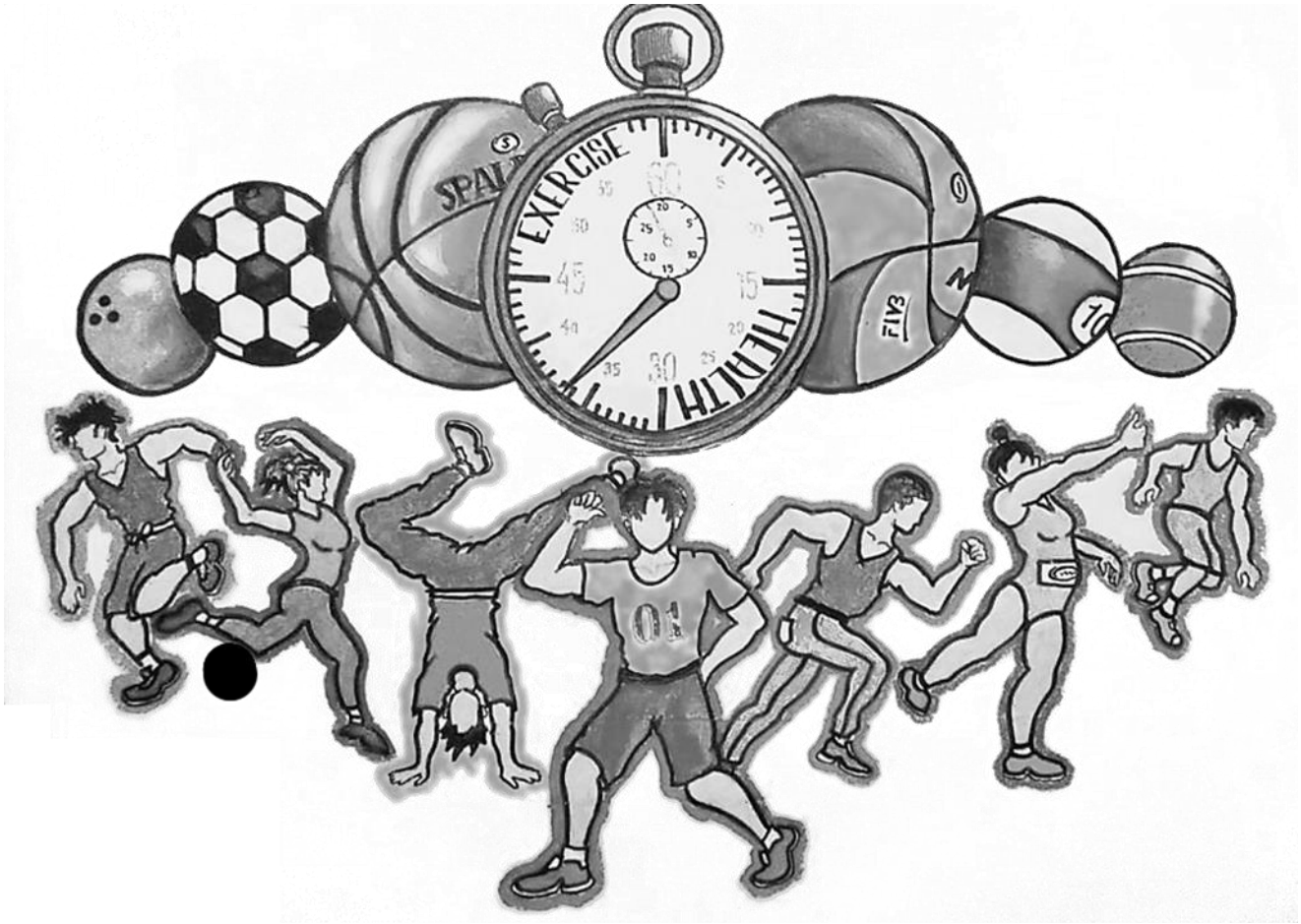
Senior High School

Department of Education
National Capital Region
SCHOOLS DIVISION OFFICE
MARIKINA CITY

