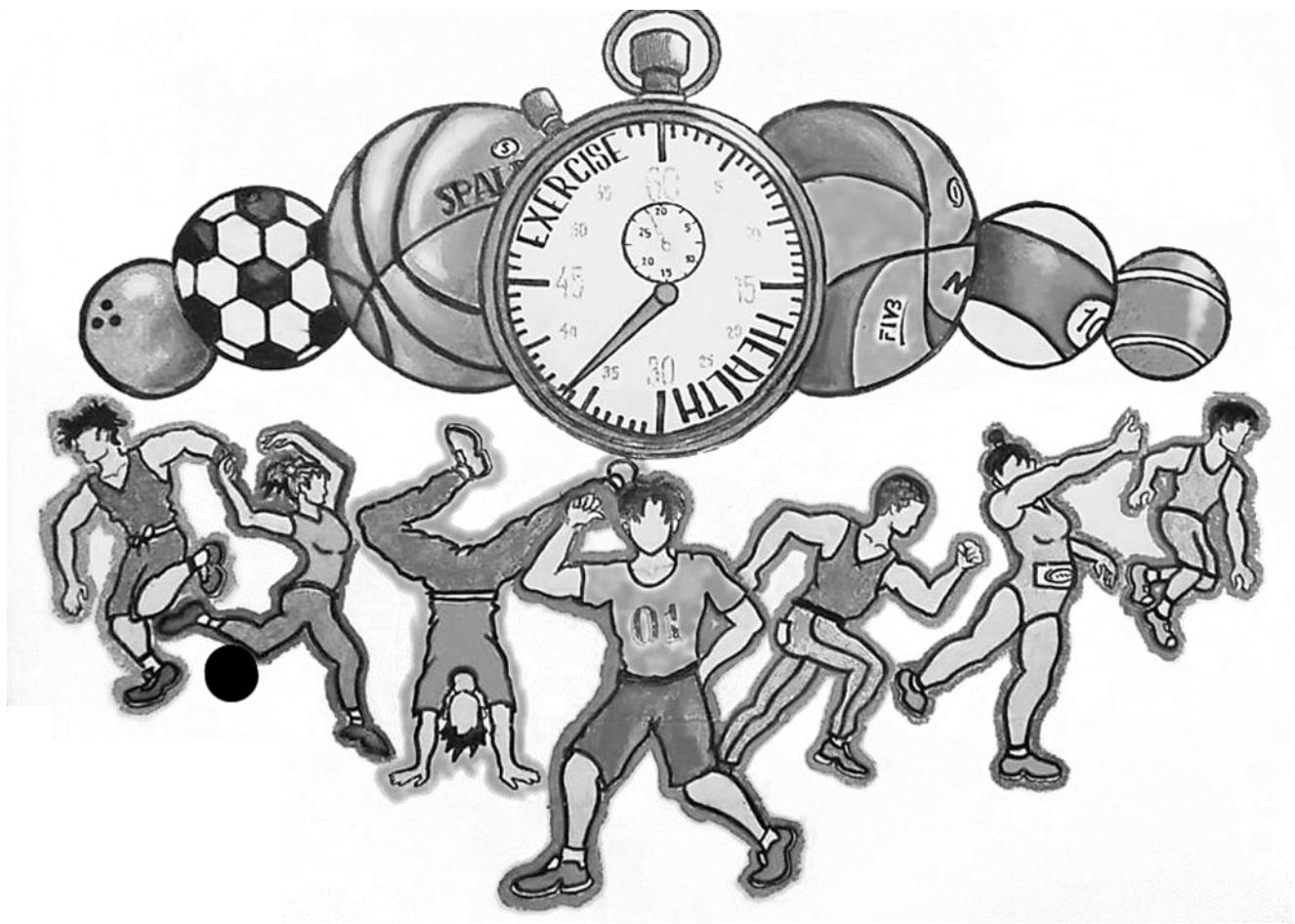


# **HOPE 1**

## **1st Semester**

### **Module 2: Fitness and Health**



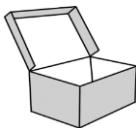
Writer : Leah S. Bulay-og

Cover Illustrator: Xylene C. Ocon



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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 lessons namely:

- Lesson 1 – Diet & Nutrition
- Lesson 3 – Moderate to Vigorous Physical Activity and Its Barriers to Physical Activity Assessment Participation.

### **Learning Competencies and Objectives:**

- Self – assesses health-related fitness (HRF), status, **barriers to physical activity assessment participation** and **one's diet**.
- Sets Frequency, Intensity, Time and Type (FITT) goals based on training principles to achieve and/or maintain health-related fitness (HRF)
- 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.

After going through this module, you are expected to:

1. Determine the type of eating and understand the importance of having healthy eating lifestyle through essay.
2. Create a healthy meal plan and schedule what food to eat for breakfast, snack ,lunch and dinner.
3. Understand and explain how to overcome one's barriers to physical activity.
4. Identify the F.I.T.T. principles and ways to apply it through fitness plan.
5. Compose a jingle with choreography about the importance of F.I.T.T. principle using tiktok music.





