



DEPARTMENT OF EDUCATION  
SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# PE & HEALTH

## Quarter 2 – Module 1: Week 1

### Personal Safety Protocol during Moderate-Vigorous Physical Activities (MVPA) Participation



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## P.E and HEALTH – Grade 12

### Alternative Delivery Mode

### Quarter 2 – Module 1: Personal Safety Protocols During Moderate-Vigorous Physical Activities (MVPA) Participation

First Edition, 2020

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## **PE & HEALTH**

**Quarter 2 – Module 1: Week 1**

### **Personal Safety Protocol during Moderate-Vigorous Physical Activities (MVPA) Participation**



# Introductory Message

For the facilitator:

Welcome to the P.E and HEALTH 12 Alternative Delivery Mode (ADM) Module on Personal Safety Protocol During Moderate-Vigorous Physical Activities (MVPA) Participation!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.










As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.



For the learner:

Welcome to the P.E and HEALTH 12 Alternative Delivery Mode (ADM) Module on Personal Safety Protocol During Moderate-Vigorous Physical Activities (MVPA) Participation!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <b><i>What I Need to Know</i></b>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <b><i>What I Know</i></b>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <b><i>What's In</i></b>	This is a brief drill or review to help you link the current lesson with the previous one.
 <b><i>What's New</i></b>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <b><i>What is It</i></b>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <b><i>What's More</i></b>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <b><i>What I Have Learned</i></b>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <b><i>What I Can Do</i></b>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.
 <b><i>Assessment</i></b>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.

 <b>Additional Activities</b>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <b>Answer Key</b>	This contains answers to all activities in the module.

At the end of this module you will also find:

### **References**

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



## *What I Need to Know*

This module was written in a user-friendly manner. It is here to help you understand safety protocols during moderate-vigorous physical activities (MVPA) participation. Furthermore, a personal safety protocol is one of the best cautions in indulging vigorous physical activities. As such, it would tell us about the safety protocol and measures to avoid injuries.

This module is written to help you understand that dance is one of the many ways in optimizing one's health. The scope of this module permit is used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are organized to follow the standard order of the course.

### **LEARNING COMPETENCY:**

Observes personal safety protocol to avoid dehydration, overexertion, hypo- and hyperthermia during MVPA participation. Code: ***PEH12FH-Ik-t-10***

At the end of the module, you should be able to:

- Enumerate the personal safety protocols during moderate-vigorous physical activity (MVPA);
- Apply the personal safety protocols during moderate-vigorous physical activity (MVPA) engagement; and
- Appreciate the importance of a personal safety protocol during moderate-vigorous physical activity (MVPA).



## ***What I Know***

### **PRE-TEST:**

Precautions, safety measures are our initiatives in making ourselves safe during activity engagement. Let us try to test your initiative regarding this lesson.

**Instructions:** Write your answers in your P.E & Health 12 activity notebook.

**Do not write anything in your Module/s.**

A. Enumeration.

- a. List down at least 4 personal safety protocols during moderate-vigorous physical activity.
- b. Give 2 factors in creating your safety protocol.

B. True/False. Write True if the statement is correct and False if the statement is incorrect.

- \_\_\_\_\_ 1. Stretch before and after a physical activity.
- \_\_\_\_\_ 2. Never drink water after any physical activity.
- \_\_\_\_\_ 3. Do not overdo dancing.
- \_\_\_\_\_ 4. Drink atleast 6-8 ounces of water/fluid everyday.



## ***What's In***

Remember that physical activities and exercises need a lot of precautionary measures. Furthermore, due to rigorous and dangerous physical activities like cheer dancing, running, mountain climbing, and other sports may occasionally create injuries or one can be put in harm's way. Hence, it is important for anyone engaging in such activity to follow a personal safety protocol to avoid injuries and other hazardous incidents.

