**MAPEH Reviewer**

**Philippine Festivals and Theatrical Forms**

**Komedya:**

* It is a colorful theatrical tradition with plots that revolves around social, political, and religious themes between Christians (Catholics) and Muslims.
* The Spanish komedya is a religious drama and the earliest form of theater during the 16th century. It depicts faith, folk, belief, and community history.
* It was believed that the content of komedya have been taken from the metrical romance from European countries like Spain and other foreign countries.

**Types of Komedya:**

* **Secular Komedya** - Performed in local fiestas Example: Moro-moro and Tibag or Arakya
* **Religious Komedya** - Include the Senakulo or Siete Palabras

**Chracteristics of Komedya:**

* It was the early form of theater that was introduced in the Philippines by the Spaniards during the 16th century.
* The first comedias are religious dramas which themes centered on the lives of kings or nobles as they battle against the infidels.
* It uses choreograph scenes and extravagant, colorful costumes worn by the actors.
* **Example**: Princesa Miramar
* **Tibag or Araky -** Secular komedya which is celebrated during the Santacruzan.

**Moro-Moro:**

* It is a type of secular komedya which depicts the battle between the Christians and Muslims.
* It was most popular theater performance during the Spanish period.
* It is a traditional musical play.

**Sarswela:**

* It is a famous theater form or melodrama.
* It is introduced by the Spaniards accompanied by songs and dances.
* Rondalla serve as its accompaniment.

**Types of Sarswela:**

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| **Sandugong Panaginip:**   * Lasilao Bonus (Father of the Philippine Opera). * First Filipino opera dubbed in Tagalog and established in 1902. * One-act opera with 5 scenes. | **Walang Sugat:**   * It is a Sarswela play which talks about the Filipino fobles (weak points). |
| **Sampaguita:**   * It is a popular melody composed by Pedro Paterno's sister Dolores. | **Paglipas ng Dilim (1920):**   * It is a sarswela play that attacks social evils like usury. |

**Bodabil:**

* It is an entertainment composed of song and dance numbers, slapsticks, comedy routines, magic acts, and chorus girls.
* It was common in the Philippines during 1901s until the midst 1960s, though it reached the height of its popularity during Japanese occupation.
* It is an indigenized form of vaudeville that was introduced in the Philippines around the turn if 20th century.
* Bodabil proved to be the vehicle for popularization of musical trends, musicians, performance genres, and performers.

**The Philippine Festivals and Theatrical Forms:**

**Elements and Principles of Arts**

**Scale and Proportion:**

* Scale and proportion both relate to size.
* **Scale** - Size of a thing in relation to another.
* **Proportion** - Relative size of parts to a whole.

**Repetition and Rhythm:**

* Repetition and rhythm may be exact or varied.
* **Visual Rhythm**:When there is an ordered repetition of lines, shapes, or colors.
* **Rhythm**: May simply be repetitive but provides variations on a basic theme. Which can show a progressive development of the ideas represented.

**Representative Philippine Theatrical Forms:**

* Major dramas of the Philippines mostly originated from the traditions of Spain and the United States.
* Many of these major dramas have either religious or nationalistic themes.
* Theater or stage play is not meant to be read-only, but to be performed on stage with costumes, make-up stage props, and lighting.

**Komedya (Moro-Moro):**

* Folk drama.
* It had its origin in the 17th century.
* It shows how Christians defeated the Moros.
* The poetic verses of the Moro are delivered in a less than serious tone,
* Usually performed during “All Saints Days” or during other religious festivals.

**Senakulo (Cenaculo):**

* Dramatic performance presented during Holy Week.
* It shows the passion and death of Jesus Christ.

**Zarzuela** **(Sarsuelas):**

* Still performed by well-known theater groups in CCP Cultural (Center of the Philippines), Meralco Theater, and UP Theater.
* Dramatic form of presentation consisting of short pieces of songs and recitations.
* Has a history of serving as a tool for inspiring nationalism during the first decade of American rule.
* Ang Tanikalang Ginto (1903) by Juan M. Cruz and Kahapon, Ngayon, at Bukas (1903) by Aurelio Tolentino.

**Traditional and Festival Dances**

**Traditional Dance:**

* Traditional dance also referred to as folk dance.
* Folk dances are developed from a certain cultural community inhabiting a particular place.

