

# **HOPE 1**

## **1st Semester**

### **Module 4: Fitness and Safety Awareness**

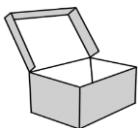


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## What I Need to Know

This Module was designed & written to help you to understand the concept of Fitness & how they can help to improve one's health through regular participation.

The lesson is arranged to follow the standard sequence of the course. The module is divided into two parts namely:

- LESSON 1 : Physical Activity Injuries:Prevention and Treatment
- PERFORMANCE TASK ACTIVITY

**Content Standard:** The learner demonstrates understanding of fitness and exercise in optimizing one's health a habit; as requisite for physical activity assessment performance, and as a career opportunity.

**Performance Standard:** The learner leads fitness events with proficiency and confidence resulting in independent pursuit and in influencing others positively.

### Learning Competencies and Objectives:

- Engages in moderate to vigorous physical activities (MVPA's) for at least 60 minutes most days of the week in a variety of settings in-and -out of school.
- Demonstrates proper etiquette and safety in the use of facilities and equipment
- Participates in an organized event that addresses health/fitness issues and concerns.
- Recognizes the value of optimizing one's health through participation in physical activity assessments.
- Organizes fitness event for a target health issue or concern.

After going through this module, you are expected to:

1. Identifies the different kinds of injuries that may be encountered while engaging in different kinds of physical activity.
2. Recognizes the Guidelines for Avoiding Injuries During Workout.
3. Apply the methods used to keep the injury from getting worse during physical activity.
4. Organizes and participates in physical activity ( Exercise Bingo) while staying at home.
5. Demonstrates proper etiquette and safety while engaging in physical activity





## What I Know

1. What is a sprain?
  - A. Broken ankle
  - B. Ligaments that are over stretched
  - C. Diabetes
  - D. Overuse injury
2. Which areas of the body are most vulnerable to sprains?
  - A. knee, shoulder, and hip
  - B. ankles, knees, and wrists
  - C. back, eyes and nose
  - D. head, shoulder and knees
3. Why people will suffer from sport injury?
  - A. poor training practices
  - B. appropriate equipment
  - C. good conditioning
  - D. sufficient warmup and stretching
4. What are sports injuries?
  - A. refer to the kinds of injuries that least common occur during sports or exercise
  - B. refer to the kinds of injuries that most common occur during sleeping
  - C. refer to the kinds of injuries that most common occur during sports or exercise
  - D. refer to the kinds of injuries that least unusual occur during sports or exercise
5. Strains are injuries
  - A. Toligaments
  - B. tendons or muscles
  - C. bone
  - D. skin
6. To treat strains and sprains, use the acronym RICE, which means \_\_\_\_\_:
  - A. Rest, Ice, Compress, Elevate
  - B. Run Inside, Call, EMS
  - C. Rescue, Incline, Compress, Eliminate pain
  - D. Rub, Ice, Crutches, Elevate
7. It helps the body to get ready for the physical activity:
  - A. Warm -up
  - B. Cool down
  - C. Warm-up and cool down
  - D. None of the above



8. “Listen to your body” in physical activity means:
- Do dynamic stretching before and after you work out.
  - Don’t push yourself to the point of pain. If you feel pain, you may be injured.
  - When you begin an exercise routine or start a new workout program, start slowly.
  - Rest
9. Repeating the same muscle movements frequently can lead to overuse and repetitive-use injuries what should you do to avoid it?
- Cool down
  - Rest
  - Cross-train
  - Experiment
10. This means wrapping the injured area to prevent swelling.
- rest
  - Ice
  - Compression
  - Elevation



## What's In

Explain and discuss briefly the personal safety protocol that should be observed to the following pictures.



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## What's New

What are the injuries might experience while doing this physical activity?



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# LESSON 1: Physical Activity Injuries: Prevention and Treatment



## What is It

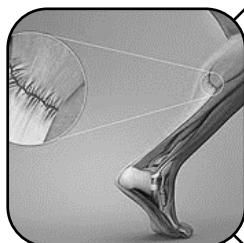
What will you do in case you encounter an injury or emergency during workout?

A workout injury can happen to anyone, irrespective of your experience or fitness level. Even walking can cause an injury.