HOPE 2

2nd Semester

Module 2: Develop right Personal Fitness for you



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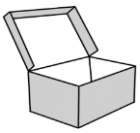


What I Need to Know

This Module was designed & written to help you to understand the concept of Dance & 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 - Different Health Related Fitness Components
- Lesson 2 – Barriers in Physical Activity
- Lesson 3 – Basic Energy System use in Physical 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 withy proficiency and confidence resulting in independent pursuit and in influencing others positively.
Learning Competencies and Objectives:

- Self – assesses health-related fitness (HRF), status, barriers to physical activity assessment participation and one's diet.
- 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 different Health Related Fitness Components (HRF) and purpose of the following in physical activities specifically in sports
2. Execute properly the different fitness motivation to overcome Barriers to perform Physical Activity.
3. Value the importance of basic knowledge in Nutrition to enjoy physical activity.

What I Know

TRUE OR FALSE:

1. Cardio Vascular Fitness the ability of the muscles to exert themselves repeatedly?
2. Strength The ability of the muscles to exert an external force to lift a heavy weight?
3. Power The ability to transfer energy into force at a fast rate?
4. Speed the ability to rapidly and accurately change the direction of the movement of the entire body in space?

5. Flexibility the relative percentage of a muscle, fat, bone and other tissues that comprise the body?

6. Coordination The ability to use the senses with the body parts to perform motor task smoothly and accurately?

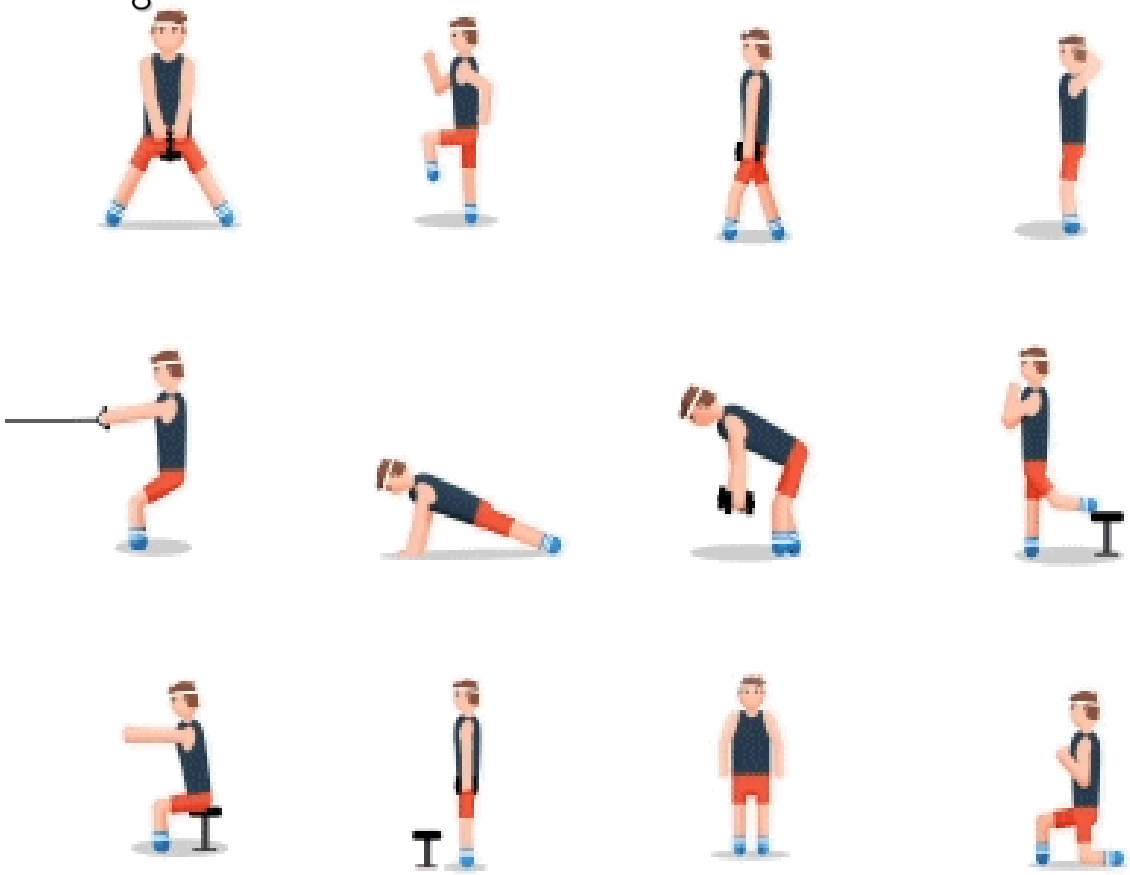
7. Balance The maintenance of equilibrium while stationary or while moving?

