

# HOPE 3



**Health Optimizing Physical Education (HOPE 3) – Grade 12**  
**Quarter 1 – Module 1: Self-Assess Health-Related Fitness status**  
**First Edition, 2020**

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Published by the Department of Education - Schools Division of Pasig City

**Development Team of the Self-Learning Module**

Writer: Christian Bjorn R. Cunanan

Editor: Name

Reviewers: Alfred Villanueva III,

Illustrator: Christian Bjorn R. Cunanan

Layout Artist: Psalm David Go

Management Team: Ma. Evalou Concepcion A. Agustin  
OIC-Schools Division Superintendent  
Aurelio G. Alfonso EdD  
OIC-Assistant Schools Division Superintendent  
Victor M. Javeña EdD  
Chief, School Governance and Operations Division and  
OIC-Chief, Curriculum Implementation Division

**Education Program Supervisors**

Librada L. Agon EdD (EPP/TLE/TVL/TVE)  
Liza A. Alvarez (Science/STEM/SSP)  
Bernard R. Balitao (AP/HUMSS)  
Joselito E. Calios (English/SPFL/GAS)  
Norlyn D. Conde EdD (MAPEH/SPA/SPS/HOPE/A&D/Sports)  
Wilma Q. Del Rosario (LRMS/ADM)  
Ma. Teresita E. Herrera EdD (Filipino/GAS/Piling Larang)  
Perlita M. Ignacio PhD (EsP)  
Dulce O. Santos PhD (Kindergarten/MTB-MLE)  
Teresita P. Tagulao EdD (Mathematics/ABM)

Printed in the Philippines by Department of Education – Schools Division of Pasig City

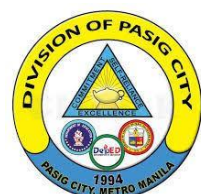


# HOPE 3

## Quarter 1

### Self-Learning Module 1

#### Self-Assess Health-Related Fitness Status



# Introductory Message

For the Facilitator:

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

This Self-Learning Module was collaboratively designed, developed and reviewed by educators from the Schools Division Office of Pasig City headed by its Officer-in-Charge Schools Division Superintendent, Ma. Evalou Concepcion A. Agustin, in partnership with the City Government of Pasig through its mayor, Honorable Victor Ma. Regis N. Sotto. The writers utilized the standards set by the K to 12 Curriculum using the Most Essential Learning Competencies (MELC) in developing this instructional resource.

This learning material hopes to engage the learners in guided and independent learning activities at their own pace and time. Further, this also aims to help learners acquire the needed 21st century skills especially the 5 Cs, namely: Communication, Collaboration, Creativity, Critical Thinking, and Character 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. Moreover, you are expected to encourage and assist the learners as they do the tasks included in the module.





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:**

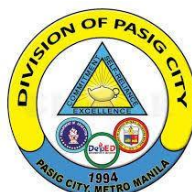
1. perform self-assessment to a particular health-related fitness (Cardiorespiratory Endurance, Body Composition and Flexibility)
2. recognize the benefits in participating health related fitness components.

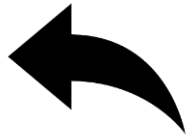


## P R E - T E S T

**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.

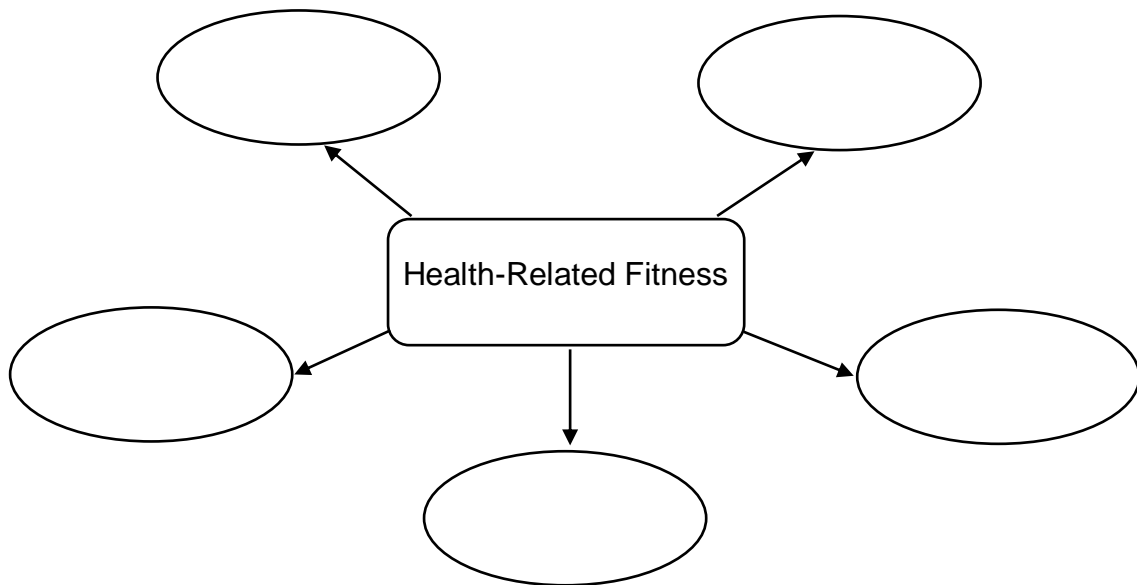
1. Which of the following fitness test measures your cardio vascular muscle?  
a. Push up                      b. 50-meter run                      c. Endurance jog in place.
2. BMI measures\_\_\_\_\_.  
a. Flexibility                      b. proportion of your muscle and fat c. Body and strength
3. 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





## RECAP

**Direction:** Using Fitness Components Graphic Organizer, what are the components of health-related fitness? (diagram)

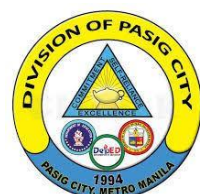


## LESSON

### 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 maneuver 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

Excellent	<79
Good	79-89
Above Average	90-99
Average	100-105
Below Average	106-116
Poor	117-128
Very Poor	>128

##### Girls- Age 18-25

Excellent	<85
Good	85-98
Above Average	88-108
Average	109-117
Below Average	118-126
Poor	127-140
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)



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

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## 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





# KEY TO CORRECTION

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
- =  $W / H (2)$
- =  $43 / 1.57 X 2$
- =  $43 / 2.355$
- =  $18.25$
- Underweight

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