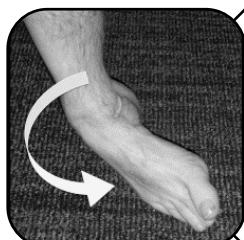
But you will be able to significantly cut your risk of getting hurt by following certain workout precautions.

### WHAT ARE COMMON WORKOUT and PHYSICAL ACTIVITY INJURIES?

People hurt themselves in all kinds of ways when they work out. Common workout injuries include:



A **MUSCLE STRAIN**, or pulled muscle, occurs when your muscle is overstretched or torn. This usually occurs because of fatigue, overuse, or improper use of a muscle. Strains can happen in any muscle, but they are most common in your lower back, neck, shoulder, and hamstring, which is the muscle behind your thigh.



A **SPRAINED ANKLE** is an injury that occurs when you roll, twist or turn your ankle in an awkward way. This can stretch or tear the tough bands of tissue (ligaments) that help hold your ankle bones together.



**SHOULDER INJURY** – In this injury, the ligaments that support and stabilize the shoulder are stretched or torn, and the bones of the AC joint become dislocated or separated. Common causes of a shoulder sprain include trauma directly to the shoulder—from a car accident, for example—as well as a fall onto an outstretched arm.



**KNEE INJURIES** are generally caused by twisting or bending force applied to the knee, or a direct blow, such as from sports, falls, or accidents.



**SHIN SPLINT** - The term “shin splints” describes pain felt along the front of your lower leg, at the shin bone. Shin splints frequently affect people who engage in moderate to heavy physical activity.

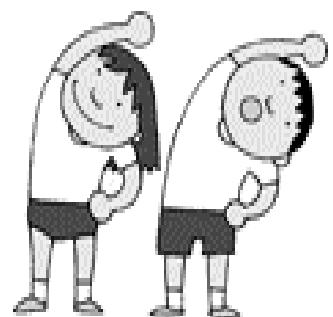


**TENDINITIS** is inflammation or irritation of a tendon — the thick fibrous cords that attach muscle to bone. The condition causes pain and tenderness just outside a joint. While tendinitis can occur in any of your tendons, it's most common around your shoulders, elbows, wrists, knees and heels.

## HOW TO PREVENT WORKOUT and PHYSICAL ACTIVITY INJURIES?

There are simple steps that can help keep your injury-free during your workout.

Here Are Guidelines for Avoiding Injuries During Your Workout:



**WARM-UP AND COOL-DOWN.** Every workout should begin with a warm-up and end with a cool-down period. A warm-up helps your body get ready for exercise. It gradually increases your heart rate and loosens your muscles and joints. Some ways to warm up:

- Ride an exercise Bike
- Jump rope
- Jog in place for 5 to 10 minutes

A cool-down after you work out is important to slowly bring your heart rate back to normal. Walking for 5 to 10 minutes after you work out is one way to cool down



**STRETCH.** Do dynamic stretching before and after you work out. This will help increase flexibility. Research is conflicting as to whether it can also help prevent injury, it's best to stretch after you warm up and cool down.