## What I Know

TRUE OR FALSE:

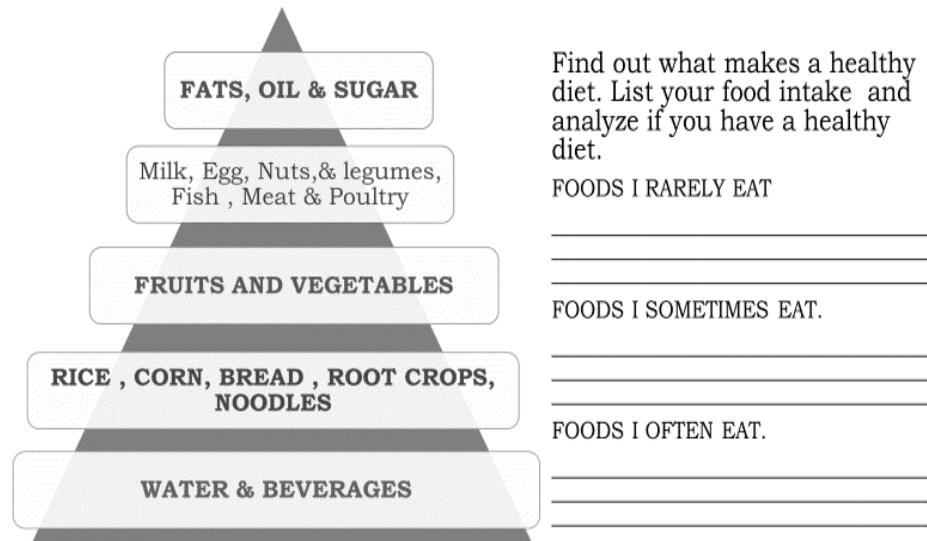
1. The recommendations for physical activity are the same for children and adults
2. When you are physically active it's a case of no pain no gain
3. Being physically active is expensive and you need money for equipment
4. Swimming is better than walking
5. Being active is good for dealing with stress.
6. You don't need extra physical activity if your work keeps you on the move all day
7. People with high blood pressure shouldn't be physically active
8. A lot of physical activity would lead to huge muscle development
9. If you're trying to lose weight, the only sure way is to eat less
10. Strength and flexibility are as important as stamina in looking after your body.
11. Aerobic Fitness reduces the risk of heart disease, diabetes, and chicken pox.
12. Becoming physically fit will help improve your cardiovascular endurance but it will not make you look or feel better.
13. Relaxation methods such as meditation, yoga, progressive muscular relaxation, and massage therapy can help in reducing stress.
14. A warm-up helps to bring the heart rate back to normal and relaxes the body.
15. Cardiovascular endurance, or the body's ability to continuously pump oxygen-rich blood to the muscles, is the most important fitness component for health.





## What's In

### My Food Pyramid, My Healthy Diet



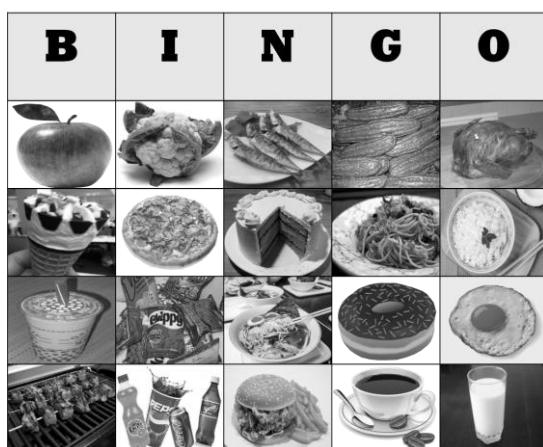
#### Activity 1:

Try to recall the foods that is included in Food Pyramid. With your response analyze if the foods you take is based on the Food Pyramid Guidelines.



## What's New

### LET'S PLAY FOOD BINGO!



Select in the food you usually eat , highlights the food horizontally, vertically diagonally or maybe in square. Be honest!

Analyze when do you usually eat those food? Is that a part of your daily routine? Do you think it is healthy?



## **LESSON 1: EAT RIGHT FOR A HEALTHY LIFE**



### **What is It**

Eating is part of our daily routine. We eat food to increase our energy, to replenish our strength, and to power our minds to think more clearly to handle problems. In our country, it has been tradition to prepare delicious food during celebrations—which happens several times in a year. During these times, most of us would pile up our plate with every type of food we see and will not realize until later that we have already consumed a large amount of food. This shows that we usually do not mind the amount of food that we eat. Some people choose to eat only a certain food group. Vegetarians, for example, choose to eat only fruits and vegetables. Others vary the food they eat and how they eat according to factors such as culture, location, age, and/or state of fitness or health. Each of us has preference in the type of food we chose and the way we eat. There are four types of eating we should know of and understand.

#### **FUELING FOR PERFORMANCE**

**FOUR TYPES OF EATING THAT YOU SHOULD KNOW**

Before heavy training, an athlete needs the right kind of food that can provide the proper fuel for his or her energy requirement. There should be a balance among all food groups: carbohydrates, protein, fats, minerals, vitamins, and water that will provide the body what it needs for an effective and optimum performance. Athletes usually practice this sort of structured diet for good body composition, athletic performance, and recovery. In addition, athletes need to eat a variety of food to stabilize the condition of the body. They need to eat regular meals and snacks and get enough calories to fuel the body for training and athletic events. Athletes also need to drink more fluids as compared to nonathletes. This helps them to avoid dehydration which can cause dizziness, muscle cramps, and lightheadedness.



## **EMOTIONAL EATING**

Emotional eating is the practice of consuming large amounts of food in response to emotions instead of hunger. Many people turn to food as a source of comfort, a stress reliever, or as a reward. Eating as a coping mechanism is unhealthy because the problem is not addressed. Eating makes someone feel better for a while but the emotion (or its cause) remains unaddressed. Overcoming this unhealthy habit means teaching an emotional eater healthier way to deal with stress and to develop better eating habits. If it is not resolved, emotional eating can lead to obesity and weight gain.