### **Task 1:**

**Instructions:** Individual activity. You are going to make a checklist of the important things needed during the following physical activities. Write it on your P.E. & Health 12 activity notebook. **Do not write anything on your Module/s.**

1. Summertime in Cebu City
2. Zumba session in Robinsons
3. Cheerdance competition in your school's Mass Dem
4. Rainy season in Canlaon City

- Present your checklist next week.



## Task 2:

Instruction: Write your answer/s in your activity notebook.

### Questions:

1. Which among the physical activities needs **more** precautionary measures in your checklist? Why?
2. Which among the physical activities needs **less** precautionary measures in your checklist? Why?



## FOUR Factors in Creating your Personal Safety Protocol



Source: <https://horizonpersonaltrainingnewingtonct.com/>

### 1. Knowledge and Awareness

- Recognize possible harmful situations and identify steps to take to lessen the risks of accidents. (example: do not plug electrical devices when your hands are wet)

### 2. Ability

- Be realistic in judging your and your teammates' abilities and skill level. (example: avoid doing stunts in cheer dancing if you are not confident and capable of)

### 3. State of Mind



- Always be aware of your own and your teammates' condition. (example: tired, distressed, under the influence of alcohol and drugs is likely to meet an accident)

### 4. Environmental Conditions

- One must consider the environmental hazards that might cause an accident. (example: performing on a wet floor is dangerous)

As you engage in moderate-vigorous physical activities, you need to observe some personal safety precautions to avoid certain conditions related to physical activity participation. These conditions include (1)**dehydration**, (2)**overexertion**, (3)**hypothermia**, and (4)**hyperthermia**.

Each **condition** will be discussed with ample safety precautions to guide you as you engage in moderate-vigorous physical activities.

 <p>Source: <a href="https://pngio.com/images/png-a121268.html">https://pngio.com/images/png-a121268.html</a></p>	 <p>Source: <a href="https://pngio.com/images/png-a121268.html">https://pngio.com/images/png-a121268.html</a></p>
<p>(1) <b>Dehydration</b></p> <ul style="list-style-type: none"> <li>Excessive loss of water from the body, usually through perspiration or sweating, urination, or evaporation.</li> </ul> <p><i>Sweating</i> – on a normal day, the body loses about 2.5 liters of water. (urine, feces, perspiration)</p> <p><i>Thirst</i> – a sensation of dryness in the mouth and throat associated with a desire for liquids.</p>	<p>Fluid replacement</p> <ul style="list-style-type: none"> <li>Drink at least 16-20 ounces of fluid 2 hours before exercising. Then drink 8 ounces of fluid 15-30 minutes before you start.</li> <li>Sip 4-6 ounces of fluid every 15-20 minutes while you exercise or any physical activity.</li> <li>After the physical activity/exercise, you must drink enough water to replace the body fluid you lost during the activity/exercise.</li> </ul>
<p>(2) <b>Overexertion or Overtraining</b></p> <ul style="list-style-type: none"> <li>Refers to the detrimental cause of excessive training. Some athletes often push too hard in their pursuit of high-level performance.</li> </ul>	<ul style="list-style-type: none"> <li>Decrease the total number of sets or exercises or both.</li> <li>Need to pace your workout properly to avoid uninterested or bored.</li> </ul>
<p>(3) <b>Hyperthermia</b></p> <ul style="list-style-type: none"> <li>An alarming rise in body temperature, which an effect of exercising a very humid environment. (normal body temperature – 36.5-37.5 degrees Celcius)</li> <li>Lose too much water or if your body temperature rises too high, it can cause heart disorders such as <b>heat exhaustion or heat</b></li> </ul>	<p><u>Is it safe to exercise in hot weather?</u></p> <ul style="list-style-type: none"> <li>Prolonged, vigorous exercises can be dangerous in hot or humid weather.</li> <li>To do the physical activity safely, more fluid intake must be done and watch for the signals of heat disorder, regardless of the weather.</li> </ul> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Tips when Exercising in the Heat/Hot Weather</b></p> </div>

