

KIDAPAWAN CITY DIVISION-SENIOR HIGH SCHOOL PROGRAM

Simplified Self-Learning Module

Grade 12- P.E. and Health 3

Quarter2 /Module 1

Name: _____ Grade/Strand/Section: _____
School: _____ LRN _____
Subject Teacher: _____ Score _____

Health Related Fitness, Physical Activity Assessment and One's Diet

Let's Dance and be healthy!

Dancing is a way to keep people physically fit and active. It is a part of human culture, rituals and even celebrations. Nowadays, dancing is about recreation and self-expression through a competitive activity. Regardless of the type of dancing that you do, most likely you will gain flexibility and elevate heart rate to a certain level. This type of physical activity is a great cardio workout and therefore aims to enhance the health-related- fitness components in a well –rounded dancing program which supports a higher quality of life since this is all about your personal health that involves variety of activities which will benefit your body and your mind. In general, achieving an adequate level of fitness through dancing in all components of HRF is essential to good health

What this module is all about?

This module is designed to help you achieve physical fitness for health reasons through health-related fitness components and will help you deal with other major health issues:

Lesson 1: Health-Related-Fitness Through Dancing

Lesson 2: Barriers to Physical Activity

Lesson 3: One's Diet

What you are expected to learn from this module?

Learning Competencies

- perform dancing activities that enhances HRF components.
- identify barriers in dancing.
- self-assessment on one's diet



At the end of this module, you are expected to:

- Execute dancing activities that promotes health-related components of fitness (HRF).
- Identify barriers in dancing.
- Assess daily food intake.

How to Learn from this module?

This module will guide the students through the content of the lesson and will undergo assessments as specified by the teacher such as:

1. Filling out PAR Q prior to any physical activity.
2. Observing proper safety measures while performing the activity, always include pre-warm up before you begin with any physical activity and then finish with cool down to get your body back into gear.
3. Complete all the assignments and email them to your P.E teacher.

Lesson 1

HEALTH-RELATED FITNESS THROUGH DANCING



What I Need to Know

At the end of the lesson you are expected to execute dance activities that promotes health-related fitness.



What I Know

Activity 1: Let's Get Physical!

Direction: Create a video clip of at least 3-5 minutes presenting one (1) type of dances that you like. You may choose own your background music. You may dance alone or with family members.



What's In

Being physically fit through dancing can improve your muscle tone, strength, endurance and fitness. Regardless of the style of dance, whether it is ballroom, ballet, zumba, hip hop, they play an active role in helping people stay fit. You can dance in a group, with a partner, or even on your own. Most people love to dance since it is a way to become physically active and fit. A healthy dancer is one who is in a state of being well in both body and mind. Once you are a physically fit dancer, you have the ability to meet the demands of a specific physical task. These are the key to achieve physical fitness for health reasons and to give emphasis on health-related fitness components when doing work out and dancing. It is not defined only by what kind of activity you do, how long you do it, or at what level of intensity but rather over all fitness which made up of 5 main components. These fitness components focus on factors that promote optimum health and prevent the onset of disease and problems associated with inactivity.

A well-rounded dance training program is necessary to consider in all components of HRF such as:

Aerobic Training- reduces the risk of diabetes, obesity, heart diseases and blood pressure.

Regular aerobic exercise increases your capacity to use the oxygen. It helps by increasing your heart rate.

Strength and Endurance Training- supplemental strength in dance training can lead to better dancing and reduces occurrence of dance injuries. This training can involve minimal heavy weights with minimal repetitions for a short period of time.

Power Training- Jumping is a part of most dance performance which involves muscular strength and elasticity. Plyometric training has a positive effect in dancers. Once a dancer knows how to elevate themselves, they can bring correct dance techniques.

Flexibility Training - This is one of the important in physical fitness. Holding muscles in a stretched position causes the muscles fibers to become accustomed therefore dancers need to improve flexibility. It is advised that stretching of muscles happens slowly and gently with coordinated inhalation and exhalation.

Body composition - it plays an important role in dancer's health. Right and healthy ratio of lean muscle mass to fat mass are key factors that can contribute to optimizing physical performance. Dancers body fat should be at a certain level in order to reach their potential.

Other Factors Affecting Your Health

- Sleep** - dancers commonly had low sleep hours since they undergo extreme physical and mental stress and work according to an irregular schedule.
- Nutrition** - Foods that contains amount of protein, carbohydrates and good fats provides source of energy for dancers and feel energized for a longer period of time with high performance fuel necessary when undergo dance trainings.
- Disordered eating habits** - due to pressure from peers, instructors to achieve a lower body weight to maintain a perfect dancers body for enhanced performance. This can cause energy and nutrient deficiency which lead to medical problems.
- Dehydration** - the first sign of dehydrations are fatigue and poor balance, therefore staying hydrated is important to dancers to keep their body from overheating. Drinking regularly even small sips is a beneficial habit during a show. Preventing dehydration can also be solved by eating lots of fruits and vegetables such as melons, oranges, and leafy green salads.

Significance of Health-related fitness through dancing

The significance of this fitness activity is to help the students understand the importance of movement and fitness in a variety of ways and learn to coordinate muscles to move in a proper position through dancing. Furthermore, this often results in increased flexibility and good source of motor and aerobic fitness. This is a great way to help the students understand how healthy they are and will learn how to set goals to improve their Health-related fitness.