8. Speed The ability to perform a movement in a short period of time?

9. Flexibility The range of motion available in a joint?

10. Agility is the ability to transfer energy into force at a fast rate.

What's In



QUESTION? During this pandemic time, it is possible to do this activity at home, kindly answer this Fitness activity in 3 words.

_ _

What's New

1. What is the different Health Related Fitness Components (HRF)?
2. What is the different between HRF and Skill Related Fitness?
3. What is the barrier for you to do physical activity?
4. How can you overcome the different barriers to start physical activity?
5. Do you think Nutrition, is important in physical activity and playing Sports, to achieve fitness goal?

What is It

HEALTH RELATED FITNESS (HRF)

Introduction- health related fitness is made up of 5 components.

1. Cardio vascular fitness
2. Muscular endurance
3. Strength
4. Flexibility
5. Body composition

Health-Related Fitness is the Ability to become and stay Physically Healthy**.**

Five Health Related Components:

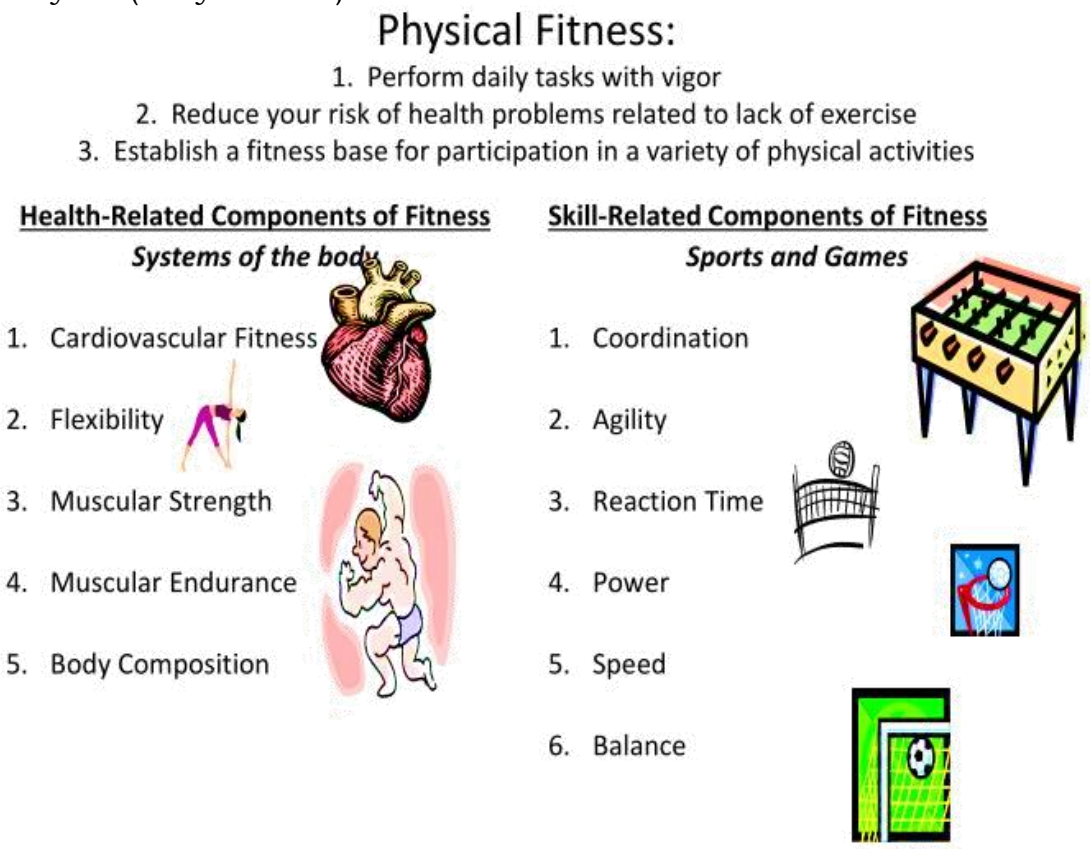
1. **Cardio Vascular Endurance-** the ability of the heart, blood vessels blood and respiratory system to supply fuel of oxygen to the muscles and the ability of the muscles to utilize fuel to allow sustained exercise.
   Ex: A fit person can persist in physical activity for relatively long periods with undue stress