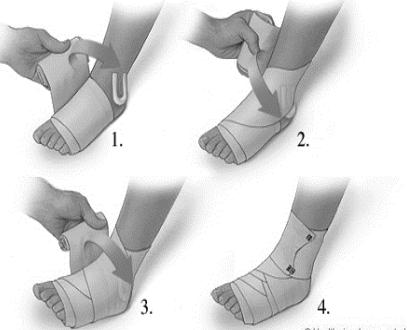


	<p><b>EASE INTO IT.</b> When you begin an exercise routine or start a new workout program, start slowly. Then gradually build up the intensity, duration, and frequency</p>
	<p><b>DON'T PUSH YOURSELF TOO HARD.</b> As your fitness abilities increase, you will be able to challenge yourself more.</p>
	<p><b>CROSS-TRAIN.</b> Vary your workout. Don't overuse one set of muscles. Repeating the same muscle movements frequently can lead to overuse and repetitive-use injuries such as shin splints and tendinitis. Some ways to vary your workout:</p> <p>Run on Day One. Lift weights on Day Two. Swim or cycle on Day Three. Dance on Day four</p>
	<p><b>KNOW YOU'RE TROUBLE SPOT.</b> Tailor your workout for problem areas. For example, if you have arthritis in your knees, you'll want to build up strength. But don't do exercises that hurt. Check with your doctor. And be sure to start out lightly.</p>
	<p><b>LISTEN TO YOUR BODY.</b> The "no pain, no gain" philosophy can set you up for an injury. You can get fit without feeling pain. Don't push yourself to the point of pain. If you feel pain, you may be injured. Stop your workout, and rest for a day.</p>
<p>HEALTHY HABITS</p>	<p><b>FUEL YOUR BODY.</b> Drink plenty of water before, during, and after you work out. Get off to a good start by drinking about 17 to 20 ounces of water about 2 or 3 hours before exercising. A good general rule is to then drink this amount of water:</p> <ul style="list-style-type: none"> <li>• 8 ounces about 20 to 30 minutes before working out</li> <li>• 8 ounces every 10 to 20 minutes during your workout</li> <li>• 8 ounces within a half hour of when your workout is done</li> </ul> <p>Eat a small meal or snack every 2 to 3 hours to keep a steady source of fuel for your body. After your workout, eat a healthy carb and protein snack to replenish your energy stores.</p>
	<p><b>DRESS RIGHT.</b> Wear the proper gear for your workout. If you are a runner, wear a good pair of running shoes that fit properly. If you are a biker, always wear a helmet.</p>
	<p><b>REST.</b> Take 1 to 2 days off a week to rest. Rest days give your body a chance to recover between workouts. That can help prevent injuries.</p>



## HOW TO TREAT WORKOUT and PHYSICAL ACTIVITY INJURIES?

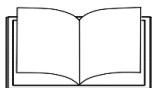
Injuries can happen, no matter how careful you are. If you develop a workout injury, follow the RICE method to keep your injury from getting worse:

<b>R. I. C. E</b>	
	<b>REST THE INJURY.</b> Pain is your body's signal that something is wrong. As soon as you're hurt, stop your activity, and rest as much as possible for the first 2 days. Don't try to follow the "no pain, no gain" philosophy. Doing so with certain injuries, like a moderate to severe ankle sprain, can make the damage worse and delay your recovery. Doctors say you should avoid putting weight on the injured area for 24 to 48 hours. Resting also helps prevent further bruising
	<b>ICE THE INJURY</b> to lessen swelling, bleeding, and inflammation. Ice is a tried-and-true tool for reducing pain and swelling. Apply an ice pack (covered with a light, absorbent towel to help prevent frostbite) for 15-20 minutes every two to three hours during the first 24 to 48 hours after your injury. Don't have an ice pack? A bag of frozen peas or corn will work just fine.
	<b>COMPRESSION</b> This means wrapping the injured area to prevent swelling. Wrap the affected area with an elastic medical bandage (like an ACE bandage). You want it to be snug but not too tight -- if it is too tight, it'll interrupt blood flow. If the skin below the wrap turns blue or feels cold, numb, or tingly, loosen the bandage. If these symptoms do not disappear right away, seek immediate medical help.
	<b>ELEVATE THE INJURY,</b> if possible, to reduce swelling. This means raising the sore body part above the level of your heart. Doing so reduces pain, throbbing, and swelling. It's not as tricky to do as you might think. For example, if you have an ankle sprain, you can prop your leg up on pillows while sitting on the sofa.

- Nonsteroidal anti-inflammatory medications such as ibuprofen can help ease pain and inflammation from the injury. Check with your doctor before using them, though, if you take any other medicines or have medical problems.
- If you are concerned about the injury, it's best to seek medical advice.

