



DEPARTMENT OF EDUCATION  
SCHOOLS DIVISION OF NEGROS ORIENTAL  
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



# PE and Health

## Quarter 2 – Module 4

### Demonstrate Proper Etiquette and Safety in the Use of Facilities and Equipment for Physical Exercise, Sports and Dance Activities



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**PE – Grade 12**

**Alternative Delivery Mode**

**Quarter 2 – Module 4: Demonstrating Proper Etiquette and Safety in the Use of Facilities and Equipment in Physical Exercise, Sports, and Dance Activities**  
**First Edition, 2020**

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## PE

### **Quarter 2 – Module 4:**

Demonstrate Proper Etiquette and Safety in the Use of Facilities and Equipment in Physical Exercise, Sports, and Dance Activities



# Introductory Message

For the facilitator:

Welcome to the \_\_\_\_\_ (Physical Education and Health - Grade 12) Alternative Delivery Mode (ADM) Module on Demonstrating Proper Etiquette and Safety in the Use of Facilities and Equipment in Physical Exercise, Sports and Dance Activities!

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 Physical Education and Health 3 Alternative Delivery Mode (ADM) Module on Demonstrating Proper Etiquette and Safety in the Use of Facilities and Equipment in Physical Exercise, Sports and Dance Activities!

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>Assessment</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 i



### *What I Need to Know*

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. In engaging with different physical activities, dances, and exercises, you are likely to utilize several sports and dance facilities and equipment. These resources will provide a guiding principle in observing proper etiquette and manners when you make use of them.

**Sports facilities and equipment** are "laboratories" for Physical Education (P.E) where games are performed or played and consequently facilities and equipment are important for the achievement of goals of Physical Education and sports.

A **dance studio** is a space in which **dancers** learn or rehearse. The term is typically used to describe a space that has either been built or equipped for the purpose. A **dance studio** normally includes a smooth floor covering or, if used for tap **dancing**, a hardwood floor.

Some facilities or venues have a strict implementation of their rules, but these are among the most common etiquette and proper manners you should consider depending on the type of venue you are in. Proper etiquettes and safe use, will be discussed thoroughly as you continue with this module.

### **LEARNING COMPETENCY:**

Demonstrates proper etiquette and safety in the use of facilities and equipment **MELC Code: PE12FH-Ia-t-12**

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

- Identify proper etiquettes and safety in the use of facilities and equipment in physical exercise, sports, and dance activities;
- Describe additional information about proper etiquettes and safety in the use of facilities and equipment in physical exercise, sports, and dance activities;
- Display proper behavior in using facilities and equipment in physical exercise, sports, and dance activities.



## ***What I Know***

### **Pre-Assessment**

The succeeding activities are provided to assess and activate your prior knowledge about proper etiquette and safety in the use of facilities and equipment.

**Activity1. Loop-a-Word:** Loop as many words associated with gym etiquette and manners. Write the description of the word and relate it to the topic. Copy and answer this in your activity notebook.

S	E	A	R	P	H	O	N	E	S
A	S	L	I	P	P	E	R	Y	P
F	U	I	P	K	X	W	F	E	E
E	Q	U	I	P	M	E	N	T	A
T	Q	T	M	H	K	I	L	D	K
Y	R	U	L	E	S	G	S	G	E
E	I	W	P	L	R	H	Q	B	R
T	K	X	C	L	O	T	H	E	S
I	N	J	U	R	Y	S	U	M	T
H	Y	G	I	E	N	E	O	U	E

1. Safety
2. Rules
3. Sweat
4. Speakers
5. Clothes
6. Slippery
7. Injury
8. Weights
9. Hygiene
10. Equipment





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

### **Task 1: Think It! Before you do it!**

Direction: Answer the following question below after reading the scenario. Write your answer in your activity notebook.

1. You are about to work out in the gym with a group of friends. The leader of your group has selected some workouts for you to do. How can you determine if the workout in the gym is safe? Do you want to use the equipment inside the gym without any knowledge? What will you do first?

### **Task 2: "Meet My Friend"**

**Directions:** In this activity, you will be given opportunities to refine and sharpen your understanding of the proper etiquette and good manners and use of equipment and facilities during physical exercise, sports, and dance.

Here are your tasks:

Interview at least three (3) local fitness enthusiast (i.e. gym instructor, fitness coach, athlete, dancer, Dance instructor, PE Teacher) in your community to share their meaning and insights on gym etiquette, a dance studio on proper manners in the use of facilities and equipment in a particular venue.

After the interview, answer the following questions:

- a. Who among the three persons inspired you the most? Why?
- b. How did their sharing help you enhance your understanding of proper etiquette and proper manners in using facilities and equipment inside the gym, court, and dance studio?
- c. Based on the ideas and knowledge shared by the persons you interviewed, what benefits can you share and apply from following these etiquettes and manners?