2. **Muscular Endurance-** the ability of the muscles to exert themselves repeatedly.
   Ex: A fit person can repeat movements for a long period of time without undue fatigue

3. **Strength-** the ability of the muscles to exert an external force or to lift a heavy weight.
   Ex: A fit person can do work or play that involves exerting force, such as lifting or controlling one's own body weight.

4. **Flexibility-** the range of motion available in a joint. It is affected by muscles length, joint structure, and other factors
   Ex: A fit person can move the body joints through a full range of motion in work and in play.

5. **Body Composition-** the relative percentage of muscle, fat tissues that comprise the body.
   Ex: A fit person has a relatively low, but not too low, percentage of body fat (body fatness)



THE DIFFERENCE BETWEEN HRF AND SKILL RELATED COMPONENTS

Health related fitness (HRF)- relates to the overall physical well-being of the students. These components are cardiovascular fitness, body composition, flexibility, and strength and endurance.

Skill related fitness- encompasses skills the students should acquire and improve through physical activity. They are balance, agility, coordination, speed and power. All of these components benefit a student's ability and skill level in sports or other physical activities.

6 Skill-related Components of Fitness

1. **Agility –** The ability to rapidly and accurately change the direction of the whole body in space.

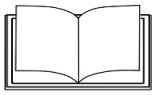
2. **Balance –** The ability to maintain equilibrium while stationary moving.

3. **Coordination –** the ability to use the senses and body parts in order to perform motor tasks smoothly and accurately.

4. **Power -** The amount of force a muscle can exert.

5. **Reaction Time-** The ability to respond quickly to stimuli

6. **Speed –** The amount of time it takes the body to perform specific task



What's More

On the following table, check the physical activities if what HRF components is being used. (much better if you will execute the movement before you answer but not all for one day maybe you can divide it into four sets.) Before the activity do not forget to do the stretching activities.

MOVEMENT	CARDIOVASCULAR ENDURANCE	FLEXIBILITY	BODY COMPOSITION	MUSCULAR STRENGTH	MUSCU ENDURA
1. Jogging for three minutes					
2. 20 curl-ups					
3. Touch your toes ten times					
4. Do 50 jumping jacks					
5. Do 5 push-ups					
6. Touch your hand behind your back					

7. Running for 10 minutes					
8. Jump as high as you can 30 times in a row					
9. What would you use if you run for 30-60 minutes?					
10. Bend down and jump as high as you can.					

What I Have Learned

Complete the following statement:

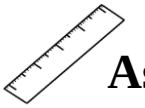
1. I learned that sports Health related fitness is important because ……
   _____
2. I realized the different of HRF Fitness and Skill Related fitness how? …….
   _____

What I Can Do

Students will be divided into 4 groups. Each group will be collaborated and will assign a representative or even the whole member of the group to explain Health Related Fitness and Skill Related Fitness assign to them. based on gathered opinions and understanding from each member of the group. The Table below is the RUBRICS of this activity.

