

**University of the Philippines Diliman
National Service Training Program**

Tatak UP NSTP Common Module

Course Title: Service to the Nation Through Empowerment and Participatory Leadership

Course Code: NSTP CM

Course Description:

This course sets the basic framework of service to the community and the Filipino people as the basis for all NSTP component courses. It emphasizes the UP values of honor and excellence in the service of the people, and is consistent with the principles embodied in the NSTP IRR of 2009

Course Goals:

- To establish an NSTP framework anchored to the university's values of honor and excellence in the service of the people
- To instill civic consciousness and defense preparedness among UP students, developing an understanding of the vital role of the youth in public service and nation building
- To impart basic competencies required in the conduct of the NSTP component courses (CWTS, LTS and ROTC) and NSRC or Citizen Armed Force

Duration: Minimum of 30 hours

Modules:

1. NSTP Orientation
2. Understanding the Self and Others
3. Citizenship and Nation-Building
4. Philippine Society and Culture
5. Human Dignity and Rights
6. Gender and Development
7. Environmental Protection and Management
8. Disaster Risk Reduction and Management (A)
8. Basic Life Saving (B)
9. Community Engagement
10. Assessment

Module 1

NSTP Tatak UP Orientation

Goals:

- To understand the rationale behind and the rules governing the conduct of the NSTP
- To recognize the role of UP as a public service university, UP students as public servants
- To be familiarized with the Tatak UP NSTP Framework
- To be oriented with the course goals and class policies

Core Contents:

1. Beyond NSTP: NSRC and AFP Reservist Program
2. TATAK UP: the UPD NSTP Framework
3. History of UP as a Public Service University (*UP Bilang Pamantasan ng Sambayanan*)
4. What is NSTP? NSTP Law, IRR and History
5. Course Introduction, Class Policies

Methodology:

Lecture-Discussion

References:

1. RA 9163, NSTP IRR, NSRC IRR
2. RA 9500, UP Archives
3. RA 7077
4. RA 10121 (NSRC)

Supplemental Materials:

Video: Honor and Excellence (Prof. Winnie Monsod's Last Lecture in UP)

<https://www.youtube.com/watch?v=sF3yPcqO6gE>

Diliman Commune

Boni Ilagan songs

Resource Persons:

Dr. Neil Martial Santillan, CSSP

Prof. Nestor Raneses, Chair UC-CES

Module 2

Understanding Self and Others

Objectives

At the end of this module, the student should be able to:

- Discuss the relevance of *self and others* within the context of serving the nation and the people.
- Assess one's self using various lenses of social sciences, natural sciences and humanities.
- Analyze how self-awareness affects behavior and social actions
- Engage in self-reflection to facilitate awareness on the interconnectedness of individuals.

Topic Outline:

1. Introduction of the module
2. Looking self as a whole
3. Looking another person as a whole
4. Synthesis

References:

1. Johari's Window Training for Transformation Volume 1. Retrieved from http://changingminds.org/disciplines/communication/models/johari_window.htm
2. Enriquez, V.G. (1975). Mga batayan ng Sikolohiyang Pilipino sa kultura at kasaysayan (The bases of Filipino psychology in culture and history). General Education Journal.

Module 3

Nationalism, Citizenship and Nation-building

Objectives

At the end of this module, the student should be able to:

- Discuss the concepts of nationalism, citizenship, civic-mindedness, and nation-building;
- Develop a deeper appreciation of nationalism and Philippine citizenship and its concomitant privileges, duties, and responsibilities;

Topic Outline:

1. Basic concepts of Nationalism, Citizenship and Nation-building
2. Appreciation of Filipino citizenship and nationalism
3. Articulation of the vital role of performing the duties and responsibilities of Filipino citizens in shaping and building the Filipino nation

References:

1. Anderson, Benedict (1991). *Imagined Communities: Reflections on the Origin and Spread of Nationalism*. Retrieved from http://www.personal.psu.edu/sam50/readings521/BA_Imagined-Communities.pdf.
2. Treaty of Westphalia. (1648, October 24). Retrieved from <https://is.muni.cz/el/1423/podzim2008/MVZ430/um/Treaty-of-Westphalia.pdf>
3. Orwell, George (1945). *Notes on Nationalism*. Retrieved from http://orwell.ru/library/essays/nationalism/english/e_nat
4. Relevant portions of Jose Rizal's *Noli Me Tangere* and *El Filibusterismo*
5. "Filipino Nationalism: Various Meanings, Constant and Changing Goals, Continuing Relevance" edited by Jose B. Abueva (1999)
6. 1935/1943/1972 Philippine Constitutions
7. Article 4 of the 1987 Philippine Constitution
8. Quezon's Code of Citizenship and Ethics of 1937

Module 4

Philippine Society and Culture

Objectives

At the end of this module, the student should be able to:

- Understand the diversity of Philippine society and culture;
- Develop awareness of the socio-economic and political national issues and concerns;
- Integrate knowledge of Philippine society and culture in community project proposals and community engagement.

Topic Outline:

1. Basic concepts of culture, society, cultural diversity and cultural sensitivity
2. Recognition of cultural diversity and the need for cultural sensitivity
3. Articulation of the vital role of performing the duties and responsibilities of Filipino citizens in shaping/building the Filipino nation

References:

1. Basic sociology and anthropology books
2. Philippine Society and Revolution by Amado Guerrero
3. The Philippines: A Past Revisited; and, Miseducation of the Filipino by Renato Constantino
4. Mula Tore Patungong Palengke: Neoliberal Education in the Philippines, Bienvenido Lumbera et al.
5. Basic Philippine history books
6. “Indolence of the Filipino People”; and, “The Philippines: A Century Hence” by Jose Rizal
7. Ibon Primers on socio-economic and political situation in the Philippines
8. Philippine Cultural Heritage Bill
9. Sagisag Kultura ng Filipinas-NCCA
10. National broadsheets (Philippine Inquirer, Philippine Daily Star, Manila Bulletin)

Module 5

Human Dignity and Human Rights

Objectives

At the end of this module, the student should be able to:

- Discuss historical events, basic concepts and principles of human dignity, human rights and common good.
- Be aware and appreciate of laws and declarations that protect human rights
- Be exposed to human rights situations and issues in the Philippines
- Contribute to the protection and enhancement of human rights in the Philippines

Topic Outline:

1. Concepts and principles of human rights.
2. The laws and declarations that protect human rights.
3. The different dimensions of human rights
 - i. Civil and Political Rights
 - ii. Economic, social and cultural rights
4. The human rights situation in the Philippines

References:

1. 1987 Philippine Constitution, Article III. <http://www.gov.ph/constitutions/the-1987-constitution-of-the-republic-of-the-philippines/the-1987-constitution-of-the-republic-of-the-philippines-article-iii/>
2. KARAPATAN: Alliance for the Advancement of People's Rights. Batayang Konsepto at Prinsipyo ng Karapatang Pantao
3. Human Rights. (2014). In *Stanford Encyclopedia of Philosophy*. Retrieve February 4, 2016, from <http://plato.stanford.edu/entries/rights-human/>
4. The United Nations General Assembly. (1948). Universal Declaration of Human Rights.
5. The United Nations General Assembly. Covenant on Economic, Social, Cultural Rights.

Module 6

Gender and Development

Objectives

At the end of this module, the student should be able to:

- Discuss the basic concepts of sex, gender, gender identity and sexual orientation
- Recognize the current gender situation and gender concerns in the Philippines
- Discuss practices upholding gender-sensitive culture

Topic Outline:

1. GAD basic concepts and definition
2. Laws upholding gender rights
3. Gender situation and concerns

References:

1. Diliman Gender Office presentation
2. *RA 9710: Magna Carta of Women*. Retrieved from http://pcw.gov.ph/sites/default/files/documents/laws/republic_act_9710.pdf
3. *RA9262: Anti-Violence Against Women and Their Children Act of 2004*. Retrieved from http://www.lawphil.net/statutes/repacts/ra2004/ra_9262_2004.html
4. Film: *Walang Rape sa Bontok*

Module 7

Environmental Protection and Management

Objectives

At the end of this module, the student should be able to:

- Recognize the present environmental conditions and challenges in both local and global context
- Discuss the roles of institutions, communities and individuals in EPM to achieve balance in serving humanity and protecting the environment
- Apply best practices and lifestyle choices that contribute to environmental protection and preservation

Topic Outline:

1. Perspectives on the Environment
2. Contemporary Environmental Issues
 - Global environmental situation
 - Environmental situation in the Philippines
3. Our role in Environmental Protection
 - Ecological Footprint and Lifestyle Choices contributing to environmental preservation
 - The importance of social movements in environmental protection
4. Best Practices in Environmental Protection

References:

1. R.A. 9003 Ecological Solid Waste Management
2. R.A. 8794 Clean Air Act
3. R.A. 9275 Clean Water Act
4. IBON International Primers on Climate Change
5. NCPAG green campaign

Module 8a

Disaster Mitigation, Adaptation and Preparedness Strategies

Objectives

At the end of this module, the student should be able to:

- Articulate the basic concepts in DRRM
- Recognize the disaster risk profile of the Philippines and their own localities
- Discuss the Philippine DRRM Framework and the UPD DRRM Framework

Topic Outline:

1. DRRM terms and concepts
2. Hazard profile of the Philippines
 - Hydrometeorological Hazards
 - Geological Hazards
 - Anthropogenic Hazards
3. DRRM framework and practice
 - Hazard-Exposure-Vulnerability Framework for Disaster Risk Reduction
 - Introduction to RA 10121 and its IRR: The Philippine DRRM Framework
 - Phases of Disaster Risk Management
 - Local and Community-Based Involvement
 - Emergency Preparedness in the Household

References:

1. RA 10121 and IRR. http://www.ndrrmc.gov.ph/attachments/article/41/NDRRM_Plan_2011-2028.pdf
2. UNISDR. http://www.unisdr.org/files/43291_sendaiframeworkfordrren.pdf
3. Conceptual Framework of Disasters: http://www.wadem.org/guidelines/chapter_3.pdf

Interactive References

1. Project NOAH. <http://noah.dost.gov.ph/>
2. PAGASA (Storm, Flood). <http://web.pagasa.dost.gov.ph>
3. PHIVOLCS (Earthquake). <http://phivolcs.dost.gov.ph>
4. MGB (Geological). <http://gdis.denr.gov.ph/mgbviewer/> or <http://mgb.gov.ph>
5. Tremors. <http://tremors.instigators.io/>
6. BFP (Fire) <http://bfp.gov.ph>

Module 8b

Disaster Risk Reduction and Management: First Aid

Objectives

At the end of this module, the student should be able to:

- Explain the basics on life saving and first aid.
- Determine first aid techniques appropriate for certain life-threatening situations.
- Demonstrate the different treatments for life-threatening situations.

Topic Outline:

1. Basic knowledge on First Aid
2. Assessment of the Situation
3. Massive Life-Threatening Bleeding (Blood)
4. Cardiac Arrest and Respiratory Arrest (Breathing)
5. Shock
6. Emergency Rescue and Transfer

References:

1. House Bill No. 4347
2. Revised Penal Code of the Philippines
3. Field Manual 4-25.11 First Aid
4. Field Manual 4-25.11 First Aid
5. American Safety and Health Institute CPR, AED, Basic First Aid Student Handbook (2010)
6. Field Manual 4-25.11 First Aid American Safety and Health Institute CPR, AED, Basic First Aid Student Handbook (2010) Demonstration of the different kinds of carries

Module 9

Community Engagement

Objectives

At the end of this module, the student should be able to:

- Explain the relevance of community engagement in relation to the course (NSTP) objectives
- Analyze on the challenges and prospects of community engagement
- Demonstrate basic skills in community engagement (i.e. community integration; problem-solving process and community mobilization)

Topic Outline:

1. Understanding Community Engagement
2. Challenges and prospects of community engagement
3. Principles in community engagement
4. Methods and approaches in community engagement

References:

1. Documentation of best practices of different colleges
2. UP experiences
3. Prof. Angelito Manalili's "Pag-oorganisa ng pamayanan mula sa tao para sa tao"