## **SOCIAL EATING**

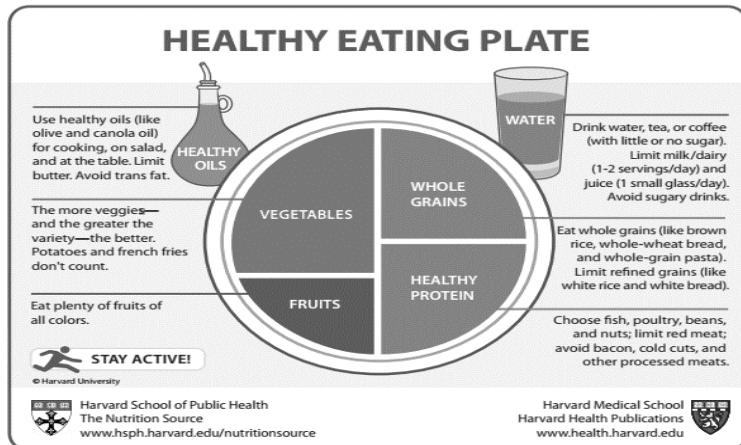
Many times in our lives, we get invited to partake of all the scrumptious food on the table during celebrations. Oftentimes, we indulge even if we are not hungry for the sake of being sociable and to not offend the host or the group. This is called Social Eating. Sometimes, peer pressure is the reason why one feels compelled to consume more calories than planned. Social eating can directly affect a person's health, leading to obesity and other health-related problems. While most of us try to maintain a good eating habit, attending social events with lots of eating can get in the way. This only makes a healthy eating habit difficult to maintain

## **DISTRACTED EATING**

Have you tried eating while watching your favorite show or sports team on TV? Eating while watching TV for extended periods of time poses a serious risk to your health. Many do not pay attention to their meal as they are distracted with what they are watching, thus they tend to eat more. Others spend time eating junk food, sweets and soft drinks while watching TV. This type of diet leads to overweight, obesity, and even increased risk to diseases like diabetes and hypertension. Aside from consuming too much food, it promotes an unhealthy lifestyle—leading a sedentary lifestyle rather than going out and doing physical activities.



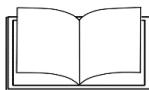
Eating is important but we must learn to manage it properly. Too much or too little food consumed is unhealthy. It is better to maintain a balanced diet and healthy lifestyle to prevent illness. No one have controlled our eating habits except ourselves.



## Our Healthy Eating Plate

- Make most of your meal vegetables and fruits –  $\frac{1}{2}$  of your plate:**  
Aim for color and variety and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.
- Go for whole grains –  $\frac{1}{4}$  of your plate:**  
Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.
- Protein power –  $\frac{1}{4}$  of your plate:**  
Fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.
- Healthy plant oils – in moderation:**  
Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”
- Drink water, coffee, or tea:**  
Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.
- Stay active:**  
The red figure running across the Healthy Eating Plate's placemat is a reminder that staying active is also important in weight control.





## What's More

### Activity 2: Self-Check Directions:

Do you have a healthy eating habit? Answer the table below by writing “Yes” or “No” in each situation given.

My Eating Habits	YES	NO
1. I go to the party and eat a lot with my family or friends.		
2. I don't mind if I eat a lot		
3. I make sure that I don't eat before doing my exercise		
4. Food is my stress reliever		
5. Whenever I'm happy, I love to eat.		
6. I eat less when I am depressed		
7. I feel compelled to eat every time we have a celebration.		
8. I don't eat food when I'm watching TV or any sport event.		
9. I eat my meals regularly. I make sure that I don't skip any meal.		
10. I eat more than three meals in a day.		

### Activity 3: I Realize Directions

Answer the following questions.

1. Do you have a healthy eating habit? Why did you say so? Explain.

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2. In your self- check, what are some eating habits that you think should change? Why?

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3. What eating habits should you continue? Why?

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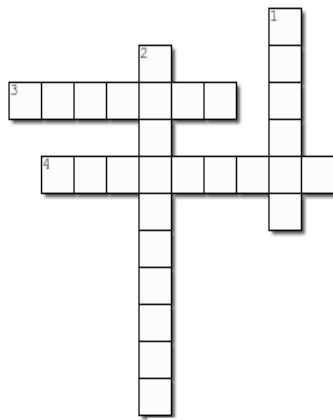
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## What I Have Learned

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 3. food that can provide the proper fuel for his or her energy requirement
- 4. a practice of consuming large amounts of food in response to emotions instead of hunger

**Down**

- 1. for the sake of being sociable and to not offend the host or the group
- 2. Eating while watching TV for extended periods of time



## What I Can Do

### Activity 4: MY WEEKLY MEAL PLANNER

DIRECTIONS: Have you scheduled what food you should eat for this week? Your task in this activity is to make weekly meal planner by completing the chart below.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snacks							
Dinner							





## Assessment

Write an essay entitled:

**“ACT HEALTHY. BE HEALTHY. EAT HEALTHY.”**

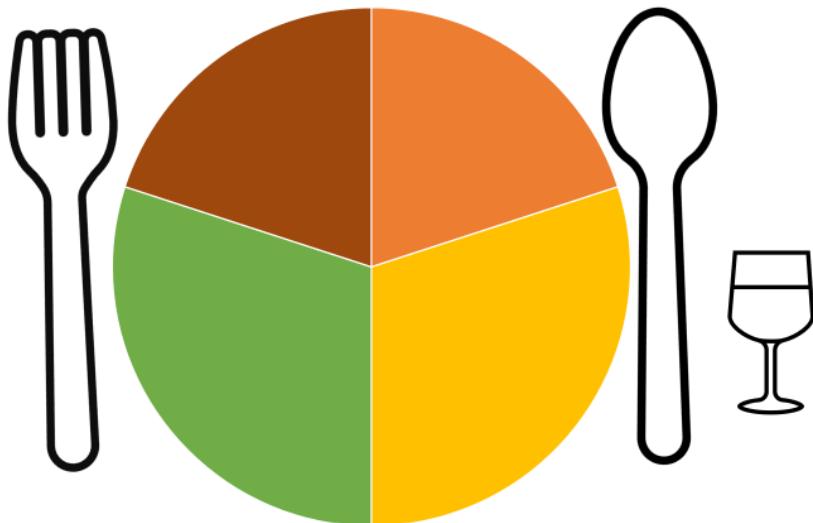
	<b>Unsatisfactory 0 pts</b>	<b>Needs Improvement 5 pts</b>	<b>Satisfactory 15 pts</b>	<b>Outstanding 25 pts</b>
Content & Development	<p>Unsatisfactory</p> <ul style="list-style-type: none"> <li>- Content is incomplete.</li> <li>- Major points are not clear.</li> <li>- Specific examples are not used.</li> </ul>	<p>Needs Improvement</p> <ul style="list-style-type: none"> <li>- Content is not comprehensive and /or persuasive.</li> <li>- Major points are addressed, but not well supported.</li> <li>- Responses are inadequate or do not address topic.</li> <li>- Specific examples do not support topic.</li> </ul>	<p>Satisfactory</p> <ul style="list-style-type: none"> <li>- Content is accurate and persuasive.</li> <li>- Major points are stated.</li> <li>- Responses are adequate and address topic.</li> <li>- Content is clear.</li> <li>- Specific examples are used.</li> </ul>	<p>Outstanding</p> <ul style="list-style-type: none"> <li>- Content is comprehensive, accurate, and persuasive.</li> <li>- Major points are stated clearly and are well supported.</li> <li>- Responses are excellent, timely and address topic.</li> <li>- Content is clear.</li> <li>- Specific examples are used.</li> </ul>
Organization & Structure	<p>Unsatisfactory</p> <ul style="list-style-type: none"> <li>- Organization and structure detract from the message.</li> <li>- Writing is disjointed and lacks transition of thoughts.</li> </ul>	<p>Needs Improvement</p> <ul style="list-style-type: none"> <li>- Structure of the paper is not easy to follow.</li> <li>- Transitions need improvement.</li> <li>- Conclusion is missing, or if provided, does not flow from the body of the paper.</li> </ul>	<p>Satisfactory</p> <ul style="list-style-type: none"> <li>- Structure is mostly clear and easy to follow.</li> <li>- Transitions are present.</li> <li>- Conclusion is logical.</li> </ul>	<p>Outstanding</p> <ul style="list-style-type: none"> <li>- Structure of the paper is clear and easy to follow.</li> <li>- Transitions are logical and maintain the flow of thought throughout the paper.</li> <li>- Conclusion is logical and flows from the body of the paper.</li> </ul>





## Additional Activities

### MY PLATE, MY SAY



Kindly fill in / write the foods you should eat more and less based on the paper plates design.



### What's In

How to develop healthy eating habits?

Why Are Healthy Eating Habits Important



### What's New



**FOUR**

**PICS**



**ONE**



**WORD**





## What is It

### Lesson 2: Moderate to Vigorous Physical Activity and Its Barriers to Physical Activity Assessment Participation

#### What is Moderate-intensity and Vigorous-intensity Physical Activity?

**Intensity** refers to the rate at which the activity is being performed or the magnitude of the effort required to perform an activity or exercise. It can be thought of "How hard a person works to do the activity".

The intensity of different forms of physical activity varies between people. The intensity of physical activity depends on an individual's previous exercise experience and their relative level of fitness.

Here are examples of moderate-intensity and vigorous-intensity physical activities:

Moderate-intensity Physical Activity (Approximately 3-6 METs)	Vigorous-intensity Physical Activity (Approximately >6 METs)
Requires a moderate amount of effort and noticeably accelerates the heart rate.	Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.
Examples of moderate-intensity exercise include:	Examples of vigorous-intensity exercise include:
<ul style="list-style-type: none"><li>• Brisk walking</li></ul>	<ul style="list-style-type: none"><li>• Running</li></ul>
<ul style="list-style-type: none"><li>• Dancing</li></ul>	<ul style="list-style-type: none"><li>• Walking / climbing briskly up a hill</li></ul>
<ul style="list-style-type: none"><li>• Gardening</li></ul>	<ul style="list-style-type: none"><li>• Fast cycling</li></ul>
<ul style="list-style-type: none"><li>• Housework and domestic chores</li></ul>	<ul style="list-style-type: none"><li>• Aerobics</li></ul>
<ul style="list-style-type: none"><li>• Traditional hunting and gathering</li></ul>	<ul style="list-style-type: none"><li>• Fast swimming</li></ul>
<ul style="list-style-type: none"><li>• Active involvement in games and sports with children / walking domestic animals</li></ul>	<ul style="list-style-type: none"><li>• Competitive sports and games (e.g. Traditional Games, Football, Volleyball, Hockey, Basketball)</li></ul>
<ul style="list-style-type: none"><li>• General building tasks (e.g. roofing, thatching, painting)</li></ul>	<ul style="list-style-type: none"><li>• Heavy shovelling or digging ditches</li></ul>
<ul style="list-style-type: none"><li>• Carrying / moving moderate loads (&lt;20kg)</li></ul>	<ul style="list-style-type: none"><li>• Carrying / moving heavy loads (&gt;20kg)</li></ul>

<https://anjumsultanablog.files.wordpress.com/2015/11/moderate-and-vigorous-pa.jpg?w=930>.