CRITERIA	**SUPERIOR 5PTS**	**Adequate 3PTS**	**Minimal 2PTS**

Fluency language use			
Organization			
Delivery of Content			
Practical sample and application			**TOTAL OF 10 PTS.**



Assessment

1. Encompasses skills the students acquire and improve through physical activity?
   A. Health Related Fitness
   B. Strength, body composition, and Flexibility
   C. Skill Related Fitness
   D. Balance, Speed, Power

2. Relates to the overall physical well-being of the students:
   A. Skill Related Fitness
   B. Health Related Fitness
   C. Power, Speed Reaction time
   D. Body Composition, Flexibility, and Strength

3. A fit person has a relatively low, but not too low, percentage of body fat:
   A. Body Composition
   B. Strength
   C. Muscular Endurance
   D. Cardio vascular fitness

4. The range of motion available in a joint. It is affected by muscle length, joint structure, and other factors:
   A. Muscular Endurance
   B. Flexibility
   C. Strength
   D. Cardio vascular fitness

5. The ability of the heart, blood vessels, blood and respiratory system to supply fuel and oxygen to the muscles and the ability of the muscles to utilize fuel to allow sustained exercise:
   A. Muscular Endurance
   B. Strength
   C. Cardio Vascular Fitness
   D. Flexibility

6. The ability of the muscles to exert an external force or to lift a heavy weight:
   A. Strength
   B. Body Composition
   C. Muscular Endurance
   D. Flexibility

7. The Fit person can repeat movements for a long period without undue fatigue:

A. Muscular Endurance C. Body Composition
B. Strength D. Flexibility

8. The ability to rapidly and accurately change direction of the movement of the entire body in space?

A. Balance B. Coordination C. Speed D. Agility

9. The time elapsed between stimulation and the beginning of reaction to that stimulation?

A. Speed B. Reaction time C. Agility D. Power

10. The ability to perform a movement in a short period of time?

A. Speed B. Power C. Balance D. Coordination

Additional Activities

Individual class Activity: Make your own Health Related Fitness Profile to find out your fitness profile according to HRF this quarter. The table below is sample of this activity

Health Related Fitness Profile

Let's do it!

Component of Fitness	**Test Item**	**Health Fitness Standard**	**Test #1**	**Test #2**	**Goal**
1. Flexibility	Sit& Reach	25cm	37cm	39	44
2. Cardiovascular	Mile Run	10:30 mins	8:45mins	9:27mins	8:00
3. Abdominal Strength/endurance	Sit-Ups	34	38	45	55

4. Upper Body Strength/Endurance	Push-ups	11	18	22	32

**********END OF LESSON 1**********

Lesson 2: Barriers in Physical Activity

What's In

Complete the following statements:

1. What is Fitness_____
2. What are the different barriers to your Physical Activity or sports? _____
3. How will you overcome the different road block in your Physical Activity?

   _____.

What's New

1. What are your reasons to start Exercise?
2. What is your Fitness Goal?
3. How to Achieve Individual Fitness Goal?
4. When do you want to Achieve your Fitness Goal?
5. What is the relation of your fitness level in sports?

What is It

Different Aspect of Exercise Barriers

Psychological Barriers

- Lack of motivation
- Fears
- Dislike of gym
- Not being sporty type

Physical Barriers

- The aging process
- Cancer treatment and other physical co-morbidities
- Fatigue and weight gain

Contextual and Environmental Barriers

- Employment
- Traditional female care-giving roles
- Proximity/ access to facilities
- Seasonal weather

Barriers to physical activity:
Lack of motivation
DO'

- Make the DECISION to be active.
- Make an appointment with yourself and commit to it.
- Set SMART goals.
- Be patient and persistent.

- Focus on the doing rather than the outcome.
- Choose something you like and that's fun.
- Focus on the short-term and not the medium term of benefits of physical activity.
- Be active with a partner or sign up for a class.

DON'T

- Compare yourself to peers or family.
- Turn physical activity into a chore.
- Don't believe the misinformation

Lack of time

- Track your activities throughout the day to see where you have 10 minutes or more to spare.
- Do two to three short sessions of 8 to 10 minutes throughout the day rather than a one 30 minutes workout

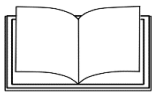
Lack of energy

- Schedule your activity for when you have most energy.