## ***What's New***

### **Task 3: The Proper Etiquette That I Would Like to Know More About**

This activity allows you to share your knowledge about the proper etiquette in which brings out your expectations of the lesson, your prior knowledge and skills, and a specific activity you want to learn more about. Copy and answer the table in your activity notebook.

Here are your tasks:

1. Study the following K-W-L chart below. Under the first column K, write at least 5 things you already know about a certain etiquette in using facilities and equipment. Under the second column W, write at least 5 things you want to know more about. Don't write anything yet on the L column. You will accomplish this after discussing the first two columns.

K What I <b>K</b> now	W What I <b>W</b> ant to know	L What I've <b>L</b> earned
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

2. Write a brief explanation of the things you KNOW and the things you WANT to KNOW TO your friends, relatives, and family members.

3. After sharing, submit your paper to the teacher.



## ***What is It***

### **Court or Field**

A playing court or field depending on the sport can be indoors or outdoors. Certain sports require to set up their equipment first, such as volleyball, tennis, badminton, table tennis, taekwondo, judo, etc. However, some sports need minimal setup for their facilities like basketball, football, etc.

This will vary depending on the venue arrangements like rented facilities , but those who will utilize certain equipment are expected to maintain the cleanliness of the property, to properly fix, return and store the equipment after being used.

Here are some of the common manners:

1. Throw away used supplies and waste materials to designated trash bins in the facility.
2. Wipe off wet spots caused by drinks and sweat.
3. Check yourself such as proper hygiene and care.
4. Avoid using cigarettes while on the premises.
5. Be nice, as a general rule.



[https://www.tutorialspoint.com/volleyball/volleyball\\_quick\\_guide.htm](https://www.tutorialspoint.com/volleyball/volleyball_quick_guide.htm)

## **Gym or Weights Area**



<https://www.allforfitness.com/gym-etiquette-101-dont-break-these-29-unwritten-rules/>

Strength training is an integral part of muscle building. Most of its facilities are indoor with different types of equipment like machine weights, free weights, balls, mobility machines (e.g. treadmill, stationary bike, rower, stair climber), mats, bars, etc. They are properly arranged to allow maneuverability and easy access

for people working out. Always keep in mind that this training involves the risk of injury, thus, you are expected to be on your best behavior to avoid some kind of accident inside the working area.

These 15 gym rules are just a few we should all start following right away.

### **1.Never Make Fun Of Other Gym-Goers**

This rule should go completely without saying, but if there's one piece of gym etiquette you follow, this should be it. No secret Snapchats of the person on the next machine. No Instagram stories of a person on the treadmill in front of you. Invading their privacy for any reason is just *wrong*.

### **2. Wipe Down Equipment After Using It**

Even if you didn't leave any visible sweat, it's just plain healthy to wipe down any equipment after you're done using it. According to BBC News, bacteria can live for several hours on gym equipment, and viruses can survive for several days. Wiping equipment down with disinfectant can stop the spread of those germs.

### **3. Share Equipment**

We get it; you've got fitness goals. But if you're in a gym setting, other people have goals, too, and they might need to use the same equipment you're using. So just be aware of other people might need to use the equipment you're on, and be willing to change up your plans if someone else needs to use that piece of equipment, too.

### **4. Keep Phone Conversations To A Minimum**

Like any public space, you should keep any phone conversations short and quiet. You came to get your fitness on, not call your bestie to talk about your day. If you have to make a quick phone call, step out into the lobby or the locker room so you don't disturb the other gym-goers.

### **5. Avoid Excessive Grunting Or Vocalizing**

We all know that person. You know, the one with the heavyweights who are practically screaming in the back of the gym. We're not saying you have to be quiet as a mouse when you work out. But there's a point at which we all know that noise level becomes, well, too much. Just be aware of the people around you, is all I'm saying.

### **6.Just Let Your Friends Exercise**

It's one thing if you're both exercising side by side, but it's not good gym etiquette to be that person who stands next to their friend while they're working out, chattering away. You might think your friend is having fun talking to you, but chances are, they just want to focus on their workout. It's OK to chat for a little bit you came to the gym to work out together — but then get back to your reps.

## **7. Ask Permission Before Changing The TV Channel**

Most gyms have a few public TVs in addition to the private ones attached to single pieces of equipment. During various sports seasons, you'll see groups gathered around them while key games are on. You don't want to be the person who just randomly changes the channel without asking permission from the masses.

## **8. Only Sing Your Tunes In Your Head**

You may have vocals that could get you to the finals of *American Idol*, but that doesn't mean you should belt out the tunes while stretching out your hammies. It'd be funny at first, but pretty obnoxious in the long run.

