</td><td>Third</td></tr>

<tr><td>Worship of Satan</td><td>Third</td><td>Second</td></tr>

</tbody>

</table>

</div>

<div class="columns">

<div>

<h4>Matthew's emphasis</h4>

Obedience over appetite: Word precedes material need; mission is not reduced to consumption.

Reject spectacle: Do not test God for display; integrity over theatrics.

Allegiance to God: Refuse power via compromise; preserve vocation.

</div>

<div>

<h4>Luke's emphasis</h4>

Trust in provision: Dependence on God's timing and care.

No provocation: Faith without forcing proof.

Trajectory: Mission oriented toward Jerusalem and culmination.

</div>

</div>

<h4>Applications</h4>

Scripture and prayer: Anchor decisions; cultivate discernment.

- Mission clarity:** Reject materialism and spectacle; practice servant leadership.

- Rule of life:** Maintain rhythms that stabilize character and direction.

Core ministry and loving service

Five core activities

- Preaching the Kingdom: nearness and nature of God's reign.

- Teaching with authority: interpretation that transforms.

- Healing and restoring: addressing suffering and exclusion.

- Forgiving and reconciling: bridging humanity and God.

- Confronting injustice: prophetic resistance to harm.

Third Mark of Mission

- Principle:** Respond to human need by loving service.

- Practice:** Pastoral visiting, mercy, volunteerism, outreach integrated into worship.

- Formation:** Service shapes communal identity and moral stamina.

PFPL: akademikong sulatin — kahulugan, estruktura, paghahanda

Sanaysay (lakbay, piktoryal, replektibo), buod, sintesis, bionote, katitikan, agenda, panukalang proyekto, at talumpati — long-form guidance and checklists.

Sanaysay: lakbay, piktoryal, replektibo

```

<div class="columns">
  <div>
    <h4>Lakbay-sanaysay</h4>
    <ul>
      <li><strong>Layunin:</strong> Karanasan at pagninilay; magkuwento,
magbigay-impormasyon, magbahagi ng aral.</li>
      <li><strong>Katangian:</strong> Personal na perspektiba; masinop sa kultura, tao, at
lugar; konkretong eksena.</li>
      <li><strong>Estruktura:</strong> Hook → konteksto → karanasan (scene) → aral →
tahimik na kongklusyon.</li>
    </ul>
    <p>Pag-uugnay ng obserbasyon sa mas malawak na tema (katatagan, pakikipagkapwa)
ay nagpapalalim ng aral at tumitibay ang kabuuan.</p>
  </div>
  <div>
    <h4>Piktoryal na sanaysay</h4>
    <ul>
      <li><strong>Dominanteng larawan:</strong> Caption ~60 salita; cohesive visual
story.</li>
      <li><strong>Pamantayan:</strong> Pokus, lohikal na estruktura, orihinalidad,
kawilihan.</li>
      <li><strong>Layout:</strong> Teksto sa ilalim ng larawan; ritmo at motif para sa
coherence.</li>
    </ul>
    <h4>Replektibong sanaysay</h4>
    <ul>
      <li><strong>Unang panauhan:</strong> Tapat na tono; malinaw na aral at pananaw.</li>
      <li><strong>Bahagi:</strong> Introduksyon → katawan (paglilinaw) → kongklusyon
(sintesis).</li>
      <li><strong>Sintesis:</strong> Pagsasama ng karanasan, teorya, at pananaw nang di
nagiging abstrakto.</li>
    </ul>
  </div>
</div>

<div class="block">
  <h3>Buod, sintesis, bionote, katitikan, agenda, panukala</h3>
  <div class="columns">
    <div>
      <h4>Buod</h4>
      <ul>
        <li><strong>Neutral:</strong> Tapat sa kabuuang punto; sariling pananalita; iwas
bias.</li>

```

- Hakbang:** Tukuyin tema → alisin labis na detalye → panatilihin lohika.