KEEP IN MIND:

- Physical activity will give you more energy to less.
- Mental fatigue can be mistaken for physical tiredness
- Physical activity will re-energize you if you are mentally fatigue
- Moderate activity such as walking **does not** take a lot of energy to get started

Developed by Stephen Cheetham



What's More

- Fitness is defined as a condition in which an individual has enough energy to avoid fatigue and enjoy life.

On the following table, check the questions from 1-2-3 and kindly answer the following: give your at least 5 personal reason to answer the questions below in the box.

Let's do it!

Questions	Reason/ answer 1	R-2	R-3	R-4	R-5
1.What are your reason to start exercise program?					
2. What are your road blocks to start playing sports?					
3. How to overcome your road blocks doing playing sports?					

What I Have Learned

1. What is the different reason to start exercise?

   _____

   _____

2. What is the road blocks doing physical activities?

   _____

   _____

3. What is the importance to get overcome the road blocks playing sports?

_____

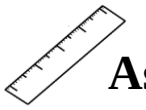
_____

What I Can Do

Setting Exercise Goal: Think 10 personal reason why you need to start exercise. Fill out the table about your 10 reason and kindly check priority 1 if this goal is realistic to you within a month and check priority 2 if this is just a fitness goal to you, that you want to achieve later after a month.

FITNESS MOTIVATION

List of top Ten Reason to exercise	10 Reason to start Exercise			Priority 1	Priority 2
1.					
2.					
4.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					



Assessment

1. Lack of motivation is a problem, doing physical activity exercise, what aspect of exercise barrier is this?
   A. Psychological Barriers
   B. Physical Barriers
   C. Contextual and environmental barriers
   D. All of the above

2. The aging process is the aspect of exercise barrier?
   A. Contextual and environmental barriers
   B. Physical Barriers
   C. Psychological barriers
   D. Health barriers

3. The proximity access to facilities is aspect of barriers?
   A. Physical barriers
   B. Psychological barriers
   C. Mental barriers
   D. Contextual and environmental barriers

4. Not being a sporty type is the aspect of barrier in?
   A. Physical barriers
   B. Psychological barriers
   C. Contextual and environmental barriers
   D. Health barriers

5. Fears doing sports activity is the aspect of berries under?
   A. Physical barriers
   B. Psychological barriers
   C. Mental barriers
   D. Contextual and environmental barriers

6. This action encourage you to play sports?
   A. Being happy to play
   B. Playing with friends
   C. Satisfied your fitness goal
   D. All of the above

7. The following is the reason why you need to start exercise a side from one.
   A. You will feel better
   B. Relieves anxiety and depression
   C. Don't believe the misinformation
   D. Increases energy and stamina

8. The following is the road blocks in doing physical activity aside from one?
   A. I don't have time
   B. I'm afraid I'll hurt my self
   C. I'm too tired
   D. Improves flexibility

9. This is you must DO' to overcome barriers in physical activity?
   A. Compare yourself to peers or family
   B. Turn physical activity into a chore
   C. Don't believe the misinformation
   D. Make a commitment with yourself and commit to it.

10. This is you **DON'T** in playing sports?
   A. Be SMART goals.
   B. Compare yourself to peers or family
   C. Make the decision to be active
   D. Focus on the doing rather than the outcome

Additional Activities

Must try this!

1. To overcome the barriers in Physical Activity, think all your reasons why you need to start?
2. Setting your realistic exercise goal
3. Use this activity as a simple reference guide, to your currently fitness level.
4. Get your individual PFT TEST at home and kindly record of it in your notebook.
5. REMEMBER before you start in this activity Do Dynamic Warmup stretching that you can learn in our PE1 class.