**Example of Traditional Dance:**

* Tinikling
* Maglalatik
* Itik-itik
* Singkil
* Pandanggo sa Ilaw

**Festival Dance:**

* A dance festival is an organized event in different celebrations such as fiestas, weddings, thanksgiving, and other happy events.
* It is also served as a kind of cultural even
* Filipino festivals have themes and purposes other than entertainment.
* Some festivals are for celebrating a good harvest, having good fortune, displaying culture and traditions, and celebrating local patron saint.
* Festivals could be religious or nonreligious (secular).

**La Jota:**

* **La Jota** - A festival known throughout the different regions in the Philippines.
* **La Jota Moncadeña** - Adapted from an old Spanish dance. It is a combination of Spanish and Ilocano dance set to Spanish music and castanets. A more solemn version of the dance is sometimes used to accompany a funeral procession, but it was also performed at the festival.
* **Costume** – Girls wear Maria Clara style, and boys wear barong tagalog and black trousers.
* **Music** – Divided into five parts: A, B, C, D, and Finale.
* **Count** - One, two, three to a measure, or one, two, three, four, five, six to a measure.
* **Formation** - Partners face each other about six feet apart. When facing audience, girls stand at the right side of their partners. One or more pairs may take part in this dance.
* **Movements** – Close Steps, Mudansa Steps, Chasing Steps, and Waltz Turn.

**Non-Communicable Diseases**

* Also known as “chronic diseases”.
* Diseases that are not passes from one person to another.
* Non-infectious diseases that may be hereditary or a result of a lifestyle factors and not from pathogens.

**Allergy**:

* Condition wherein the immune system becomes hypersensitive to something in the environment such as dust, mites, molds, plant pollen, food, and medicine.
* These are called allergens.

**Asthma:**

* Chronic lung disease in which passageways that allow air to enter and leave the lungs are inflamed and become narrow.
* Can make breathing difficult.
* In some cases, difficulty in breathing may be worsened by respiratory diseases such as cold and flu.

**Cardiovascular Disease:**

* Disease of the heart and blood vessels.
* May include coronary heart disease, occurring when the coronary arteries are narrowed or blocked by a waxy substance known as “plaque”.
* **Arteriosclerosis** – Hardening and thickening of the artery wall. Which may be caused by Atherosclerosis.
* **Atherosclerosis** – Narrowing of the artery due to the deposit of build-up of fats, cholesterol, and other substances on the arterial wall. This deposit could harden and create plaque.

**Cancer:**

* Group of diseased in which cells divide at an uncontrolled pace.
* Not contagious and not caused by injuries or accidents.
* Abnormal cells can form a tumor.
* **Malignant** – Is cancerous that can spread infection and the destruction of nearby tissues and body parts. The process is called “Metastasis”.
* **Benign** – Not cancerous that may increase in size but does not infect other body parts. Typically, harmless unless in a position where the block normal tissues or organs.

**Major Categories of Cancer**:

* **Carcinoma** – Most common form of cancer which is a malignant tumor that develops from epithelial tissues and tends to spread other areas of the body like: skin, breast, uterus, prostate, lung, stomach, colon, and rectum.
* **Lymphomas** – Cancers arising in the lymphatic tissues or immune system, characterized by abnormal production of white cell and a decrease in resistance.
* **Sarcomas** – Cancers that begin in the connective or supportive tissues, which develop in the muscle, bone, fat, blood vessels, and cartilage.
* **Leukemia** – Cancer of the blood or bone marrow, characterized by abnormal production of blood cells usually leukocytes or white blood cells.

**Ways to Treat Cancer:**

* **Radiation Therapy** – Uses high-energy radiation to kill or damage cancer cells.
* **Chemotherapy** – Uses anti-cancer drugs that kill cancer inside the body. Which targets mainly cancer cells though may harm healthy cells.
* **Immunotherapy** – Treatment where the immune system is stimulated to fight cancer cells.

**Diabetes:**

* **Type I** - Occurs when the body does not produce or make insulin. (Childhood or Adolescence)
* **Type II** - Occurs when the body cannot properly use the insulin it produces. (Adolescence)
* **Gestational** - Occurs temporarily during pregnancy.

**Arthritis:**

* Painful inflammation of joints that affects the muscles, tendons, and ligaments surrounding the joints.
* **Osteoarthritis** – Affects hips, knees, and hands with pain, stiffness, or inflammation.
* **Rheumatoid Arthritis** – Appears on hands, wrists, and feet and can also affect other body parts other than the joints.