Sintesis

- Uri:** Background, literature review, explanatory, thesis-driven.

- Layunin:** Pagsanib ng datos mula sa iba't ibang sanggunian; malinaw na ugnayan.

Bionote

- Maikli at pormal:** Pangalan, tungkulin, tagumpay, interes; tumpak ang gramatika.

Katitikan at agenda

- Katitikan:** Opisyal na tala ng desisyon, aksyon, dumalo, oras.

- Agenda:** Lohikal na listahan na may time allocations.

Panukalang proyekto

- Nilalaman:** Layunin, metodo, benepisyo, badyet, timeline; pamantayan ng tagumpay.

- Gamit:** Paghingi ng pahintulot/pondo; paglutas ng suliranin.

Panatilihin ang malinis na organisasyon: malinaw na layunin, ebidensya, at maayos na pagsipi ng sanggunian.

Talumpati: nilalaman, paraan, paghahanda

Nilalaman

- Impormatibo:** Paliwanag ng konsepto/isyu; maayos ang pag-unlad ng ideya.

- Mapanghikayat:** Ethos (kredibilidad), Logos (lohika), Pathos (emosyon) — balanse at tapat.

- Explanatory:** Stepwise na paliwanag; konkretong halimbawa.

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</ul>
</div>
<div>
  <h4>Paraaan at delivery</h4>
  <ul>
    <li><strong>Impromptu:</strong> Mental map; panatilihin ang linaw.</li>
    <li><strong>Ekstemporanyo:</strong> Outline at rehearsed transitions; kontrol sa
daloy.</li>
    <li><strong>Manuskripto:</strong> Buong teksto; bantayan ang monotony sa
rehearsal.</li>
    <li><strong>Structure:</strong> Hook → roadmap → body (3–4 puntos) →
kongklusyon.</li>
  </ul>
  <p>Ethics: Tapat sa datos; iwas cherry-picking; maayos ang pagsipi at acknowledgement
ng pinanggalingan.</p>
</div>
</div>
</div>
</div>
</section>
```

```
<!-- Political Science -->
<section id="political-science">
  <div class="container">
    <h2>Political science: foundations, power, governance, systems</h2>
    <p class="sub">Definitions and roots, governance principles, power sources and authority
types, historical stages, and the Philippine political framework.</p>

    <div class="block">
      <h3>Foundations and governance principles</h3>
      <div class="columns">
        <div>
          <h4>Definitions and roots</h4>
          <ul>
            <li><strong>Politics:</strong> Art of governing well; leadership for the common
good.</li>
            <li><strong>Political science:</strong> Study of the state, institutions, laws, processes,
and power relations.</li>
            <li><strong>Roots:</strong> Polis (“city-state”); scire (“to know”).</li>
          </ul>
        </div>
        <div>
          <h4>Governance principles</h4>
          <ul>
```


- Participation, rule of law, transparency, accountability, responsiveness.- Steering: Decision-making and implementation through power and authority.

<p>Apply these principles to local issues; identify gaps, stakeholders, and remedies consistent with institutional mandates.</p>

</div>

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</div>

Power, authority, and structures

Sources and types of power

- Force: Coercion to impose will.- Influence: Persuasion via ideas and relationships.- Authority: Institutionalized power recognized by subjects.- Common forms: Referent, coercive, legitimate, expert, informational.

Authority frameworks

- Traditional: rooted in customs.- Rational-legal: rules-based, bureaucratic legitimacy.- Charismatic: exceptional personal appeal.

<p>Consider distribution, circulation, and constraints across institutions; map actor relationships over time.</p>

</div>

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</div>

Historical stages and Philippine system

Stages of thought

- Religious: Leadership and law seen as divine or divinely sanctioned.