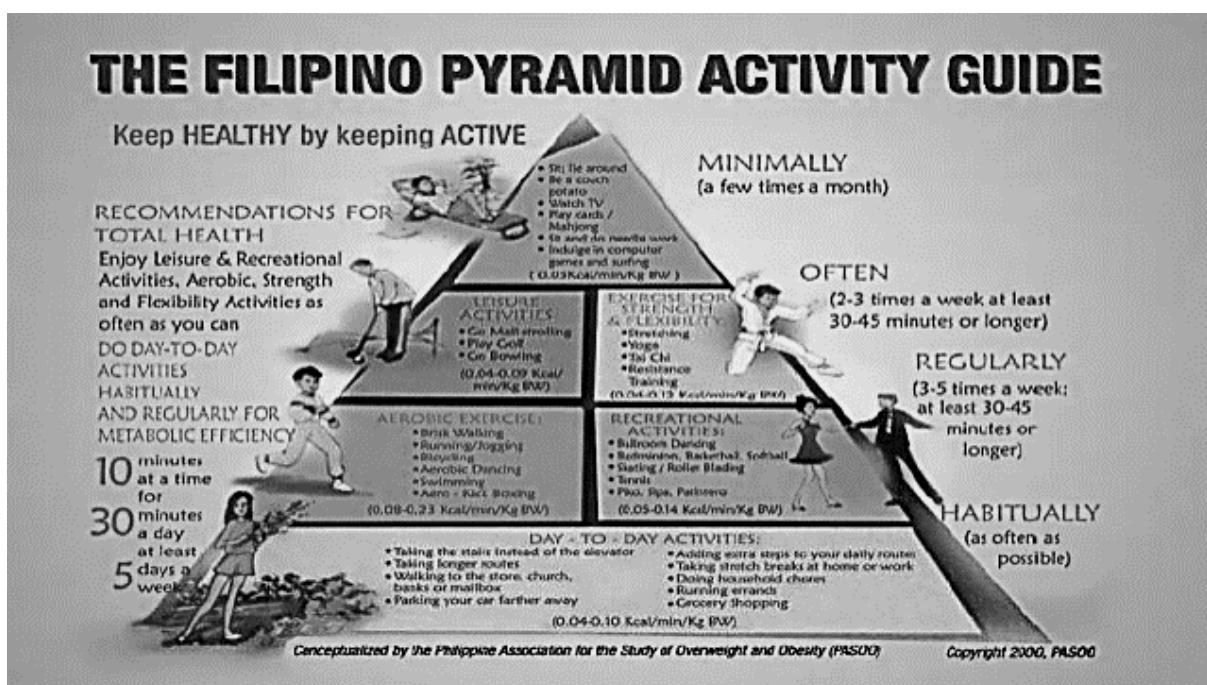


Metabolic Equivalents (METs) are commonly used to express the intensity of physical activities. MET is the ratio of a person's working metabolic rate relative to their resting metabolic rate. One MET is defined as the energy cost of sitting quietly and is equivalent to a caloric consumption of 1kcal/kg/hour. It is estimated that compared with sitting quietly, a person's caloric consumption is three to six times higher when being moderately active (3-6 METs) and more than six times higher when being vigorously active (>6 METs).

### **Why is participating in moderate to vigorous physical activity important?**

Increasing MVPA in PE has the greatest potential for increasing health benefits for most students as it generates more energy expenditure; contributes to obesity prevention and muscular and bone development; reduces anxiety and stress; improves self-esteem, mood and concentration; and reduces the risk of chronic diseases.

As a student, there are a lot of physical activities you can do to stay fit and healthy even with a busy schedule. Ever wonder how often you should do these activities? Here is what the Department of Health recommends, ranked from more to less:



<https://www.slideshare.net/ElaineLachica/health-education-7-1st-quarter-lesson-4-management-in-health-concerns-during-adolescence>

### **Overcoming Barriers to Physical Activity and Exercise**

There was a time in our life no matter how determined we are to engage into MVPA's activities, you suddenly loss interest and when an emergency comes



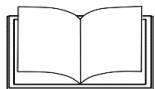
up, you feel like you are not in mood etc. In fact, many people come up with excuses to avoid exercise:

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

How can you overcome some common barriers to physical activity?