## **9. Remember That The Locker Room Isn't Your Living Room**

Some people get super comfortable in the locker room. Like super comfortable in the locker room. Changing out in the open is fine — it's a locker room, after all — but just be mindful that not everyone is comfortable being around naked strangers, and keep your towel close by.

## **10. Follow Bathroom Stall Rules On The Machines**

If you're not familiar with bathroom stall rules (or urinal rules), they're simple. It's all about giving people personal space. If someone is using a stall, you skip the stall next to them and use the stall over. The same applies to fitness equipment. Don't just jump on a piece of equipment right next to someone if there are other open machines. Spread out and give people their personal space.

## **11. Don't Sit On Equipment When You're Not Using It**

Sitting on equipment is calling dibs. Even if it's a bench, try not to sit on it if you're just chatting with a friend. Someone might need that bench, and they might not feel comfortable asking you to move. If you need to sit, find a space that's designated for sitting, like a lounge area or a locker room.

## **12. Keep The Selfies To A Minimum**

It's OK to be proud of the work you're doing to improve your health. Just don't hold up someone else's workout because you're trying to get the perfect selfie with the equipment they need to use. Snap a quick photo of your progress and move on. We all know you're rocking it.

## **13. Only Give Advice To People Who Ask You**

We know you're probably just trying to be helpful and don't get people to get hurt, but walking up to strangers and giving them advice they didn't ask for is a real turn off. It can make people feel unwelcome in that space. Unless you see someone who's in immediate danger, keep your advice to yourself unless someone asks you for help.

## **14. Put Equipment Away When You're Done**

Gyms are public spaces you're sharing with lots of other people, so it's up to everyone using that space to keep it clean and organized. Yes, some employees are paid to clean the space, but that doesn't give anyone license to trash space. That's like going to the movies and leaving your popcorn on the floor after the movie because there someone else is paid to clean it up. You put your

weights away when you're done, just like you put your empty popcorn tub in the trash.

### **15.Keep Your Dating Game On Tinder**

Can you meet a date at the gym? Sure. But don't hit up the gym for dates. The gym should be a safe space for people to go to exercise. They shouldn't have to worry about getting hit on or catcalled.

## **Dance Studio**



[https://en.wikipedia.org/wiki/Dance\\_studio#/media/File:Dancing\\_lesson\\_16507650.jpg](https://en.wikipedia.org/wiki/Dance_studio#/media/File:Dancing_lesson_16507650.jpg)

A **dance studio** is a space in which **dancers** learn or rehearse. The term is typically used to describe a space that has either been built or equipped for the purpose.

A dance studio normally includes a smooth floor covering or, if used for **tap dancing**, a **hardwood** floor. The smooth vinyl floor covering, also known as a **performance surface** and commonly called "Marley", is generally not affixed permanently to the underlying floor and can be rolled up and transported to performance venues if needed.

## **Safety Management Strategy for Dance Studios**

There are six elements to a comprehensive risk and safety management strategy for dance schools and studios.

### **Preventative measures**

Proper safety practice begins with risk identification and management. When you understand your risks, you can take preventative measures:

- Create a policy for proper footwear. Too much cushion, or barefoot, is an injury risk. Display your footwear rules.
- Inspect floor daily for wet spots due to leaks.
- Waivers are important to safety in the sense that they help parents and adult participants understand the importance of their safety education and measures. Consult an attorney on creating a proper, simple, yet effective waiver. It is worth the minimal cost. You may even tailor waivers to participant skill levels.

### **Supervision of activity**

Supervision is crucial, especially for studios that need a child and youth risk management strategy:

- Have warnings and disciplinary actions in place for those who break policy.
- Ensure appropriate instructor to student ratios for various age groups and skill levels.
- For any aerial activities, take extra precautions against falls.

### **Facilities and equipment**

A fault in your facility can put you in the position of a responsible party for injuries or accidents. Take measures to be attentive to the condition of your facility and equipment at all times:

- Slip-and-fall: keep the floor clean of food, debris, and tripping hazards. Confetti or other materials can make the floor slippery. Use the recommended products to clean/wax the floor.
- If you find a leak, determine the origin, and mark off the affected area until a repairman arrives.
- Get any wall or ceiling discoloration inspected.
- Never touch sprinkler heads.

### **Staff education and instruction**

Make sure everyone – head instructors, instructors, and students – know their responsibility when it comes to facility rules and procedures.

### **Emergency response plans**

Develop a plan specific to the activities your studio offers. Plan for all-studio emergencies, such as a tornado, as well as individual medical emergencies.

