

## CURRICULUM VITAE

### 1. Personal Details:

- Name: Ugyen Choden
- Designation: Senior Lecturer
- Organization: Paro College of Education, Royal University of Bhutan
- Qualification: Masters of Physical Education
- Gender: Female
- Date of Birth: 16/02/1982
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### 2. Academic and Professional Details:

- 2.1 2014 M.P.Ed, Lovely Professional University, Punjab, India
- 2.2 2006 B.Ed, Paro College of Education, Paro, Bhutan
- 2.3 2002 Higher Secondary School, Yangchenphug HSS, Thimphu Bhutan

### 3. Teaching Experience

- 3.1 2015-Present: Paro College of Education, Royal University of Bhutan, Bhutan
- 3.2 2014-2015: Peljorling Higher Secondary School, Samtse Bhutan
- 3.3 2011-2012: Pelrithang Middle Secondary School, Sarpang Bhutan
- 3.4 2007-2010: Phuntsholing Lower Secondary School, Chukha Bhutan

### 4. Workshops/Training Resourced:

- 4.1 2019 Blended Learning Training for Peljorling Higher Secondary School Teachers, Samtse  
Blended Learning Training for Wanakha Central School Teachers,  
Paro, March 23, 2019 organized by Wanakha CS
- 4.2 2018 Blended Learning Training in Islamabad, December 10-13
- 4.3 2018 Health and Physical Education Programme in Kyoto, Japan 23  
June 23 - July 1
- 4.4 2018 Health and Physical Education Curriculum Framework review and  
design (November)
- 4.5 2018 Review on the HPE Curriculum and Activity for Primary school  
(December)
- 4.6 2017 ToT workshop on HPE Curriculum Framework for Primary  
Schools in Peljorling HSS funded by Royal Education Council  
(January)

- 4.7 2017 ToT workshop on HPE Curriculum Framework for Primary Schools in Tsirang LSS funded by Royal Education Council (December)
- 4.8 2016 ToT workshop on HPE Curriculum Framework for Primary Schools in Mongar LSS funded by Royal Education Council (December)
- 4.9 2016 ToT workshop on HPE Curriculum Framework for Primary Schools in Tsirang LSS funded by Royal Education Council, (20 – 24 January)
- 4.10 2010 Cluster Based Information Programme (CBIP) on Primary Health and Physical Education Curriculum organized by CAPSD in Rangjung Higher Secondary School, Trashigang (January)
- 4.11 2009 TOT workshop on primary health and Physical Education Curriculum organized by CAPSD in Damphu Higher Secondary School, Tsirang (26 December-1 January)
- 4.12 2009 TOT workshop on Primary Health and Physical Education Curriculum funded by CAPSD Trashigang Middle Secondary School, Trashigang (5-11 January)
- 4.13 2009 Cluster Based Information Programme (CBIP) on Primary Health and Physical Education Curriculum organized by CAPSD in Phuentsholing Lower Secondary School, Chukha (24 – 28 December)
- 4.14 2009 Facilitated Cluster Based Information Programme (CBIP) on Primary Health and Physical Education Curriculum organized by CAPSD in Shaba Middle Secondary School, Paro (12 -16 February)

#### **5. Workshops/Seminars Attended (National and international):**

- 5.1 2019 Sherab, K., Howard, J., **Choden, U.** *From bullied to bully: experiences of bullying among Bhutanese college students and implications for teacher formation programmes.* Paper accepted for presentation at AAAH Conference, Melbourne, Australia 27-29 November 2019
- 5.2 2019 **Choden, U.** & Sherab, K. *Personal and professional needs related to technological, pedagogical, and subject content knowledge (TPACK) of Royal University of Bhutan faculty.* Paper presented at 1<sup>st</sup> International conference on Education in the Digital Ecosystem: Blended learning in teacher education- Innovation and good practices at Kuching, Sarawak, Malaysia, 19-22 August 2019
- 5.3 2019 **Choden, U.** & Sherab, K. *Impact of HPE programme on the B. Ed Primary pre-service teachers of Paro College of Education for their personal and professional competencies.* A paper presented at 39<sup>th</sup> International Society for Teacher Education Seminar at Niagara Falls, Canada, May 12-17
- 5.4 2019 Sherab, K. & **Choden, U.** *Bhutanese college students' experiences of bullying:*

