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HOPE 4



Health Optimizing Physical Education (HOPE 4) – Grade 12
Quarter 3 – Module 3: Barriers to Physical Activity
First Edition, 2020

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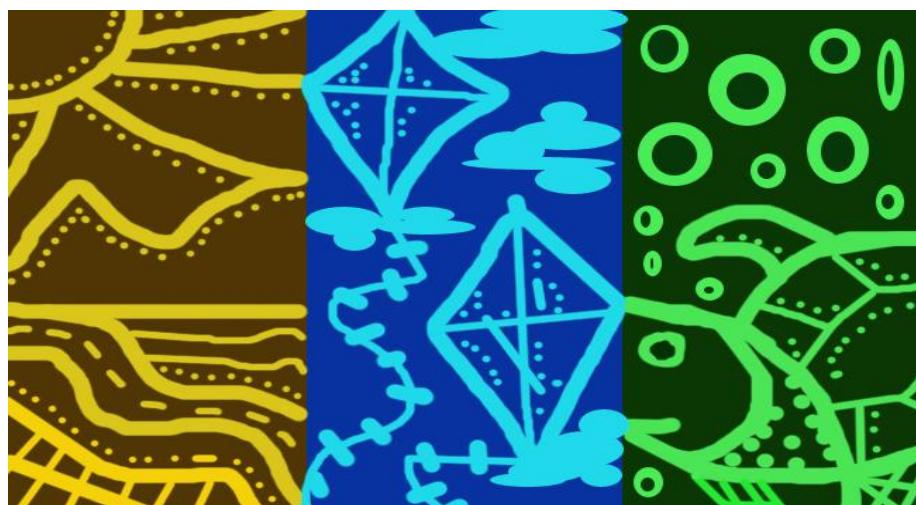


HOPE 4

Quarter 3

Self-Learning Module 3

**Barriers to Physical Activity
(Recreational Activities)**



Introductory Message

For the Facilitator:

Welcome to the Health Optimizing Physical Education (HOPE 4) Self-Learning Module 3 on Barriers to Physical Activity

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 4 (HOPE) Self-Learning Module 3 on Barriers on Physical Activity

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.



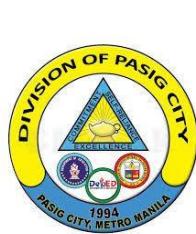
Wrap-up - This section summarizes the concepts and application of the lesson.



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

At the end of the module, the learners will be able to:

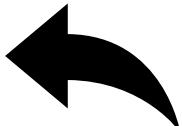
1. identify the barriers to physical activity involvement
2. fill out the checklist about the barriers to being active
3. value the importance of identifying the barriers to physical activity thru journal entry.



P R E – T E S T

Directions. Write TRUE if the statement is correct and FALSE if the statement is wrong

1. To overcome barrier concerning lack of time is to get a quick 15 minutes walk at lunch time.
2. Considering the physical activity you enjoyed when you were still a kid is one way to get interested to physical activity
3. If you do not have the idea on how to be active, checking with your doctors for suggestion and support when getting on a physical activity plan can be of helped
4. If you are thinking that you are not fit, you should push yourself excessively
5. If you don't feel like doing any physical activity, do not plan any physical activities ahead.



R E C A P

Can you still remember the time when you feel like there are so many hindrances that you will not be able to do the physical activity you have planned? What are the factors that you considered?





LESSON

Many technological advances and conveniences that made our lives easier and less active, many personal variables, including physiological, behavioral and psychological factors, many affect our plans to become more physically active. Understanding common barriers to physical activity and creating strategies to overcome them, may help physical activity part of daily life. People experienced a variety of personal and environmental barriers to engaging in regular physical activity.

We might have experienced that no matter how determined each one of us to have an active lifestyle, we suddenly lose interest, and when an emergency comes up, we feel like we are not in the mood etc. In fact, many people come up with excuses to avoid physical activity.

What keeps young people from engaging into a regular physical activity?