<b>BARRIERS TO PHYSICAL ACTIVITY</b>	<b>WAYS TO OVERCOME</b>
1. LACK OF TIME	<ul style="list-style-type: none"> <li>• Identify your free time</li> <li>• Identify at least three 30 minutes time slots you could use for physical activity.</li> <li>• If you cannot seem to find time for physical activity, make time for it instead.</li> <li>• select activities that require only a short time such as walking stair climbing or jogging.</li> </ul>
2. SOCIAL INFLUENCE	<ul style="list-style-type: none"> <li>• explain your interest in physical activity to your friends and family ask for their support.</li> <li>• invite your friends and family members to exercise with you</li> <li>• develop new friendships with physically active people join a physical activity-based groups like hiking club table Tennis Club badminton club etc. .</li> </ul>
3. LACK OF ENERGY	<ul style="list-style-type: none"> <li>• Convince yourself that if you give it a chance physical activity will get you in shape and increase your energy level try it.</li> <li>• schedule physical activity four times in a day or a week when you feel energetic.</li> </ul>
4. LACK OF MOTIVATION	<ul style="list-style-type: none"> <li>• plan. pack your exercise clothes in your bag ask your friends or family members to remind you about it.</li> <li>• invite family members or friends to exercise with you regular basis and write it in your calendars.</li> </ul>
5. FEAR OF INJURY	<ul style="list-style-type: none"> <li>• learn how to warm up and cool down properly.</li> <li>• learn how to exercise appropriately considering your age fitness level skill level and health status.</li> <li>• Observed the MFIT mode frequency intensity and time of exercise principle</li> <li>• Be fit first to play a sport.</li> </ul>
6. LACK OF SKILL	<ul style="list-style-type: none"> <li>• Select activities that you are already skillful at like those that required no new skill such as walking and jogging.</li> <li>• find a friend or engage the services of a trainer to teach you new skills.</li> <li>• take your seat in in a PE class to develop new skills.</li> </ul>
7. LACK OF RESOURCES	<ul style="list-style-type: none"> <li>• select activities that require minimal facilities or equipment such as walking jogging jumping rope dancing or any calisthenics.</li> <li>• identify in expensive and convenient facilities that are available to you school facilities. (community home facilities or public parks and Sports Complex .)</li> </ul>
8. WEATHER CONDITIONS, TRAVEL OR VACATION	<ul style="list-style-type: none"> <li>• develop a set of regular activities that can be performed indoors.</li> <li>• Take an advantage of outdoor activities while on vacation.</li> <li>• Walk on the halls and climb the stairs in hotels. Workout in their gym</li> </ul>

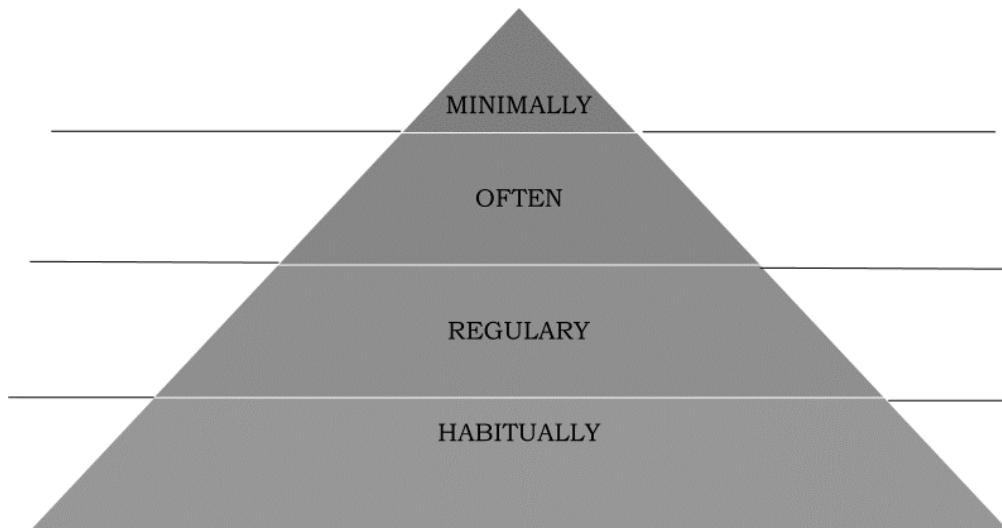




## What's More

### ACTIVITY: MY PHYSICAL ACTIVITY RANK

Write down your physical activity for the whole day and divide it base on the physical activity pyramid.



Listed below are common reasons of individuals why they do not get as much physical activity as they should. Please read each statement carefully and indicate how likely you are to say each of the following:

3- Very Likely;      2- Somewhat likely; 1 – Somewhat Unlikely    0- Very Unlikely

HOW LIKELY ARE YOU TO SAY	3	2	1	0
1. My day is so busy now. I just do not think I can make the time to include physical activity in my regular schedule.				
2. None of my family members or friends like to do anything active, so do I do not have a chance to exercise.				
3. I am just too tired after school to get any exercise.				
4. I have been thinking about getting more exercise, but I just cannot seem to get started.				
5. I am getting older so exercise can be risky.				
6. I do not get enough exercise because I have never learned the skills for any sports.				
7. I do not have any access to gym facilities, jogging trails, swimming pools , bike lanes etc.				
8. Physical activities takes too much time away from other commitments -time studies, family etc.				
9. I am embarrassed about how I will look when I exercise with others.				
10. I do not get enough sleep as it is. I just could not get up early or stay up late to get some exercise.				



11. It is easier for me to find excuses not to exercise than to go out to do something.			
12. I know of too many people who have hurt themselves by overdoing it with exercise.			
13. I cannot see myself learning a new sports or activity.			
14. It is just too expensive to take a gym class, join a club or buy the right equipment.			
15. My free time during the day are too short to include exercise			
16. My usual social activities with my family or friends do not include physical activity.			
17. I am too tired during the week and I need the weekend to catch up on my rest.			
18. I want to get more exercise, but I just cannot seem to make myself stick to anything.			
19. I am afraid I might hurt or injure myself during the exercise or while playing.			
20. I am not good enough at any physical activity to make it fun.			

