DepED
DEPARTMENT OF EDUCATION

HOPE 3

Health Optimizing Physical Education (HOPE 3) – Grade 12
Quarter 1 – Module 1: Self-Assess Health-Related Fitness status
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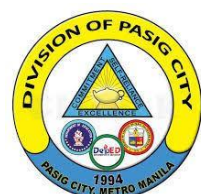
HOPE 3

Introductory Message

For the Learner:

Welcome to the Health Optimizing Physical Education 3 (HOPE) Self-Learning Module 1 on (Self-Assess Health-Related Fitness Status!

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 material while being an active learner.

This module has the following parts and corresponding icons:

Expectations - This points to the set of knowledge and skills that you will learn after completing the module.

Pretest - This measures your prior knowledge about the lesson at hand.

Recap - This part of the module provides a review of concepts and skills that you already know about a previous lesson.

Lesson - This section discusses the topic in the module.

Activities - This is a set of activities that you need to perform.

Wrap-Up - This section summarizes the concepts and application of the lesson.

Valuing - This part integrates a desirable moral value in the lesson.

Posttest - This measures how much you have learned from the entire module.

EXPECTATIONS

Most Essentials Learning Competencies:

Self-assesses health-related fitness (HRF) status, barriers to physical activity assessment participation and one's diet

Specific Objectives:
At the end of the module, learners will able be to:
1. perform self-assessment to a particular health-related fitness (Cardiorespiratory Endurance, Body Composition and Flexibility)
2. recognize the benefits in participating health related fitness components.

PRE – TEST

Why it is important to know how to assess your physical fitness level? It is **important to know how to assess your physical fitness level** as it will help you measure **your fitness level**, **identify your** strengths and weaknesses and interpret **your test** results. Here are some questions that will test your knowledge for today's lesson. Choose wisely.

1. Which of the following fitness test measures your cardio vascular muscle?
   a. Push up   b. 50-meter run   c. Endurance jog in place.

2. BMI measures_____.
   a. Flexibility   b. proportion of your muscle and fat c. Body and strength

3. Flexibility is measured by:
   a. Sit and reach   b. distant run   c. standing long jump

4. Long distant run is an exercise for the:
   a. Speed   b. cardio endurance   c. muscular strength

5. Ability to do a wide range of movements is_____.
   a. Agility   b. BMI   c. Flexibility
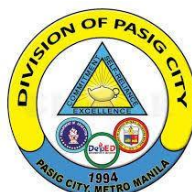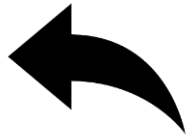
Direction: Using Fitness Components Graphic Organizer, what are the components of health-related fitness? (diagram)
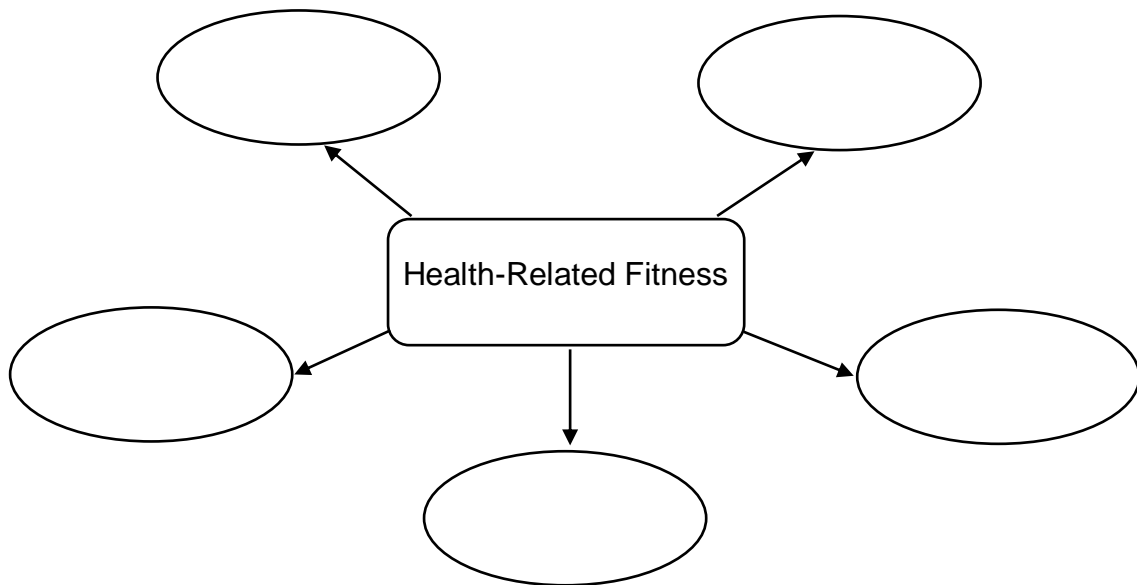
L E S S O N

Why Dance is Good for Fitness?

Getting fit does not have to be the chore it's often perceived to be. Instead, as people all around the globe are finding out each day, dancing is one of the best fitness workouts there is.

Dancing offers upbeat and inventive exercise that promotes a healthy and more active lifestyle. Sociable, energizing and life-affirming, dance has a whole host of body benefits, from aiding joint flexibility through to boosting mental wellbeing.
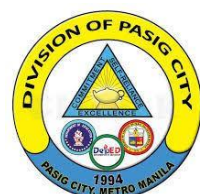
Health-Related Fitness (HRF)

1. **Cardiorespiratory Endurance**
   - is the flexibility to interact in physical activities in an exceedingly long period of your time.