```

        <li><strong>Metaphysical:</strong> Institutions and laws humanly inspired.</li>
        <li><strong>Modern:</strong> Institutions improvable by rulers and subjects; dynamic
adaptation.</li>

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    </ul>

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<div>

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```

    <h4>Philippine political framework</h4>

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    <ul>

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        <li><strong>GRP:</strong> Government of the Republic of the Philippines.</li>

```

```

        <li><strong>Head of State:</strong> President.</li>

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        <li><strong>Form:</strong> Democracy, constitutional framework, separation of
powers.</li>

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    </ul>

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    <p>Emphasize rule of law, participation, and accountability as pillars of democratic
practice and public trust.</p>

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</section>

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<!-- Biology -->

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```

<section id="biology">

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```

    <div class="container">

```

```

        <h2>Biology: animal circulation, regulation, and health</h2>

```

```

        <p class="sub">Diffusion limits, open vs closed systems, single vs double circulation, heart
conduction and control, osmoregulation, and cardiovascular disease.</p>

```

```

    <div class="block">

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```

        <h3>Limits of diffusion and need for circulation</h3>

```

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        <div class="columns">

```

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            <div>

```

```

                <h4>Single-celled organisms</h4>

```

```

                <ul>

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```

                    <li>Short diffusion distances; high surface-area-to-volume ratio; passive diffusion meets
metabolic needs.</li>

```

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                </ul>

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            </div>

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        <div>

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```

            <h4>Multicellular organisms</h4>

```

```

            <ul>

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```

                <li>Long distances (e.g., lungs to peripheral cells) and lower SA:V require internal
transport systems.</li>

```

Circulatory systems deliver substrates and remove wastes efficiently under pressure.

</div>

</div>

</div>

<div class="block">

<h3>Open vs closed circulatory systems</h3>

<div class="columns">

<div>

<h4>Open systems</h4>

Hemolymph bathes organs directly; sinuses allow less directed return.

Examples: arthropods, many mollusks.

</div>

<div>

<h4>Closed systems</h4>

Blood confined to vessels; higher pressure and efficiency; hemoglobin carries oxygen.

Examples: annelids, cephalopods, all vertebrates.

Supports higher activity and metabolic rates.

</div>

</div>

</div>

<div class="block">

<h3>Circulatory pathways: single vs double loop</h3>

<div class="columns">

<div>

<h4>Single loop (fish)</h4>

Two-chambered heart: one atrium, one ventricle.

Heart → gills → body → heart; single pass per circuit.

</div>

<div>

<h4>Double loop (other vertebrates)</h4>

Pulmonary circuit: heart → lungs; gas exchange.

Systemic circuit: heart → body; delivery and return.

```
        <li>Better separation of oxygenated/deoxygenated blood; improved efficiency.</li>
    </ul>
</div>
</div>
</div>
```

```
<div class="block">
```

```
  <h3>Human circulation: functions and pathway</h3>
```

```
  <div class="columns">
```

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    <div>
```

```
      <h4>Transport and homeostasis</h4>
```

```
      <ul>
```

```
        <li>Oxygen and nutrient delivery; waste removal; hormone distribution.</li>
```

```
        <li>Immune defense (WBCs, antibodies), thermoregulation, fluid/pH balance.</li>
```

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      </ul>
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    </div>
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    <div>
```

```
      <h4>Pathway and valves</h4>
```

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      <ul>
```

```
        <li>Venae cavae → right atrium → right ventricle → pulmonary arteries → lungs →
pulmonary veins → left atrium → left ventricle → aorta → systemic circulation.</li>
```

```
        <li>AV valves with chordae tendineae prevent atrial backflow; semilunar valves prevent
arterial backflow.</li>
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      </ul>
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    </div>
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  </div>
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</div>
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<div class="block">
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```
  <h3>Heartbeat: conduction and control</h3>
```

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  <div class="columns">
```

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    <div>
```

```
      <h4>Conduction</h4>
```

```
      <ul>
```

```
        <li>Myogenic rhythm; SAN initiates atrial contraction.</li>
```

```
        <li>AVN → Bundle of His → Purkinje fibers; coordinate ventricular contraction.</li>
```