1. Lack of Time

If you think that you do not have time to engage yourself in physical activities, make an effort to:

- ❖ Maintain a journal of your daily activities for week. Use it to check how much free time you have
- ❖ Manage to break up your work out session into two 15 – minute blocks, or even into three 10 – minutes blocks, in case dedicating a 30 minutes exercise each day, is not possible.
- ❖ Get a quick 15 – minute walk at lunch time. Try to include physical activity into your daily activities. For instance, get off the public transport one step earlier and walk the rest the way or use the stairs instead of elevator.

2. Exercise is Uninteresting

At times, it is the lack of interest rather than the lack of time that is the problem. If you think exercise is boring, try to:

- ❖ Exercise with a friend or an associate. Join a group or take up a team sport.
- ❖ Consider the physical activities you enjoyed when you were still a kid. That could be a roller skating, biking or jumping jack. Return to these activities and you may find them just as pleasurable at present.
- ❖ Do not think that exercising is painful or boring. It would be good to change the way you think about physical activity. Physical activity is all in relation to getting more movement into your day. It should be enjoyable. Think about hobbies like dancing, gardening or yoga.
- ❖ Arrange participation into a variety of physical activities. Combine them



- ❖ Think about using workout equipment at home such as stationary bike or treadmill. This way, you can exercise at the same time you are watching your favorite television series.

3. Does not have the idea how to be active (Lack of Skill)

Many people are willing to help when you decide to be active and get moving. Suggestions include:

- ❖ Checking with your doctor for suggestions and support when getting on a physical activity plan.
- ❖ Getting in touch with your local community center. Most centers suggest an assortment of physical activity classes at modest fees.
- ❖ Visiting your local gym or sports center, most gyms, sporting clubs and dance clubs offer an introductory free first lesson. Take advantage of these free lessons to help you find an activity that suits you.

4. Tired (lack of Energy)

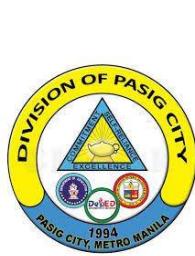
Life can be very tiring but incredibly, the more that you are on the go, the more vigor you will have for everything else. Ideas include:

- ❖ Trying to be active on most days of the week and you will soon feel more vigorous. The fitter you are, the more lively your life becomes.
- ❖ Reorganizing your to – do list if you can. This way, you can be full of energy in the morning rather than at night.
- ❖ Exercising during your lunch break or making activities during your travel to work by cycling or walking part or all of the way.
- ❖ Perking up your diet as healthy foods can increase your energy levels
- ❖ Making sure to get quality sleep

5. Not feeling well and not thinking fit

There is something for every person to do, even if you are not feeling good. At times, activities can essentially help you feel better.

- ❖ Examine your medical condition. Speak with your doctor or local support group, or browse through health channel articles to get physical activities that may be appropriate for you
- ❖ Decide on an activity that feels comfortable.
- ❖ Begin gradually. Start by exercising for about 10 minutes daily then increase the time little by little and step up as your fitness progresses.
- ❖ Never push yourself excessively. If you feel pain, reduce the intensity or discontinue everything. Pain is an indication that there is something wrong.



6. Excuses about weather

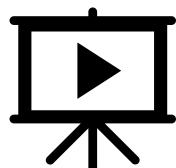
It is too hot, it is too cold, or it is raining, yet there are things you can do regardless of the weather:

- ❖ Have a range of indoor and outdoor activities to decide from so that weather cannot get in the way with your exercise arrangements.
- ❖ Select indoor activities like working out using an exercise video or stationary cycling on days when you do not want to exercise outdoors.
- ❖ Work out in a gym or swim at your local pool.
- ❖ Take a brisk walk at your local air – conditioned shopping center.