Follow this Instruction to score yourself:

- Enter your rating in each item below
- Add the three scores on each line. A score of 5 above means this is an important barrier for you to overcome.
- Your barriers to physical activity fall into one or more categories.

1	+	8	+	15	=	LACK OF TIME
2	+	9	+	16	=	SOCIAL INFLUENCE
3	+	10	+	17	=	LACK OF ENERGY
4	+	11	+	18	=	LACK OF MOTIVATION
5	+	12	+	19	=	FEAR OF INJURY
6	+	13	+	20	=	LACK OF SKILL
7	+	14	+	21	=	LACK OF RESOURCES





## What I Have Learned

1. Why is participating in moderate to vigorous physical activity important?

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2. How other people play an important role in engaging to one's physical activity?

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3. How will you motivate yourself to engage in MVPA's?

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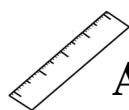
## What I Can Do

### POSTER MAKING

Title: SAY YES TO PHYSICAL ACTIVITY & BARRIERS GO AWAY!

CRITERIA	4	3	2	1
Graphics - Relevance	All graphics are related to the topic and make it easier to understand. All borrowed graphics have a source citation.	All graphics are related to the topic and most make it easier to understand. Some borrowed graphics have a source citation.	All graphics relate to the topic. One or two borrowed graphics have a source citation.	Graphics do not relate to the topic OR several borrowed graphics do not have a source citation.
Attractiveness	The poster is exceptionally attractive in terms of design, layout, and neatness.	The poster is attractive in terms of design, layout, and neatness.	The poster is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poorly designed. It is not attractive.
Creativity	Quality of work is competent, showing some imagination	Quality of work is fair, showing little imagination	Quality of work is poor, showing some imagination	Quality of work is poor, no showing some imagination





## Assessment

Direction: Write your own way how to overcome the following barriers to physical activity.

<b>BARRIERS TO PHYSICAL ACTIVITY</b>	
1. LACK OF TIME	
2. SOCIAL INFLUENCE	
3. LACK OF ENERGY	
4. LACK OF MOTIVATION	
6. LACK OF SKILL	





## Additional Activities

Write your fitness pledge in participating to physical activity.

### My Physical Activity Participation Pledge

I commit myself to pledge this  
day.....

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### What's In

Cite some ways to overcome situations that hinders you to engage in physical activity

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## What's New

What is this group of WORDS for?



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Is there any other way to be physically FIT?

---



## What is It

**LESSON 3:** Principles of F.I.T.T, Makes Our Body FIT or  
Let's Get FIT with Principle of F.I.T.T ???

Are you ready to take your workouts to the next level? Or do you simply want to begin incorporating exercise into your daily routine? Then consider using the FITT principle.

### What Is the FITT Principle and How Can You Benefit from It?



FREQUENCY (HOW REGULARLY YOU WORKOUT)

The **frequency** of exercise refers to number of times a physical activity is done in each week. According to the American College of Sports Medicine guidelines, it is recommended to exercise 3-5 days per week and for more optimal results, exercise can be done in most days of the week with a combination of light moderate-vigorous activity.

FOR CARDIO EXERCISE – moderate - five days a week, for extreme – three days a week



FOR STRENGTH TRAINING – two-three non-consecutive days a week (at least 1-2 days between sessions.



### INTENSITY (HOW HARD YOU WORK DURING WORKOUT)

The rate at which the activity is performed is called **Intensity**. It is also referred to as the magnitude of the effort required to perform an activity or exercise. It describes how easy or how hard a person must work in a certain activity, and it varies from one person to another. The determination of intensity depends on some individual factors such as exercise experience, relative level of fitness, and needs of fitness

FOR CARDIO EXERCISE – work on your target heart rate zone (THR) and concentrate on the range of intensities.



### TIME (HOW LONG YOU EXERCISE)

FOR STRENGTH TRAINING – amount of the weight you lift and repetition

**Time** is the duration or the length of session of a physical activity. It is inversely related to Intensity for the more intense a work is done, the shorter time it is performed.

FOR CARDIO EXERCISE - Exercise guidelines suggest 30-60 minutes depends how long you exercise and the intensity. The harder you work, the shorter your workouts will be.

FOR STRENGTH TRAINING – How long you lift weights depends on the type of workouts you are doing and your schedule



### TYPE (KIND OF MOVEMENT OR EXERCISE YOU ARE DOING)

The **type** of activity is determined by following the principle of progression and specificity. To attain a higher level of fitness, select the type of physical activity that challenges the body to accept an increase of work and that answers your need.

FOR CARDIO EXERCISE – any activity that gets your heart rate up such as running, walking, cycling, dancing, sports etc. counts as cardio.