```
        <li>Cycle phases: systole (contraction) and diastole (relaxation).</li>
```

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      </ul>
```

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    </div>
```

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    <div>
```

```
      <h4>Rate control</h4>
```

```
      <ul>
```

```
        <li>Sympathetic noradrenaline increases SAN firing; parasympathetic acetylcholine
reduces it.</li>
```

Hormones: adrenaline (rate/force), thyroxine (baseline metabolic demand and HR).

Influences: pH, temperature, size, age, sex, activity, stress, health, medications, environment, smoking/alcohol.

</div>

</div>

</div>

<div class="block">

<h3>Osmoregulation and excretion</h3>

<div class="columns">

<div>

<h4>Invertebrates</h4>

Simple tubular organs balance water/salt; remove metabolic wastes; structure adapts to habitat.

</div>

<div>

<h4>Vertebrates</h4>

Kidneys filter blood and produce urine; maintain salt-water balance; integrate with endocrine regulation.

</div>

</div>

</div>

<div class="block">

<h3>Cardiovascular diseases</h3>

<div class="columns">

<div>

<h4>Arteriosclerosis and hypertension</h4>

Plaque narrows arteries and hardens walls; blood flow restricted.

Hypertension elevates arterial pressure; risks include stroke via vessel rupture.

</div>

<div>

<h4>Angina and myocardial infarction</h4>

Angina: chest pain from insufficient oxygen to heart muscle; warning sign.

- Myocardial infarction: coronary occlusion; tissue death; severity depends on area affected.

</div>

</div>

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</section>

<!-- UCSP -->

<section id="ucsp">

<div class="container">

<h2>UCSP: process of socialization</h2>

<p class="sub">Context, content, mechanisms and stages, consequences, identity formation theories, norms, statuses, and roles.</p>

<div class="block">

<h3>Pillars and context</h3>

<div class="columns">

<div>

<h4>Context</h4>

Culture and history: shared norms, language, traditions.

Social structure: institutions and power dynamics.

Ascribed status: traits at birth; interpersonal relations and contact.

</div>

<div>

<h4>Content</h4>

Norms and rules: expectations of conduct.

Values and beliefs: standards of worth.

Roles: behavior tied to status.

Language and symbols: communication and meaning.

Skills: practical abilities for daily life.

<p>Socialization transmits culture and equips individuals to participate in social life with predictable role performance.</p>