Activity 2: Pre- Activity: Getting ready for the Physical Activity!

Assess readiness for participation in physical activities by taking the Physical Activity Readiness Questionnaire (PAR-Q). Let learners copy the template below and accomplish it in their activity notebook

QUESTIONS	YES	NO
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month, have you had chest pain when you were not doing physical activity?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		
7. Do you know of any other reason why you should not do physical activity?		

Source: <https://www.fgcu.edu/mariebcollege/rehabilitationsciences/exercisescience/files/EIM-PAR-Q1-ada.pdf>



What I Have Learned

ACTIVITY 3: Let Me Think!

Direction: Create a 1-week fitness plan reflecting your dance routine and physical activities. Your fitness plan is divided into 4 parts, warm-up exercises, type of dances, targeted HRF components, and cool down. Below is an example of table for your fitness plan.

MY FITNESS PLAN

	Warm-up Exercises (5-10 minutes)	Type of Dance (10 Minutes)	Targeted HRF Component	Cool Down (10- 15 minutes)
Day 1	Marching in place	Modern Dance	Cardiovascular	Stretching
Day 2	Jogging	Contemporary Dance	Flexibility	Stretching
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



What I Can Do

Activity 4: Let's Dance!

Direction: Through a video clip, execute all the activities reflected on your fitness plan. You may include members of the family to join you in performing the said activity. After cooling down, explain to your viewers the benefits of dancing the type of dances that you have chosen on that day and how it affects your health-related fitness. E-mail your daily video outputs to your teacher.

Barriers to Physical Activity (Dancing Activity)



What I Need to Know

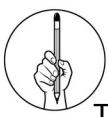
At the end of the lesson you are expected to identify barriers to dancing activities.



What I Know

Activity 1: Describe the picture!

Direction: Describe the picture below. Can you tell what causes this person to act this way? Write your answer on the space provided.



What I Know

The role of physical activity in our day to day lives has changed over the centuries because of modern technological advancement that have made people less active due to certain barriers to participation. Understanding common barriers to physical activity and creating strategies to overcome them may help make physical activity part of daily life. Dancing is a form of physical activity in which it can improve cardiovascular health, aerobic fitness and muscular strength and yet many people are still inactive and have sedentary lifestyles. The following are some common reasons why people remain inactive in dancing

Personal Barriers in Dancing

1. Lack of interest
2. Lack of confidence
3. Bad experience
4. Lack of time
5. Lack of energy
6. Lack of encouragement
7. Social influence

Environmental Barriers

The major environmental barriers are Time, Place, Space, Climate and Noise. The environment which we live plays a major role on our level of physical activity. Factors such as Poor street lighting at night and a lack of convenient places to do Physical Activity, traffic, crime and pollution may also have an effect. Where we live, learn, work and play appear to have a great deal to do with how active we are. Creating activity-friendly environment is one way to help people become inactive such as buildings, streets, and communities that encourage walking and biking and even doing Zumba session.



What I Have Learned

Activity 2: Self-reflection!

Direction: On the table below, list down the barriers you encountered in dancing activity.

Personal Barriers	Environmental Barriers

Follow up Question:

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

Lesson 3**One's Diet****What I Need to Know**

At the end of the lesson you are expected to self-assess your food intake.

**What I Know****Activity 1: Let me think!**

Direction: Complete the table below by listing the foods that you have eaten before and at present.

When I was a kid, I used to eat ...	Now I'm a young student, I do eat ...

Guide Questions:

1. Do you have a healthy eating habit when you were a kid? Why did you say so? Explain
2. What are some eating habits that you should change? Why?
3. What eating habits you should continue? Why?

**What's In**

Proper nutrition is important in leading a healthy lifestyle, combined with physical activity. Foods which are rich in protein, vitamins, minerals, and carbohydrates are all essential to overall fitness. Protein is good for body growth, carbohydrates provides energy in performing various task such as dancing, while vitamins and minerals improves stronger bones and boost our immune system. Eating right amount of foods is a healthy diet which keep your body strong and healthy. This can also help you have a better sleep and proper brain functioning. Including fruits and vegetables in your daily diet means you are cleaning your inner body organs and prevent you from any diseases. Dancers need proper nutrition to achieve maximum training and performance ability during rehearsals cross trainings.

**What I Have Learned**

Activity 2: Healthy Me!

Direction: Through a video presentation, create a short jingle regarding healthy diet. The jingle must be an original composition and any instrument can be used as accompaniment. The duration of the jingle must be 3- 5 minutes only, it should be included with dance moves.



What I Can Do

ACTIVITY 3: Sentence Completion!

Direction: Complete the following sentence below based on your understanding about the topic.

I know that _____

I have learned that _____

I realized that _____

SUMMARY

Health can determine the way you live your life. In order to lead a healthy lifestyle, it is essential that people should monitor their health. The food that we eat gives us variety of nutrients required for normal bodily functioning and enough energy for activity. Physical activity has different categories' that involves exercise, fitness active living, recreation and sport. One of the good cardio work out is through dancing, it often results to flexibility and is good source of motor and aerobic fitness. It does not only keep you fit at a young age but set up good habits for life.

Creating a fitness plan that incorporates each of the components of HRF can help ensure that you get the most health benefits from your routine. Generally, dancing is a great form of exercise with benefits that extend to not just for those who desire to stay fit, but also to those who would like to improve in other aspects of their everyday life.

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