   Exercises/Tests:

   The **Three-Minute Step test** is one in every of the quickest ways of testing this component of fitness. To finish it, you wish a 12-inch step/bench, stopwatch, and a metronome (which you'll find at no cost online).

2. **Body Composition**
   - Is the ratio of the muscles to fats in the body.

   Exercises/Tests:

   Skin fold measurement may be a technique to estimate what quantity fat is on the body. It involves employing a device called a caliper to lightly pinch the skin and underlie fat in several places. This quick and easy method of estimating body fat requires a high level of skill to induce accurate results.

   Body Mass Index (BMI) may be a person's weight in kilograms divided by the sq. of height in meters. A high BMI is AN indicator of high body blubber. BMI is accustomed screen for weight classes that will cause health issues however it's not diagnostic of the body blubber or health of a personal.

3. **Flexibility**
   - is the power to manuever the joints or series of joints through a large range of motions.

   Exercises/Tests:

   Sit and Reach test: is the commonest of all flexibility tests. It measures the edibleness of the clients' lower back and hamstrings.

   Zipper Test: to test the upper arm and shoulder girdle **flexibility** intended to parallel the strength/ endurance assessment of the region. The finger tips should touch together behind the back by reaching over the shoulder and under the elbow.

ACTIVITIES

Self-Assessment Test
Direction: Follow and perform the following tests. Record your data to your score card.

A. **Three Minutes Step Test**

Method:

- Measure your pulse beforehand (1 minute)
- Step on and off the box for three minutes.
- Use the bench to step up and down consistently within the time frame
- Count your pulse afterwards (1 minute)
- Measure how long it takes for your heart rate to return from this rate to normal, then record the difference

STANDARDS:

Boys- Age 18-25		**Girls- Age 18-25**	
Excellent	<79	Excellent	<85
Good	79-89	Good	85-98
Above Average	90-99	Above Average	88-108
Average	100-105	Average	109-117
Below Average	106-116	Below Average	118-126
Poor	117-128	Poor	127-140
Very Poor	>128	Very Poor	>140

Source: Canadian Public Health Association Project (see Canadian Home Fitness Test)

B. **Body Mass Index**

Measuring Height (kg.) and Weight (meters)

Formula: Weight in kilograms / Height in meter (squared)

	BMI (kg/m^2)	Obesity Class	Disease Risk* Relative to Normal Weight and Waist Circumference	
			Men 102 cm (40 in) or less Women 88 cm (35 in) or less	Men > 102 cm (40 in) Women > 88 cm (35 in)
Underweight	< 18.5		-	-
Normal	18.5–24.9		-	-
Overweight	25.0–29.9		Increased	High
Obesity	30.0–34.9	I	High	Very High
	35.0–39.9	II	Very High	Very High
Extreme Obesity	40.0 +	III	Extremely High	Extremely High

* Disease risk for type 2 diabetes, hypertension, and CVD.

+ Increased waist circumference also can be a marker for increased risk, even in persons of normal weight.

C. Sit and Reach Test

- Complete the test without shoes for accurate results
- Keep your legs and knees straight, and have your feet flat against the box
- When leaning forward, do it slowly and steadily
- Be sure to reach as far as you can
- Repeat the test three times, and calculate the average result

STANDARDS:

Boys - results in centimeters (cm)

Above 34 = Excellent
28 to 34 = Above average
23 to 27 = Average
16 to 22 = Below average
Below 16 = Poor

Girls - results in centimeters (cm)
Above 37 = Excellent
33 to 36 = Above average
29 to 32 = Average
23 to 28 = Below average
Below 23 = Poor

Zipper Test

- Stand erect, guy.
- To check your right shoulder, lift your right arm, bend your elbow, and stretch your back as far as you can.
- At the same time, extend your left arm down and behind your back, fold your elbow over your back, and attempt to cross your fingers over those of your right hand.
- Reach with your right hand over your right shoulder and down your back as though you were pulling a zip or scratching between your shoulder blades.
- Repeat the operation (a-d) with the left hand over the left shoulder to check the left shoulder.

	Standards
	Standards
0	Did not reach the fingertips
1	Just touch the fingertips
2	Fingers overlapped by 1 cm
3	Fingers overlapped by 2-3 cm
4	Fingers overlapped by 4-5 cm
5	Fingers overlapped by 6-7 cm

 W R A P – U P

Direction: In your notebook, write the 3 health related fitness components with a short explanation or meaning. You may add also the different exercises or test for each component.

VALUING

What are the benefits in participating health related fitness components? Write your answer the given spaces below.

_____
_____
_____
_____
_____
_____
_____.

POST TEST

Direction: Read and answer the following questions in a short bond paper.

1. What is the normal or good heart rate for boys? girls for age 18-25?
2. What is the Formula for BMI?
3. What are the two tests for measuring flexibility?

4-5. Compute the following Height and Weight. What is the classification of your computations?

Height = 157   Weight = 43

1. Boys - 78-89   Girls - 85-98
2. Height over Weight squared   W / H (2)
3. Sit and Reach and Zipper Test
4-5.
BMI   =   W / H (2)
       =   43 / 1.57 X2
       =   43 / 2.355
       =   18.25
            Underweight

References

Websites

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Books

Alave, J. 2016. *Physical Education and Health*. p 61-71.