</div>

</div>

</div>

<div class="block">

<h3>Mechanisms, stages, and consequences</h3>

```
<div class="columns">
  <div>
    <h4>Mechanisms</h4>
    <ul>
      <li>Imitation and modeling; reward and punishment; instruction; anticipatory
socialization.</li>
    </ul>
    <h4>Stages</h4>
    <ul>
      <li>Primary: early family learning.</li>
      <li>Secondary: school, peers, workplace.</li>
      <li>Resocialization: adopting new norms in new contexts.</li>
    </ul>
  </div>
  <div>
    <h4>Consequences</h4>
    <ul>
      <li>Individual: self and identity, impulse control, capacity for social life.</li>
      <li>Society: transmission, role performance, order and stability, inequality
reproduction.</li>
    </ul>
    <p>Enculturation emphasizes culture learning, while socialization frames identity
formation through norms and roles.</p>
  </div>
</div>
```

```
<div class="block">
  <h3>Identity theories and role dynamics</h3>
  <div class="columns">
    <div>
      <h4>Identity formation</h4>
      <ul>
        <li>Freud: Id/Ego/Superego; unconscious dynamics; early childhood impact.</li>
        <li>Piaget: cognitive development stages via active exploration.</li>
        <li>Kohlberg: moral reasoning stages through dilemmas.</li>
        <li>Erikson: eight psychosocial crises across lifespan.</li>
        <li>Mead: social self via interaction; generalized other.</li>
      </ul>
    </div>
    <div>
      <h4>Norms, statuses, roles</h4>
      <ul>
        <li>Status: ascribed vs achieved positions.</li>
      </ul>
    </div>
  </div>
</div>
```

```

        <li>Role: expected behavior tied to status.</li>
        <li>Role conflict: competing expectations across statuses.</li>
        <li>Role strain: tension within one status.</li>
        <li>Role exit: leaving a role after doubt or change.</li>
    </ul>
    <p>Balancing multiple statuses requires prioritization and negotiation to maintain coherent identity and performance.</p>
</div>
</div>
</div>
</div>
</div>
</section>

<!-- Physics -->
<section id="physics">
    <div class="container">
        <h2>Physics: forces, free body diagrams, First Law</h2>
        <p class="sub">Core forces and definitions, friction types, FBD techniques, and practical scenarios to apply the First Law of Motion.</p>

        <div class="block">
            <h3>Force types and definitions</h3>
            <div class="columns">
                <div>
                    <h4>Core forces</h4>
                    <ul>
                        <li><strong>Applied:</strong> External push or pull.</li>
                        <li><strong>Normal:</strong> Perpendicular contact force from a surface.</li>
                        <li><strong>Gravity:</strong> Attraction due to mass; weight is gravitational force.</li>
                        <li><strong>Tension:</strong> Pull through rope, string, or cable.</li>
                        <li><strong>Air resistance:</strong> Drag opposing motion through air.</li>
                    </ul>
                </div>
                <div>
                    <h4>Friction and diagram basics</h4>
                    <ul>
                        <li><strong>Friction:</strong> Static (no motion) vs kinetic (moving); both oppose relative motion.</li>
                        <li><strong>FBDs:</strong> Isolate object; arrows for forces; label type, direction, magnitude.</li>
                        <li><strong>Components:</strong> Resolve parallel and perpendicular on inclines; find net force for equilibrium or acceleration.</li>
                    </ul>
                </div>
            </div>
        </div>
    </div>
</section>

```


<p>Newton's First Law (inertia) states that an object maintains its state of motion unless acted on by a net external force.</p>

</div>

</div>

</div>

<div class="block">

<h3>Practice scenarios</h3>

Box on table: Gravity down; normal up; applied force right; friction left; negligible air resistance indoors.

Inclined plane: Resolve gravity into parallel and perpendicular components; include friction if present.

Suspended mass: Tension balances weight at rest; for multiple cords, use vector resolution and angles.

</div>

</div>

</section>

<!-- Chemistry -->

<section id="chemistry">

<div class="container">

<h2>Chemistry: solutions, colligative properties, concentrations</h2>

<p class="sub">Solubility and miscibility factors, electrolytes vs non-electrolytes, vapor pressure relations, and common concentration expressions.</p>

<div class="block">

<h3>Solubility, miscibility, colligative properties</h3>

<div class="columns">

<div>

<h4>Solubility drivers</h4>

Polarity ("like dissolves like"); miscibility for liquids.

Particle size and stirring affect dissolution rate.

Temperature often increases solubility of solids; decreases gas solubility.

Pressure strongly affects gases (e.g., Henry's relation).