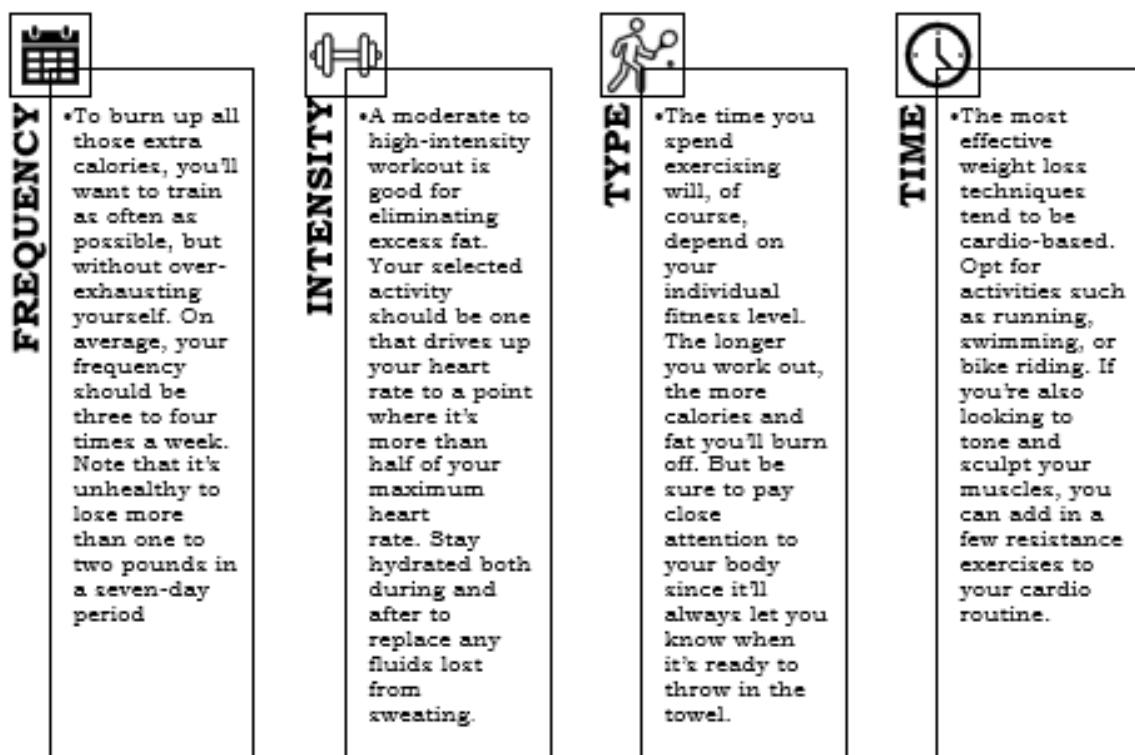
FOR STRENGTH TRAINING – any exercise where you are using some type of resistance (bands, dumbbells, machines etc.) to work your muscles.



## HOW TO USE THE FITT FORMULA?

FITT can be applied to any workout routine you have in mind. To demonstrate, let's pretend that you've been overdoing it on sugary foods lately, and you're trying to shed a few pounds. Instead of skipping meals, however, you'd rather exercise the weight off, according to the FITT model.

**Remember:**



## What's More

How can you use FITT Principle in making your own FITNESS PLAN?

**Note: For Intensity level please refer to the picture of MVPA's in Lesson 2**

For Cardiovascular Endurance		For Muscular Endurance	
FREQUENCY	3 – 4 days per week	FREQUENCY	3 – 5 days per week
INTENSITY	Vigorous	INTENSITY	Moderate (lighter weight more repetition)
TIME	Work-out for at least 20 minutes	TIME	10 Seconds per lift of 1L gallon of water
TYPE OF ACTIVITY	Power Walking	TYPE OF ACTIVITY	Weight training



For Flexibility		For Muscular Strength	
FREQUENCY	Everyday	FREQUENCY	2-3 days per week
INTENSITY	Moderate - Vigorous	INTENSITY	Vigorous (heavier weight less repetition repetition)
TIME	Hold every stretch for 10- 15 seconds.	TIME	20 Seconds per lift of 2L gallon of water
TYPE OF ACTIVITY	Stationary stretching (gradually stretching a muscle until pressure is felt) , passive stretching ( a partner or device force for stretch.	TYPE OF ACTIVITY	Weight training

### LET'S TRY!

Make your own beginners simple fitness plan base on your daily routine and include your daily activities in home.

FITNESS AND /OR HEALTH BENEFITS	F FREQUENCY	I INTENSITY	T TIME	T TYPE
CARDIORESPIRATORY ENDURANCE				
MUSCULAR STRENGTH				
MUSCULAR ENDURANCE				
FLEXIBILITY				
DAILY ACTIVITIES				



### What I Have Learned

1. Why is F.I.T.T. principle an important consideration in planning regular physical activity?
2. Do you need to strictly follow the F.I.T.T principles in planning for regular physical activity? Why or why not?
3. What are the possible things that might happen if the principles of F.I.T.T. is not followed?





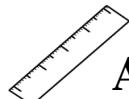
## What I Can Do

### TIKTOK F.I.T.T.ness JAM

- Compose a jingle about the importance of FITT Principle and how can you use it in your daily routine.
- Use famous TIKTOK music like Binibining Marikit, My Chinita Girl, Savage Love etc. (mash-up)
- Perform it after you finish the jingle (recorded)

#### **CRITERIA:**

Content – 25%  
Musicality – 25%  
Choreography – 50



## Assessment

Answer the following:

1. Which of the principles tell us that training should be relevant to the sports that you play?

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2. If a performer increases his training from twice a week to three times a week, which FITT principle is affected?

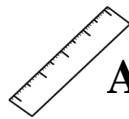
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3. Which FITT principle is affected by how long you train?

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4. Which FITT principle relates how hard you train?

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## Additional Activities

Make an essay entitled: **“Bene-FITS from F.I.T.T- ness, Reduce the Risk Of Diseases.”**

Content & Development – 50%

Organization & Structure – 50%



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