<p><b>stroke.</b></p>	<p>a. Slow down exercise and add rest breaks to maintain the prescribed target heart rate. As you become acclimatized, you can gradually increase intensity and duration.</p> <p>b. Drink 2 cups of fluids 2 hours before you begin exercising and drink 4-8 ounces of fluid every 10-15 minutes during exercise (more frequently during high-intensity activities).</p> <p>c. Wear clothing that “breathes,” allowing air to circulate and cool the body. Wearing white or light colors will help by reflecting rather than absorbing heat. A hat can keep direct sun off your face. Do not wear rubber, plastic, or nonporous clothing.</p> <p>d. Rest frequently in the shade.</p> <p>e. Slow down or stop if you begin to feel uncomfortable. Watch for the signs of heat disorders. If they occur, act appropriately.</p>
<p>(4) <b>Hypothermia</b></p> <ul style="list-style-type: none"> <li>Excessively low body temperature, characterized by uncontrollable shivering, loss of coordination, and mental confusion.</li> </ul> <p>Signs of hypothermia:</p> <ol style="list-style-type: none"> <li>Shivering</li> <li>Pale, cold skin</li> <li>Slow weak pulse</li> <li>Slow, shallow breathing</li> <li>Increase drowsiness</li> <li>Walking becomes clumsy and the tendency to lie down</li> </ol>	<ul style="list-style-type: none"> <li>Keep the victim in a warm place.</li> <li>Replace wet clothes with dry ones.</li> <li>Give high energy foods and warm drinks.</li> <li>Cover the head, hands, and feet because heat is lost through the extremities.</li> <li>Do not let the victim lie down and rest since the core temperature is dropping without treatment, one might lose consciousness and die.</li> <li>Transport the victim to a medical facility as quickly as possible.</li> </ul>

	<p><u><i>Is it safe to exercise in cold weather?</i></u></p> <ul style="list-style-type: none"> <li>• dress warmly in layers and do not stay out in very cold temperatures for too long.</li> </ul>
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Moreover, it is suggested that during moderate-vigorous physical activities (MVPA), everyone should look into the following guidelines and tips that can help lessen the likelihood of injury.



Sources: <https://www.beatoapp.com/blog/fasting-with-diabetes-tips-guidelines-to-practice-navratri-fasts-safely/>

1. **“WARMING UP”** – this is very essential as it prepares your body for the grind that comes from engaging in any physical activity. It should be performed before any strenuous activities.
2. **“FLUID REPLACEMENT”** – drink always enough water before, during, and after physical activity.
3. **“COOLING DOWN”** – this means a gradual reduction in activity level for 5-10 minutes. This allows your heart rate and breathing to return to normal levels.
4. **“STRETCHING”** – it helps improve flexibility. It can also be part of warm-ups and cool-downs, keep the following in mind:
  - Stretch before and after physical activity
  - Stretch gently and slowly
  - Hold stretches for a minimum of 10 seconds
  - Breathe slowly and easily



## ***What I Have Learned***

Complete the sentences below. Do this in your activity notebook.

I have learned that \_\_\_\_\_.

I have realized that \_\_\_\_\_.

I will apply \_\_\_\_\_.



## ***What I Can Do***

### **U CAN DANCE SHOW!**

#### **INDIVIDUAL TASK: “MAKE A PERSONAL SAFETY PROTOCOL”**

**Instructions:** Prepare at least 2 short bond papers.

This is an individual task.

1. Your task is to watch any one (1) episode of the “U CAN DANCE SHOW”.
2. Choose at least 2 or more performances of the episode of the said show.
3. Must choose moderate to vigorous dance performances of the episode of the said show.
4. It is a must that your chosen performances are also based on your interest.
5. Make at least 10 personal safety protocols of each chosen performance that apply to the said performance.
6. One bond paper is for one chosen performance.
7. Write it in a table form on a short bond paper.
8. Your personal safety protocol/s in each chosen performance should be based on the factors, tips, and guidelines discussed above.
9. Note: You can write more than 2 performances of the selected episode of the “U CAN DANCE SHOW” if you wish to. Extra points will be given.
10. But you must not go over your interests and capabilities.
11. Your safety protocols should be realistic.
12. Your work will be graded according to the criteria presented below.
13. Handwritten or encoded will be fine.
14. The link to the selected episode of the “U CAN DANCE SHOW” must also be indicated.
15. Please be guided accordingly. Not following instructions means no score.