</div>

<div>

<h4>Colligative properties</h4>

Depend on particle number: boiling point elevation, freezing point depression, vapor pressure lowering, osmotic pressure.

```

        <li>Electrolytes ionize and conduct; non-electrolytes do not.</li>
    </ul>
    <p>Solutions exhibit predictable changes based on solute quantity, not identity; this
underpins many practical applications.</p>
</div>
</div>
</div>

<div class="block">
    <h3>Vapor pressure and Raoult's relation</h3>
    <ul>
        <li>Non-volatile solute lowers solvent's vapor pressure.</li>
        <li>Relation (ideal):  $P(\text{solution solvent}) = X(\text{solvent}) \times P^\circ(\text{pure solvent})$ .</li>
    </ul>
</div>

<div class="block">
    <h3>Concentration expressions and practice</h3>
    <div class="columns">
        <div>
            <h4>Percent and fraction</h4>
            <ul>
                <li> $\% \text{ m/m} = (\text{mass solute} / \text{mass solution}) \times 100$ </li>
                <li> $\% \text{ v/v} = (\text{volume solute} / \text{volume solution}) \times 100$ </li>
                <li> $\% \text{ m/v} = (\text{mass solute} / \text{volume solution}) \times 100$ </li>
                <li>Mole fraction:  $x_A = n_A / (n_A + n_B)$ ,  $x_A + x_B = 1$ </li>
            </ul>
        </div>
        <div>
            <h4>Molality, molarity, ppm</h4>
            <ul>
                <li>Molality  $m = \text{moles solute} / \text{kilogram solvent}$ </li>
                <li>Molarity  $M = \text{moles solute} / \text{liter solution}$ </li>
                <li> $\text{PPM} = (\text{mass solute} / \text{mass solution}) \times 10^6$ </li>
            </ul>
            <p>Practice: compute moles from mass and molar mass; then calculate  $M$ ,  $m$ , and  $x$ 
using provided totals.</p>
        </div>
    </div>
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</div>
</section>

<!-- Mandarin -->

```

<section id="mandarin">

<div class="container">

<h2>Mandarin: everyday language</h2>

<p class="sub">Family and hobbies vocabulary, food and drinks, sentence frames, tones, and a steady practice routine.</p>

<div class="block">

<h3>Family members and core Q&A</h3>

你好！你家有几口人？ Ni hao! Ni jia you jǐ kǒu rén? — Hello! How many people are in your family?

我家有五口人。 Wo jia you wu kou ren. — There are five people in my family.

他们是谁？ Tamen shi shei? — Who are they?

这是我爸爸、妈妈、哥哥、妹妹和我。 Zhè shì wǒ baba, mama, gēge, mèimei hé wǒ. — Father, mother, older brother, younger sister, and me.

<p>Pronunciation: practice tone pairs daily; distinguish retroflex zh/ch/sh/r from palatal j/q/x; mind finals (-ang vs -an, -eng vs -en).</p>

</div>

<div class="block">

<h3>Hobbies 爱好 / 兴趣</h3>

<div class="columns">

<div>

<h4>Vocabulary</h4>

看书 kàn shū — reading

听音乐 tīng yīnyuè — listening to music

看电影 kàn diànyǐng — watching movies

跳舞 tiàowǔ — dancing

唱歌 chàngē — singing

画画 huàhuà — drawing

打篮球 dǎ lánqiú — basketball

打羽毛球 dǎ yǔmáoqiú — badminton

游泳 yóuyóǒng — swimming

打游戏 dǎ yóuxì — gaming

</div>

<div>

<h4>Sentence frames</h4>

我喜欢____。 Wǒ xǐhuan ____ — I like ____.

你喜欢唱歌吗？ Nǐ xǐhuan chànggē ma? — Do you like singing?

我喜欢。 Wǒ xǐhuan. — I like it.

我不喜欢。 Wǒ bù xǐhuan. — I don't like it.

<p>Practice: ask preferences using “你喜欢...吗？” and respond with 喜欢 / 不喜欢; expand with time and place.</p>

</div>

</div>

</div>

<div class="block">

<h3>Snacks 小吃 and drinks 饮料</h3>

<div class="columns">

<div>

<h4>Snacks</h4>

薯条 shǔtiáo — fries

薯片 shǔpiàn — chips

冰淇淋 bīngqílín — ice cream

汉堡 hànǎo — burger

蛋糕 dàngāo — cake

饼干 bǐnggān — biscuit/cookie

<h4>Eat pattern</h4>

我喜欢吃薯条。 Wǒ xǐhuan chī shǔtiáo. — I like to eat fries.