PHYSICAL FITNESS TEST (PFT) SCORE SHEET FOR HOPE 1
S.Y. 2020-2021

NAME: _____ YEAR/SECTION: _____
ID No. _____ AGE: _____ SEX: ____MHR: _____

PART I. HEALTH – RELATED FITNESS TEST

PARAMETERS	ACTIVITIES		PRE-TEST (3rd Quarter)	POST-TEST (4th Quarter)
A. BODY COMPOSITION	**Body Mass Index (BMI)** **BMI = <u>Weight (kg.)</u>** **Height $(m)^2$**	• Height (meters)		
		• Weight (kilograms)		
		• BMI		
		• Classification		

B. CARDIOVASCULAR ENDURANCE	**3 – Minute Step Test**	Heart Rate Per Minute • Before the Activity		
		Heart Rate Per Minute • After the Activity		
		Heart Rate Recovery		
C. STRENGTH	**90 Degrees Push-Up**	• Number of Push-Up		
	Basic Plank	• Time (00:00)		
D. FLEXIBILITY	**Zipper Test**	Overlap Gap – Right Arm (cm)		
		Overlap Gap – Left Arm (cm)		
	Sit and Reach (cm)	• First Try		
		• Second Try		
		• Best Score		

**********END OF LESSON 2**********

Lesson 3: Basic Energy System of the Body

What's In

Complete the following statements:

1. What is the different energy system of the body? _____
2. What is the energy system we use in sports like running in 100meter run.?
   _____
3. How Nutrition is important to keep your sports performance better?
   _____.

What's New

4. What is ATP?
5. What are the three different energy system of the body?
6. What is the relation of food you eat to improve your sports performance?
7. What are the following nutrients in energy system of the body?

What is It

Energy System

The body has three different **ATP** producing system

Anaerobic system (without oxygen)

- ATP-CP system- also called alactacid, creatine phosphate or phosphogen system.
- Anaerobic Glycolysis- also called lactic acid system or lactacid system

Aerobic system (with oxygen)

- Aerobic Glycolysis- breakdown of carbohydrates
- Anaerobic lipolysis- breakdown fats

ATP is Adenosine Triphosphate – ATP is the energy the cell can use to do work**.**

How ATP is generated

- Our cell can't energy directly from food
- Need to be stored as a useable from energy ATP
- The food we eat contains energy (kilojoules)
- This energy is used to produce ATP molecules
- Energy is stored in ATP like battery

3 Nutrients source of energy system

- Carbohydrates – are the main source of energy for the body.
- Fats- fat is a concentrated source of energy
- Protein- are made of amino acids, which function as a cell's "building blocks"

We digest these nutrients to convert them to other forms so we can used them to generate ATP.

- Carbohydrates → Glucose > ATP
- Protein → Amino acid > ATP
- Fats → Fatty acid > ATP

Energy System in Training or playing Sports:

"Energy systems" refer to the metabolic pathways that produce ATP for muscular contraction. Three energy system function to replenish ATP in a muscle

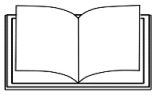
- Phosphagen (anaerobic alactic)
- Glycolytic (anaerobic lactic
- Mitochondrial respiration (aerobic)

All three contribute to **ATP production** at any given moment, however, just one or two tend to dominate depending on the duration and power requirements of an exercise or activity.

Example:

Energy System	**Energy Source**	**Duration of steady state of exercise**		**Power Output**	**Sample of Sports**
- Anaerobic Alactic	ATP-CP	1-12 seconds .		Very high	100 meters sprint
- Anaerobic Lactic	Muscle Glycogen	12 seconds about 2 Minutes		High	Running 800 meters. 2 laps track in oval

- Aerobic	Fatty acids, glycogen lactate	2 minutes about 2 hours.		Low to moderate	Running in marathon events 42km.



What's More

On the following table, check the questions from 1-2-3 and kindly answer the following: give your at least 5 personal reason to answer the questions below in the box.

Let's do it!

Questions	**ATP**	**An Aerobic**	**Aerobic**		**Time of activity**
1.Give 3 sports activity who are use ATP energy system	1.				
2.Give 3 Exercise activity that you can perform at home to use Anaerobic energy system	2.				
3. Give 3 physical activity who are use aerobic energy system	3.				

What I Have Learned

1. How ATP is generated in the playing sports?

   _____

   _____

2. What are the Different Nutrients that source of energy system?

   _____

   _____

3. Use of energy system during training?

   _____

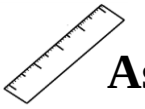
   _____

What I Can Do

FOOD KNOWLEDGE: Kindly give different food as a source of the following Nutrients Carbohydrates, Fats and Protein.