- Implications for teacher formation programmes.* A paper presented at the 39<sup>th</sup> International Society for Teacher Education Seminar at Niagara Falls, Canada, May 12-17.
- 5.5 2018 Ugyen, C. & Sherab, K. *Blended Learning project background, concept, opportunities and challenges.* A paper presented during the 3<sup>rd</sup> College Seminar Series on Blended Learning: Facilitating a Higher Learning Experience on 16<sup>th</sup> November
- 5.6 2018 Blended Learning Training at the National University of Modern Languages in Islamabad, Pakistan funded by BLtea, Erasmus Project from December 10-13<sup>th</sup>, 2018
- 5.7 2018 Health and Physical Education Programme in Japan to review HPE Programme at PCE funded by Sports for Tomorrow, Japan at Kyoto w.e.f 23 June - 1<sup>st</sup> July
- 5.8 2017 Writer's workshop on development of tools for Assessment and for Primary Health and Physical Education, REC, Paro (October)
- 5.9 2016 Basic Education in Physical Education, organized and funded by JICA, Tsukuba, Japan, August 28<sup>th</sup> - September 10<sup>th</sup>, 2016
- 5.10 2016 Review Primary Health and Physical Education Curriculum at KDEE hotel, Gelephu, 16<sup>th</sup>- 20<sup>th</sup> November, 2016 organized by REC, Paro
- 5.11 2015 Writer's workshop on Primary Health and Physical Education Curriculum at Damphu Lower Secondary School, Tsirang, organized by REC, Paro from 5<sup>th</sup> – 9<sup>th</sup> January
- 5.12 2010 Writer's workshop on Implementation Guidelines for HPE in Schools, CAPSD, Paro from 23<sup>rd</sup> -27<sup>th</sup> October
- 5.13 2009 Member Association Coaching Course in Women's Football" under the auspices of the Federation Internationale de Football association (FIFA), in collaboration with the Bhutan Football Association, conducted by Monica stab from 1<sup>st</sup>-7<sup>th</sup> October
- 5.14 2009 Health and Physical Education Physical Fitness Workshop organized Jointly by PCE and JICA from 23<sup>rd</sup>-24<sup>th</sup> January
- 5.15 2007 Attended the Writer's workshop on Primary Health and Physical Education Curriculum, CAPSD, Paro, October
- 5.16 2006 Kids Athletic Seminar organized by Bhutan Amateur Athletics Federation (BAAF), 17<sup>th</sup> -18<sup>th</sup> June,
- 5.17 2003 Multi –disciplinary Sports Coaching Camp organized by Games and Sports Division, DYCS, Ministry of Education from 12<sup>th</sup> -19<sup>th</sup> December

## 6 Publications

### 6.3 Research Papers in National Journals:

1. Choden, U. (2011). The Vitality of School Health and Physical Education Curriculum in Promoting Gross National Happiness. CERD, Paro.

2. Choden, U. (2015). Study of interest of Bhutanese students towards Physical Education in relation to demographic variables. Master Thesis, Lovely Professional University, Punjab, India.
3. Tshomo, T., **Choden, U.**, Thinley, & Sherab, K. (2018). Investigating spelling errors of classes 7 and 8 students in Bhutan who study English as a second language. *Journal of Educational Action Research (JEAR)*, 1(3), 1-21.
4. Chezom, S., Sherpa, N. Z., Lhamo, Y., & **Choden, U.** (2018). Modelling on the correctness of the letter formation and consistency in writing for promoting legible handwriting: An action research with class IV students. *Journal of Educational Action Research, CERD, Paro*, 1(3), 22-40.
5. **Choden, U.**, Namdel, U. & Sherab, K. (2019). Upper primary school student attitude towards health and physical education programme in Bhutan. *Bhutan Journal of Research and Development*, 8(1), 59-72.
6. **Choden, U.** Sherab, K. & Howard, J. Experience of bullying among Bhutanese college students: Implications for teacher formation programme. *International Journal of Adolescent Medicine and Health*, accepted for publication.

## 6.2 Books

1. 2018 Health and Physical Education Curricullum Framework for classes PP to XII for Royal Education Council, Paro Bhutan  
Health and Physical Education Activity book for Primary School for Royal Education Council (REC), Paro Bhutan
2. 2015 Assessment and Evaluation tools for Health and Physical Education  
Health and Physical Education Activity book for Primary School for Royal Education Council (REC), Paro Bhutan
3. 2008 Health and Physical Education Activity book for Primary School for Royal Education Council (REC), Paro Bhutan
4. 2008 Health and Physical Education Curriculum framework for Primary School for CAPSD, Paro Bhutan

## 7. Leadership and Management Experience:

- 7.1 2019 Program Leader, Department of Physical Education and Sports Coaching, Paro College of Education, Royal University of Bhutan, Paro Bhutan
- 7.2 2015-2018 Module Coordinator for Health and Physical Education program in Primary Education, Paro College of Education.
- 7.3 2007- 2014 Head of the Department for Health and Physical Education in the Schools Served
- 7.4 2007 - 2009 Focal Person for Health and Physical Education Program for Chukha Dzongkhag (District), Bhutan

## 8. Research Supervision, manuscript review, and Consultancy:

**9. Seminar Session Chair, Panel Moderator and other Experiences**

**10. Research work in progress:**

- 10.1 2019 Personal and Professional Needs Related to Technological, Pedagogical and Subject Content Knowledge (Tpack) of Royal University Of Bhutan Faculty
- 10.2 2019 Personal and professional competencies: Impact of Health and Physical Education (HPE) programme on pre-service teachers of Paro College of Education
- 10.3 2018 Teaching Grammar using Literary Texts: An Action Research Study with Class Eight students in Paro
- 10.4 2018 Personal and professional competencies: Impact of Health and Physical Education (HPE) programme on pre-service teachers of Paro College of Education
- 10.6 2018 Teaching Grammar in Context using Literary Text: An Action Research Study at Gaupel and Woochu LSS, Paro Dzongkha

**10. Awards and Special Achievements:**

- 11.1 2012 Trongsa Penlop Scholarship (His Majesty's Scholarship) for Masters Degree

**12. Research Interest**

- Study of Adapted physical education for children with special need
- Feasibility study for adaptive physical education programme for children with special need in Bhutan
- Attitude study of stake holders (Curriculum lanner, School administrators, Teachers and Parents) towards how HPE program enhances the lifestyle of Children with special need in Bhutan
- Needs assessment for physical fitness and level of participation of children with disability in Bhutanese Schools