7. I don't feel like it (Lack of Motivation)

Shifting lifestyle is never easy but once begin to feel better, you will realize the benefits of the changes you have made. If you do not feel like active, try to:

- ❖ Recognize your barriers to physical activity.
- ❖ Surf through health channel and browse on the benefits of the physical activity. Look for personal reasons to encourage you to become more active.
- ❖ Choose single recreations such as working out using an exercise video if you feel uneasy exercising in front of other people.
- ❖ Make certain your objectives are sensible. Avoid the all – or nothing catch that physical activity is a waste of time if it cannot make you fit or slim
- ❖ Plan physical activities ahead. Prepare and put them in your diary
- ❖ Look for a workout friend, as you are more likely to commit to regular physical activity if you have someone else relying on you.



A C T I V I T I E S

Activity # 1

What keeps you from being more active?

Direction: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say on each of the following statement:



How likely you are to say?	Very likely 3	Somewhat likely 2	Somewhat unlikely 1	Very unlikely 0
1. I am so busy now, I just don't think I can have the time to include physical activity between school schedule and my work at home				
2. None of my family members or friends are engaged in a regular physical workout, so I don't have a chance to exercise				
3. I'm just too tired after school to get any exercise				
4. I've been thinking about participating in a regular Workout, but I just can't seem to get started				
5. I'm getting bigger and taller so no need to exercise				
6. I don't get enough exercise because I have never Learned the skills for any sport.				
7. I don't have access to workout equipment, gym, Bike path, etc.				
8. I really can't see learning a new sport at my age				
9. Physical activity takes too much time away other commitments – school, family, etc				
10. I'm embarrassed about how I will look when I exercise with others				
11. I don't get enough sleep. I just couldn't get up early or stay up to get some exercise.				
12. It's easier for me to find excuses not to exercise than to go out to do something				
13. I know too many people who are not into physical workout but still manage to become as healthy as possible.				
14. It's just too expensive. You have to take a class or join a club or buy the right equipment				

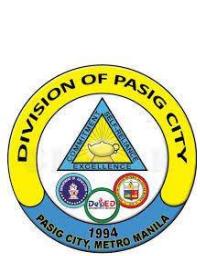


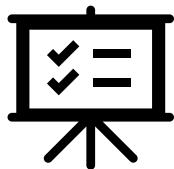
15. My free time during the day are too short to include exercise			
16. I'm too tired during the week and I need the weekend to catch up on my rest and homework			
17. I want to get more exercise, but I just can't seem to make myself be committed to the schedule.			
18. I'm afraid I might injure myself.			
19. I'm not good enough at any physical activity to make it fun			
20. If we had exercise facilities and shower at work, then I would be more likely to exercise.			

Activity #2

Analyze your answers from above activity. Enumerate your top three reasons for not engaging into a regular physical exercise. Devise or think of a solution or alternative activities to counter these factors from hindering you into engaging in physical fitness activity.

I cannot engage into a regular physical activity/ exercise because...	but I am determined to...





W R A P – U P

Direction: Answer the following questions on your notebook.

1. What is the most common barrier to physical activity involvement?
2. What are the ways on how to present these barriers from affecting the physical activity involvement?
3. Do you have any personal suggestion not to be affected by these barriers?



V A L U I N G

Barriers to physical activity involvement are risk factors to our health include the things that we do in our everyday lives and the physiological characteristics that we inherit from our parents. They should be taken seriously. Being aware of these risk factors as well as doing something to prevent and counteract their effect are important. Engaging in active recreational activities is highly promoted as one means of promoting a healthy lifestyle.

Answer this question in your journal, at least three paragraphs:

What is the importance of identifying the barriers to physical activity?



P O S T T E S T

Direction: Identify the kind of physical barrier that is being overcome with the following statements:

1. Do not think that exercising is painful or boring
2. Getting in touch with your local community center
3. Perking up your diet as healthy foods can increase your energy levels
4. Choose single recreations such as working out using an exercise video if you feel uneasy exercising in front of other people.
5. Take a brisk walk at your local air – conditioned shopping center.





KEY TO CORRECTION

Pre Test	Post Test	
1. True	1. Exercise is uninteresting	
2. True	2. Lack of skills	
3. False	3. Lack of energy	
4. False	4. Lack of motivation	
5. False	5. Excuses about the weather	

References

Books

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WEBSITE

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