FOOD SOURCE OF ENERGY

Food Energy Source:	Carbohydrates	Fats	Protein
Example	RICE	HAMBURGER	MILK
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Assessment

1. This is the main source of energy of the body that you use during warm up.?
   A. Protein B. Fats C. Carbohydrates D. Nutrients

2. The concentrated source of energy in the body is called?
   A. Carbohydrates B. Fats C. Protein D. Nutrients

3. This activities or exercise for which the body is able to supply adequate oxygen to sustain performance for a long period of time?
   A. Anaerobic system C. ATP system
   B. Aerobic system D. Adenosine Di-phosphate

4. In the absence of oxygen this activity is performed at intensity so great body's demand for oxygen exceeds its ability to supply it.?
   A. ATP system C. Aerobic system
   B. ADP SYSTEM D. Anaerobic system

5. This are made of amino acids, which function as a cell's "building blocks"?
   A. Protein B. Fats C. Carbohydrates D. Nutrients

6. This is the energy the cell can use to do work. this energy system used for the first 1-12 seconds in playing 100 meters sprint?
   A. ATP system C. Anaerobic system
   B. Aerobic system D. Glycolysis

7. Refers to the metabolic pathways that produce ATP in a muscle?
   A. Aerobic system C. Energy system
   B. Anaerobic system D. Adenosine di-phosphate

8. Meat, Fish and Eggs are source of what nutrients?
   A. Carbohydrates B. Fat C. Protein D. ATP

9. Grains, Rice, Potato Veggies and fruits is what source of nutrients?
   A. Carbohydrates B. Fats C. Protein D. ATP

10. Dairy, Butter, Nuts, Olive oils is from what nutrients source?
    A. Carbohydrates B. Fats C. Protein D. ATP

Additional Activities

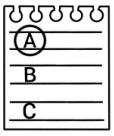
Let's do this!

Direction: (15 points Activity) Kindly Answer through identifying the different food source of the following in the Classification rows.

Knowledge Power

Food Nutrients:	Classification	Food - Answer	Kindly put check if the food you identify is eating you frequently.
1. CARBOHYDRATES	BAD CARBS		
2. CARBS	BAD CARBS		
3. CARBS	BAD CARBS		
4. CARBS	GOOD CARBS		
5. CARBS	GOOD CARBS		
6. CARBS	GOOD CARBS		
7. FATS	BAD FATS		
8. FATS	BAD FATS		
9. FATS	BAD FATS		
10. FATS	GOOD FATS		
11. FATS	GOOD FATS		
12. FATS	GOOD FATS		
13. PROTEIN	HIGH PROTEIN		
14. PROTEIN	HIGH PROTEIN		
15. PROTEIN	HIGH PROTEIN		

**********END OF LESSON 3**********



Answer Key

LESSON 1
WHAT I KNOW

1. False
2. True
3. True
4. False
5. False
6. True
7. True
8. True
9. True
10. False

ASSESSMENT

1. A
2. B
3. A
4. B
5. C
6. A
7. A
8. D
9. B
10. A

LESSON 2
WHAT I Can do

1. You will fee better
2. Improves sleep
3. Prevent weight gain
4. Prevent fails
5. Improves flexibility
6. Increase bone density
7. Increases energy and stamina
8. Increase metabolism
9. Decrease risk of chronic diseases
10. Relieves anxiety and depression

ASSESSMENT

1. A
2. B
3. D
4. B
5. B
6. D
7. C
8. D
9. D
10. B

LESSON 3
WHAT I can do
CARBS

1. GRAINS
2. RICE
3. POTATO
4. VEGGIES
5. FRUITS FATS
6. FATTY MEAT
7. DAIRY
8. EGGS
9. SALMON
10. NUTS
PROTEIN
11. WHEY
12. LEAN MEAT
13. LOW FAT DAIRY
14. FISH
15. SEAFOOD

ASSESSMENT

1. C
2. B
3. B
4. D
5. A
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