A plan should have 3 basic elements: 1) tasks to execute, 2) people assigned to execute them, and 3) a document that outlines 1 and 2 in a simple, concise format.

You can run it by the community's emergency personnel for proofing and help you identify what equipment you need (e.g., fire extinguishers). For instance,

speak to your local fire dept. for advice and guidance on your facility, such as making sure emergency exit signs are visible.

Once you have a final document, practice it! For example, students and staff should participate in quarterly fire drills.

### Proper Insurance Coverage

Finally, make sure you have dance school insurance. Your coverage should include both accident and liability, and be tailored to dance studios specifically. Be sure you have an agent who will walk you through the coverage so you understand it clearly.



### ***What's More***

#### Task 4:

#### **“Proper Etiquette Journal”**

Directions: Create a **Self-Reflective Journal** that contains your detailed fitness habits. A reflective journal is a place to write down your reflection on fitness habits. It can be something good or bad that has happened to you that you can self-reflect on how you apply and observe proper etiquette. Specify how you observe proper manners when using equipment and facilities in a gym and dance studios. Write it in your activity notebook.



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

Complete the following statements.

I have learned that...

---

---

I discovered that...

---

---

I understand that...

---

---

I will share my...

---

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

### **Task 5 “Slogan Making”**

Direction: **Create a Slogan for Promoting the Proper Utilization and Safety Management** Strategy for Dance Studios. Use separate paper or any clean sheet of bond paper for your activity.

The following criteria will be the bases for scoring

Creativity - 20%

Content - 50%

Originality - 30%



## ***Assessment***

### **Post - Assessment**

Direction:

Choose the correct answer from the given choices. Write the letter of your answer in your activity notebook.

1. When inside the gym, what manners should be observed appropriately?
  - A. Walking without a shirt
  - B. Wearing slippers
  - C. Hugging the equipment
  - D. Returning the dumbbell after use
2. A playing court should be
  - A. Dirty
  - B. Slippery
  - C. Clean and safe
  - D. New
3. A hazard in your facility can put you in the position as a responsible party for \_\_\_\_\_.
  - A. injuries or accidents
  - B. Conflict
  - C. trouble
  - D. burns
4. Make sure everyone ( head instructors, and instructors,) know their responsibility when it comes to facility rules and procedures.
  - A. managers
  - B. students
  - C. dancers
  - D. audience
5. Leaving the weights anywhere can cause
  - A. Gains
  - B. Injury/accident
  - C. Trust
  - D. Burns

6. Shouting and grunting inside the gym can
  - A. Distract other people
  - B. Help others gain strength
  - C. Lose weight
  - D. Caused injury
7. Used supplies and equipment such as empty water bottles should be thrown in
  - A. Lockers
  - B. Trash bins
  - C. Machine Weights
  - D. Treadmill
8. Wiping equipment down with disinfectant can stop the spread of \_\_\_\_\_.
  - A. germs
  - B. virus
  - C. bacteria
  - D. all of the above
9. How does one practice proper hygiene and care.
  - A. Never use deodorant and take a bath daily
  - B. Force, yourself to engage in physical activity even if you are feeling sick.
  - C. Take a bath or use deodorant if needed
  - D. All of the above
10. What is a general rule in proper etiquette and safety in the use of facilities and equipment?
  - A. Be polite
  - B. Be naughty
  - C. Be friendly
  - D. Be nice



## ***Additional Activities***

### **“My Artistic Signage”**

**Direction:** Make an artistic signage on how to demonstrate proper etiquette in using facilities and equipment in performing sports training, physical exercise, and dance activities. Provide an explanation as to the importance of such etiquette.

The following criteria will be the basis for scoring.

- Creativity - 30%
- Content - 40%
- Originality - 30%



# Answer Key

<p>Task 1: What's In (Answers may vary)</p> <p>Task 2: What's In (Answers may vary)</p> <p>Task 3: What's New (Answers may vary)</p> <p>Task 4: What's More (Answers may vary)</p>	<p>Pre-Assessment (What I Know)</p> <ol style="list-style-type: none"><li>1. Safety</li><li>2. Rules</li><li>3. Sweat</li><li>4. Speakers</li><li>5. Clothes</li><li>6. Slippery</li><li>7. Injury</li><li>8. Weights</li><li>9. Hygiene</li><li>10. Equipment</li></ol>
<p>What I Have Learned (Answers may vary)</p> <p>Task 5: What I can Do (Answers may Vary)</p>	
<p>Assessment: Post-Assessment</p> <ol style="list-style-type: none"><li>1.D</li><li>2.C</li><li>3.A</li><li>4.B</li><li>5.B</li><li>6.A</li><li>7.B</li><li>8.D</li><li>9.C</li></ol>	

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