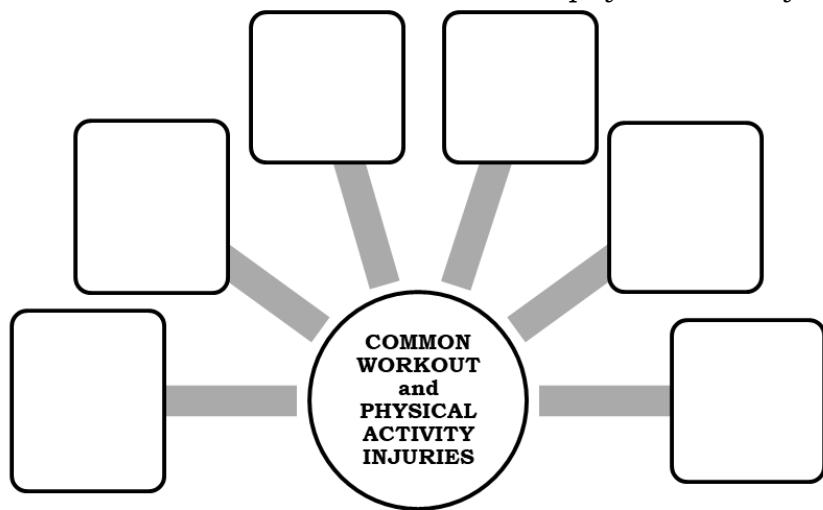


- Until you are fully healed, do not do the activity that triggered the injury. And avoid any activity that puts strain on the injured area. You can still be active as long as you don't stress the injury. Staying active may help you heal quicker than if you take to the couch. Try a new workout while your injury heals. For example, if you sprain your ankle, exercise your arms instead. If you hurt your shoulder, work out your legs by walking.



## What's More

- Fill in the boxes of the different workout and physical activity injuries.



- Explain why it is important to follow guidelines to prevent injuries.

- Warm-Up and Cool-Down

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- Stretch

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- Ease into It

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- Do not Push Yourself to Hard

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- Cross-Train

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- Know You are Trouble Spot

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- Listen to Your Body

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h. Fuel Your Body

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i. Dress Right

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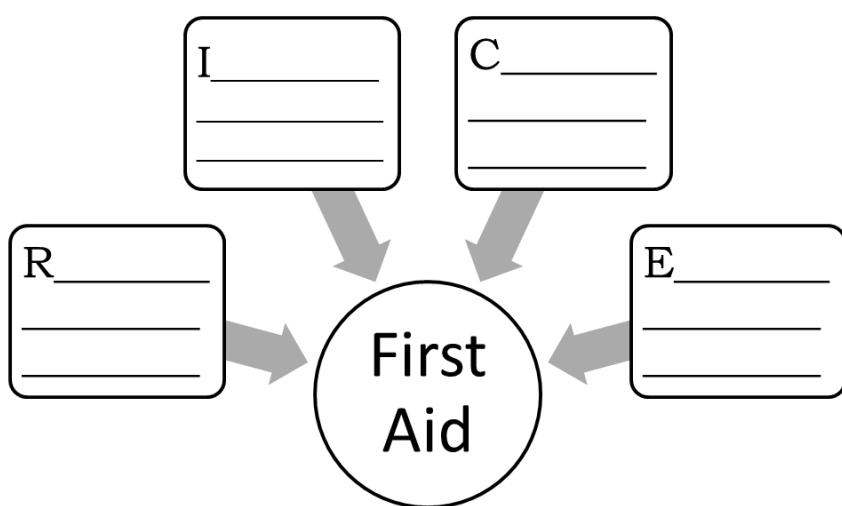
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j. Rest

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3. In your own words explain how this method is used to keep an injury from getting worse.



## What I Have Learned

1. I have learned that common physical activity is more on
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2. How can you help others to know more about injury prevention during physical activity?
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3. Would you consider using R.I.C.E method if you will encounter an emergency or injuries? Why or Why not?
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## What I Can Do

Make A Poem or A Jingle with the Theme:  
*“Physical Activity Injuries: How to Treat and Prevent”*

JINGLE MAKING RUBRICS	A 4 POINTS	B 3 POINTS	C 2 POINTS	D 1 POINTS
THEME	<b>A</b> Jingle stays on topic throughout. Topic is positive and appropriate for school advertising. Clever lyrics.	<b>B</b> Jingle stays on topic. Topic is positive and appropriate for school advertising. Competent lyrics to advertise topic.	<b>C</b> Jingle stays on topic some of the time. Topic is occasionally positive and appropriate for school advertising. Fine lyrics written with some teacher support.	<b>D</b> Jingle doesn't stay on topic. Topic is not shown in a positive way or is not always appropriate. Group has difficulty and needs much support to write lyrics.
MELODY	<b>A</b> Melody is simple and very "catchy". Rhythm and melody range appropriate and appealing. Is original.	<b>B</b> Melody is simple and "catchy". Rhythm and melody range appropriate and appealing. Demonstrates some originality.	<b>C</b> Melody is fair, but not "catchy". Could be improved rhythmically or melodically. Lacks originality.	<b>D</b> Melody requires much improvement, is not appealing, or is "stolen" from another source.