他喜欢吃蛋糕。 Tā xǐhuan chī dàngāo. — He likes to eat cake.

我不喜欢吃汉堡。 Wǒ bù xǐhuan chī hànǎo. — I don't like burgers.

她不喜欢吃饼干。 Tā bù xǐhuan chī bǐnggān. — She doesn't like biscuits.

</div>

<div>

<h4>Drinks</h4>

水 shuǐ — water

咖啡 kāfēi — coffee

汽水 qìshuǐ — soft drinks

果汁 guǒzhī — juice

<h4>Drink pattern</h4>

- 我喜欢喝水。** Wǒ xǐhuan hē shuǐ. — I like to drink water.
- 她喜欢喝果汁。** Tā xǐhuan hē guǒzhī. — She likes to drink juice.
- 我不喜欢喝咖啡。** Wǒ bù xǐhuan hē kāfēi. — I don't like coffee.
- 他不喜欢喝汽水。** Tā bù xǐhuan hē qìshuǐ. — He doesn't like soft drinks.

<p>Routine: spaced repetition for vocabulary; record and compare pronunciation; build micro-dialogues with greeting → preference → time/place.</p>
</div>
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</div>
</section>

<!-- Intramurals -->
<section id="intramurals">
<div class="container">
<h2>THS intramurals 2025</h2>
<p class="sub">Eligibility, team line-ups, conduct, protests, tournament format, ranking, and event-specific rules.</p>

<div class="block">
<h3>Eligibility, uniforms, banners</h3>

Bonafide Trinity High School students only; minimum 1 and maximum 2 events per student (MAPEH requirement); parade/cheer not counted.
Submit 1×1 photo for galleries (basketball, volleyball, dodgeball); parent approval by deadline.
Uniforms: team shirts with numbers (front/back, 1–99); sports goggles allowed; reading glasses prohibited for ball games.
Prepare team banner (tarpaulin) by the specified deadline for opening day.

</div>

<div class="block">
<h3>Line-ups, encoding, conduct</h3>
<div class="columns">
<div>
<h4>Entries and submissions</h4>

Encode via official Google Sheets; adviser + up to two student coordinators.
Include gallery photos for ball games; no changes after submission; deadlines strictly enforced.

</div>
</div>
</div>

```

    </ul>
  </div>
  <div>
    <h4>Behavior and compliance</h4>
    <ul>
      <li>No intoxicants; respect officials; clarifications via game captain.</li>
      <li>Violence or walkouts lead to disqualification; avoid stalling and influencing
officials.</li>
    </ul>
  </div>
</div>
</div>

<div class="block">
  <h3>Protests, defaults, incomplete teams</h3>
  <div class="columns">
    <div>
      <h4>Protests</h4>
      <ul>
        <li>Mark "Game under protest" on score sheet; submit written protest within 30 minutes
post-game.</li>
        <li>Only technical matters; judgment calls are not contestable.</li>
      </ul>
    </div>
    <div>
      <h4>Defaults and participation</h4>
      <ul>
        <li>15-minute defaulting time across events; minimum player counts enforced per
event.</li>
      </ul>
    </div>
  </div>
</div>

<div class="block">
  <h3>Tournament format and ranking highlights</h3>
  <div class="columns">
    <div>
      <h4>Formats</h4>
      <ul>
        <li>Single round robin for basketball, dodgeball, esports, volleyball; scheduling via draw
lots.</li>
      </ul>
    </div>
  </div>