Submit that personal safety protocol (*short bond paper*) together with your P.E. & Health 12 activity notebook before or Friday next week.

<b>MY SAFETY PROTOCOLS</b> <b>of the</b> <b>“U CAN DANCE SHOW”</b> <i>(link of the selected episode)</i>	
<b>Name of the Performer/s</b> <b>or Name of the Group</b> (selected performance)	<b>My Personal Safety Protocol/s</b>
(Name)	1. 2. 3. 4. 5. (Safety Protocol/s) 6. 7. 8. 9. 10.

CRITERIA	STANDARD SCORE	MY SCORE (Student)	TEACHER'S SCORE
1. The personal safety protocol/s was written and planned in a convincing consistent manner. (chosen performances are moderate to vigorous activity)	40		
2. The safety protocol/s of the chosen activity was well prepared and organized.	20		
3. The purpose of the activity is established and effectively sustained.	20		
4. The personal safety protocol/s captured and maintained audience/readers/viewers/teacher's interest.	20		
<b>TOTAL</b>	<b>100</b>		



## Assessment

## POST-TEST:

**Instructions:** I. Select and write only the letter of the correct answer.

II. Write YES if you believe that the statement is true and correct and NO, if it is not. Write your answers on your P.E. & Health 12 activity notebook. **Do not write anything on your Module/s.**

- I. 1. These are the factors in creating or planning personal safety protocol.  
A. Mind, body, spirit                      C. State of mind, ability, & awareness  
B. Hydration, grooming, safety        D. None of the above
2. In engaging in Zumba dances, we should consider the following measure/s;  
A. Make-up & shoes                      C. New bag & new lipstick  
B. Water & extra shirt                   D. All of the above
3. Observing personal safety precautions are necessary in engaging in any physical activity to avoid the following certain conditions. Which condition is this?  
A. Hyperthermia                          C. Overexertion & overdo  
B. Hypothermia & dehydration        D. All of the above
4. The following are correct about stretching, EXCEPT.  
A. Hold stretches for a minimum of 10 minutes.        C. Breath slowly.  
B. Stretch before & after zumba.                          D. Stretch gently.
5. What is the importance of having & observing a personal safety protocol?  
A. It can make our body healthy.                          C. It can give us strength.  
B. It will prevent any injuries.                              D. It will give nourishment.

## II. Yes/ No

1. In a hot environment, the body can maintain a temporary thermal balance during any activity.
2. If you lose too much water, your body temperature will go down.
3. Personal safety protocol will only be needed in mountaineering but not in dancing.
4. Ballroom dancing is an example of physical activity.
5. There is no need to observe personal precautionary measures in hip-hop dancing



## Additional Activity

Reflect on the quote below:



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*At the end of the day, the goals  
are simple: safety and security.*

JODI RELL

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# Answer Key

<p>5. B</p> <p>4. A</p> <p>3. D</p> <p>2. B</p> <p>1. 1. C</p> <p><b>Post-test</b></p>	
<p>5. NO</p> <p>4. YES</p> <p>3. NO</p> <p>2. NO</p> <p>1. 1. YES</p>	<p>1. a. 1. (answers may vary) warm-up</p> <p>2. stretching</p> <p>3. drink more water</p> <p>4. bring extra shirt</p> <p>b. 1. (answers may vary) awareness</p> <p><b>Pre-test</b></p> <p>2. ability</p> <p>1. 1. True</p> <p>2. False</p> <p>3. True</p> <p>4. False</p>

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