### CRITERIA FOR POEM WRITING

Content (relevance to the topic) 30%

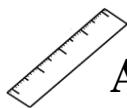
Organization (unity of thought) 30%

Style (originality) 20%

Poetic Structure (creativity) 20%

Total 100%





## Assessment

A. SPRAINED ANKLE	D. REST THE INJURY	G. ELEVATE THE INJURY	J. KNEE INJURIES	M. DRESS RIGHT
B. COMPRESSION	E. CROSS-TRAIN	H. WARM-UP	K. STRETCH	N. FUEL YOUR BODY
C. KNOW YOU'RE TROUBLE SPOT	F. ICE THE INJURY	I. COOL DOWN	L. REST	O. TENDENITIS

1. This means raising the sore body part above the level of your heart.
2. This means wrapping the injured area to prevent swelling.
3. Do not try to follow the “no pain, no gain” philosophy.
4. Wear the proper gear for your workout.
5. This will help increase flexibility.
6. After you work out it is important to slowly bring your heart rate back to normal.
7. These are generally caused by twisting or bending force applied to the knee, or a direct blow, such as from sports, falls, or accidents.
8. It is inflammation or irritation of a tendon — the thick fibrous cords that attach muscle to bone.
9. It is an injury that occurs when you roll, twist, or turn your ankle in an awkward way.
10. Vary your workout. Do not overuse one set of muscles.
11. If you have arthritis in your knees, you will want to build up strength. But do not do exercises that hurt.
12. Drink plenty of water before, during, and after you work out.
13. These are days give your body a chance to recover between workouts. That can help prevent injuries.
14. It is used to lessen the swelling, bleeding, and inflammation of the injured body part.
15. It helps your body to get ready for exercise. It gradually increases your heart rate and loosens your muscles and joints.





## Additional Activities

Watch the video about 10 first aid bandaging at youtube.com. After watching make your own video tutorial how to use this bandaging in treating sports and physical activities injuries. Make the video more informative and reliable. Enjoy! Be creative!



### PERFORMANCE TASK ACTIVITY (OUTPUT)



### #StayingHealthy@HomeChallenge

During the COVID-19 pandemic many of us are staying at home and sitting down watching television with family, surfing in internet and most of the time we do eating and sleeping. It is very hard for us to do some sort of exercise or any physical activity.

In time like this we need to move, it is very important for people of all ages to be as active as possible. The (WHO) World Health Organization “Be Active” campaign aims to help us to be enthusiastic and have some fun at the same time while staying at home.

Keep in mind that just standing time by time from sitting for an hour and by doing three – four minutes of light intensity physical activity like walking, stretching will make our muscles relax and improve blood circulation.

Engaging in regular physical activity during this time can be a way to stay connected with our family and friends. It is also good for our mental health most specially in times we feel anxious and worried about what is happening during this pandemic.

So why keep on worrying? Let us move and be active together with your household members and friends by using your social media or internet.



Everybody Let's Do the "#StayingHealthy@Home Challenge!!"

## "#StayingHealthy@Home Challenge!!"

Note: This is an individual and group (household member) activity for the performance output, you can organize at least two-five activities that you can share to others.

exercise BINGO		
JOG IT OUT Take a 15-minute jog in place	ON A ROLL Exercise 4x a week (any form of exercise)	CARDIO LOVE 30 minutes of cardio exercise ( aerobic dancing, hi-impact Zumba)
STEP IT UP Get 10, 000 steps in a day and challenge a friends	POWER OF 10 10 squats 10 push ups 10 sits ups	PUSHIN UP See how many push ups you can do in one minute
MUSCLE UP Complete 2 strength workouts in a week	SHARING IS CARING Share a workout with a friend (thru social media)	WALK THE PLANK Hold a plank at least one minute
SOMETHING NEW Try a new online exercise class	GET MOVIN Dance to the tune of "Munting Basura Ibulsa Muna" (tiktok)	ALL DAY Move every hour from 9:00 am to 5:00 pm

Exercise BINGO Checklist				
Dates	Activity Performed	Feedback to the Activity	Did the activity make you Relax? yes or no why?	Are you going to keep on doing this activity? Why or why not?





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