```

```
<div>
  <h4>Ranking and ties</h4>
  <ul>
    <li>Points systems per event; ties broken via bench cheering totals (≥3 teams) or circuit
game (2 teams).</li>
  </ul>
</div>
</div>
</div>
```

```
<div class="block">
  <h3>Event mechanics highlights</h3>
  <ul>
    <li><strong>Basketball (boys):</strong> Two 8-minute halves (running); last 2 minutes of
2nd half stop time; timeout and tech foul rules; overtime format.</li>
    <li><strong>Basketball 3×3 (girls):</strong> 10 minutes or 15 points; 10-second shot clock;
roster minimums.</li>
    <li><strong>Volleyball:</strong> Elims/semis single set to 30; finals best-of-three to 15
(max 17); no libero.</li>
    <li><strong>Dodgeball:</strong> Coed lineup; live ball rules; boundaries; opening rush and
5-second violation; honor system with monitor.</li>
    <li><strong>Esports (ML, COD BR):</strong> Device rules, drafting, tie-breakers,
anti-cheating, disqualification grounds; ping check and compliance photos.</li>
    <li><strong>Parade, mural, bench cheering:</strong> Criteria, time allocations, penalties,
judging structure.</li>
    <li><strong>Games of the General:</strong> Movement rules; piece interactions; win
conditions.</li>
    <li><strong>Quiz Bee:</strong> Rounds (easy/average/difficult), lifelines, scoring,
tiebreakers, empowerment focus.</li>
  </ul>
</div>
```

```
<div class="block">
  <h3>Awards</h3>
  <ul>
    <li>General Championship trophies/tokens for top teams; event banners/tokens; special
awards (Mythical, MVP).</li>
  </ul>
</div>
</div>
</section>
```

```
<!-- Footer -->
<footer role="contentinfo">
```

```
<div class="container">
  <div class="footer-grid">
    <div>
      <h4>Academix</h4>
      <p class="muted">A formal, organized learning hub. Clear sections, extended coverage,
and calm UI for sustained understanding.</p>
      <p><a href="https://academixtua.vercel.app/" target="_blank" rel="noopener">Open
minigames</a></p>
    </div>
    <div>
      <h4>Subjects</h4>
      <ul>
        <li><a href="#christian-ed">Christian Ed</a></li>
        <li><a href="#pfpl">PFPL</a></li>
        <li><a href="#political-science">Political Science</a></li>
        <li><a href="#biology">Biology</a></li>
        <li><a href="#ucsp">UCSP</a></li>
        <li><a href="#physics">Physics</a></li>
        <li><a href="#chemistry">Chemistry</a></li>
        <li><a href="#mandarin">Mandarin</a></li>
        <li><a href="#intramurals">Intramurals</a></li>
      </ul>
    </div>
    <div>
      <h4>Tools</h4>
      <ul>
        <li><a href="#subjects">Overview</a></li>
        <li><a href="#overview">Top</a></li>
        <li><a href="#play">Practice through play</a></li>
      </ul>
    </div>
    <div>
      <h4>Study cues</h4>
      <ul>
        <li>Read steadily; summarize each block in one sentence.</li>
        <li>Use the sidebar to navigate by section goals.</li>
        <li>Alternate notes with minigames to consolidate learning.</li>
      </ul>
    </div>
  </div>
  <div class="copyright">
    <span>© 2025 Academix. All rights reserved.</span>
    <span>Designed for clarity, discipline, and trust.</span>
  </div>
```



```
</div>
</footer>
```

```
<!-- Chat bot bar -->
```

```
<script
  chatbot_id="68cebba34376bc35a8689c0d"
  data-type="bar"
  src="https://app.thinkstack.ai/bot/thinkstackai-loader.min.js">
</script>
```

```
<!-- Smooth internal navigation -->
```

```
<script>
(function(){
  document.querySelectorAll('a[href^="#"]').forEach(a => {
    a.addEventListener('click', (e) => {
      const id = a.getAttribute('href').slice(1);
      const el = document.getElementById(id);
      if (el) {
        e.preventDefault();
        el.scrollIntoView({ behavior: 'smooth', block: 'start' });
      }
    });
  });
})();
</script>
</body>
</html>
```