**Renal Failure:**

* Also known as Kidney Failure.
* Condition wherein the kidney stops functioning properly causing renal insufficiency.

**Prevention and Control of Non-Communicable Diseases**

* Changing lifestyle and adapting to a healthy lifestyle considerably enhance people's health.
* Aside from avoiding bad vibes, you should adapt and practice self-monitoring skills that will prevent and control noncommunicable diseases.

**What Self-Monitoring Skills Can Help Prevent Non-Communicable Diseases:**

1. Engage regularly in physical activities or exercise. This will help a person attain an overall good health condition
2. Practice healthy eating. Choose healthy food options. Avoid foods that may increase the risk of developing a disease.
3. Avoid smoking and secondhand smoke. Cigarettes contain toxic substances that damage cells in the body and cause different kinds of diseases
4. Manage and maintain a normal weight. Obesity is one of the factors that increase the risk of developing lifestyle diseases. Do regular exercises and follow a healthy diet
5. Have a routine medical checkup. This will detect diseases during the early stages. Early detection will help control and treat the disease.
6. Learn to manage stress. Stress weakens the immune system making the body prone to diseases. Take some breaks and engage in activities that will help lessen stress.

**What is a Healthy Lifestyle:**

* As they say “health is wealth” healthy lifestyle is all about making health and well-being a priority. It is a choice made by an individual, a commitment made for his own and that of his loved ones. (Pilipinas Go4Health 2013)
* The National Nutrition Council (NNC) recommends everyone follow the Nutritional Guidelines for Filipinos for good health and proper nutrition.

1. Eat a variety of foods every day.
2. Maintains children’s normal growth through proper diet and monitors their growth regularly.
3. Consume fish, lean meat, poultry, or dried beans.
4. Eat more vegetables, fruits, and root crops.
5. Consume milk, milk products, or other calcium-rich foods, such as small fish and dark green leafy vegetables daily.
6. Use iodized salt, but avoid excessive intake of salty foods.
7. Eat clean and safe foods.
8. For a healthy lifestyle and good nutrition, exercise regularly, do not smoke, and avoid drinking alchoholic beverages
9. Breastfeel infants exclusively from birth to six months, and then give appropriate foods while continuing breastfeeding.

**Programs and Policies to Prevent and Control Non-Communicable Diseases:**

* Pilipinas Go4Health is a nationwide healthy lifestyle movement spearheaded by the Department of Health (DOH) and it partners.
* It aims to inform and encourage Filipinos from all walks of life to practice a healthy lifestyle by making a personal commitment to physical activity, proper nutrition, and the prevention or cessation of smoking and alcohol consumption.

**Mag-Healthy Lifestyle Tayo:**

* The National Healthy Lifestyle Campaign
* The task to attain a Healthy Lifestyle should not be delegated to agencies of the government. Although they can be of help and provide support, it is still up to you if you work for it or not. It's your choice!
* "The National Healthy Lifestyle" is a collaborative campaign project of the Philippine Heart Association, the Department of Health, and the Healthy Lifestyle Coalition.
* According to the Department of Health, the Mag-HL (Healthy Lifestyle) Tayo, aims to underscore the need for Filipinos to practice a healthier lifestyle. It also aims to raise the consciousness of policymakers to provide the Filipinos with an environment supportive of healthy lifestyle practices. These agencies are working hand in hand in order to promote Healthy Lifestyle among Filipinos. You have to do your part as well in supporting th3e campaign. You may start with yourself.

**Mag-HL (Healthy Lifestyle) Tayo Coalition:**

* Department of Health (DOH)
* Philippine Heart Association (PHA)
* Food Nutrition Research Institute, DOST (FNRI)
* Philippine Lipid Society (PLS)
* Philippine Society of Hypertension (PSH)
* Osteoporosis Society of the Philippines (OSP)
* National Asthma Movement (NAM)
* Tobacco Free Philippines (TFP)
* Framework Convention Alliance on Tobacco Control of the Philippines (FCAP)
* Stroke Society of the Philippines (SSP)
* Philippine Association for the Study of Overweight & Obesity (PASOO)
* UP College of Human Kinetics (UP-CHK)
* UP College of Nursing (UPN)
* Oversight Committee on Diabetes (OCD)
* Philippine Cancer Society (PCS)
* Philippine Diabetes (PDA)
* Nutritionist-Dietician Association of the Philippines (NDAP)
* Philippine College of Chest Physicians (PCCP)
* Philippine Pediatric Society (PPS)