

HOPE 1

1st Semester

Module 3: Fitness and Safety Awareness

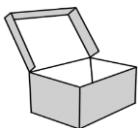


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What I Need to Know

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 – Physiological Indicators associated with MVPA's to monitor and/ or adjust participation or effort.
- Lesson 2 - Safety Protocol during MVPA's Participation

Learning Competencies and Objectives:

- 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.
- Analyzes physiological indicators such as heart rate, rate of perceive exertion, and pacing associated with MVPA's to monitor and/ or adjust participation or effort.
- Observes personal and safety protocol to avoid dehydration, overexertion, hypothermia, and hyperthermia during MVPA's participation.

After going through this module, you are expected to:

1. Identify one's heart rate and rating of perceived exertion by monitoring the daily activities and filling out of Weekly RPE Chart.
2. Assess one's intensity level by performing an activity one at a time.
3. Value the Importance of physiological indicators associated with MVPA's to monitor and adjust participation or effort.
4. Classify the signs and symptoms, and prevention of dehydration and overexertion trough differentiated activities.
5. Appreciate the importance of being healthy.



What I Know

Multiple Choice: Select the letter of the correct answer.

1. To get your most accurate resting heart rate, take your pulse
 - a. Before you get out of bed
 - b. At bedtime
 - c. An hour after exercising
 - d. After eating



2. What is a resting heart rate?
 - a. When your heart takes a break from working.
 - b. When your heart rate is 175.
 - c. When your heart is at its lowest beats per minute (bpm).
 - d. 220 minus your age.
3. What is your maximum heart rate?
 - a. 220 minus your age; the maximum number of times your heart can beat in one minute.175.
 - b. The zone that you want your heart rate to be in while you are being active.
 - c. When you have not been active for a long time and your heart is not working very hard.
 - d. The highest number on the electronic heart rate monitor.
4. Your Target Heart Rate zone is...
 - a. Working out as hard as you can for five minutes.
 - b. Much like a school zone when driving your car.
 - c. Has a minimum number and a maximum number to help you identify if your heart rate is in a safe zone
 - d. Should never be used when exercising
5. A person with hypothermia
 - a. requires immediate medical attention.
 - b. has a sudden increase in body temperature.
 - c. should move to a cool place.
 - d. has frozen body parts.
6. Muscle cramps are a possible effect of
 - a. hypothermia.
 - b. immobilization.
 - c. application of light pressure.
 - d. dehydration.
7. Before exercising, you should allow your pulse rate to increase gradually by
 - a. working out.
 - b. warming up.
 - c. stretching.
 - d. cooling down.
8. Overexertion is caused by:
 - a. Reaching too far
 - b. Lifting improperly
 - c. Lifting too much
 - d. All of the above
9. You can reduce strains and sprains by:
 - a. Not working
 - b. Carrying more than you can handle
 - c. Change work tasks, tools and equipment
 - d. Always wearing an Ace bandage



10. What does the RPE scale measure?
- The intensity of your exercise
 - How fast you can run
 - The number of times your heart beats in one minute
 - How strong you are



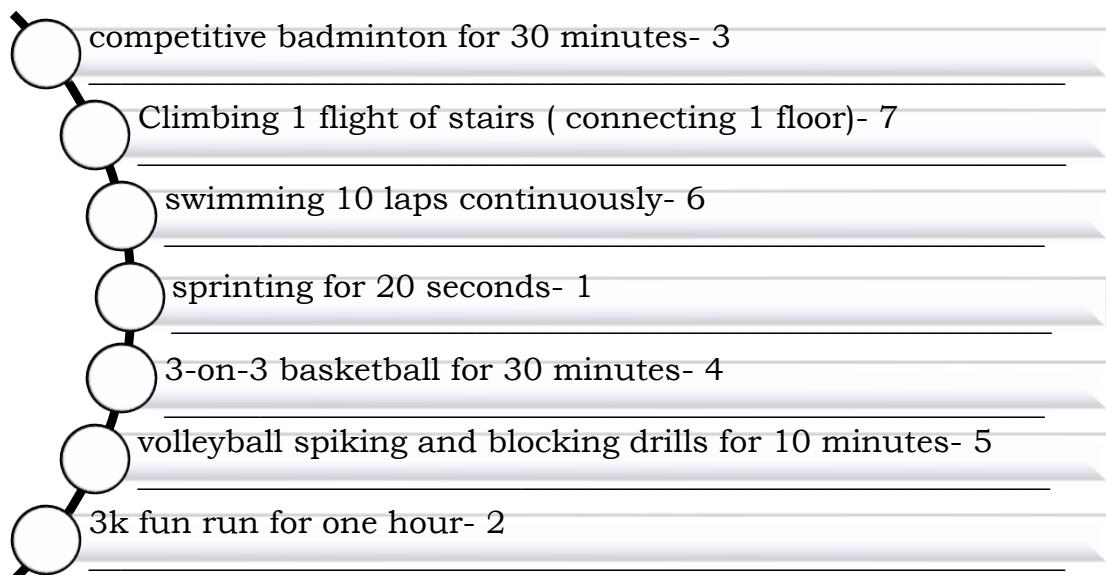
What's In

What is the importance of F.I.T.T Principle as a part of our Physical Fitness?

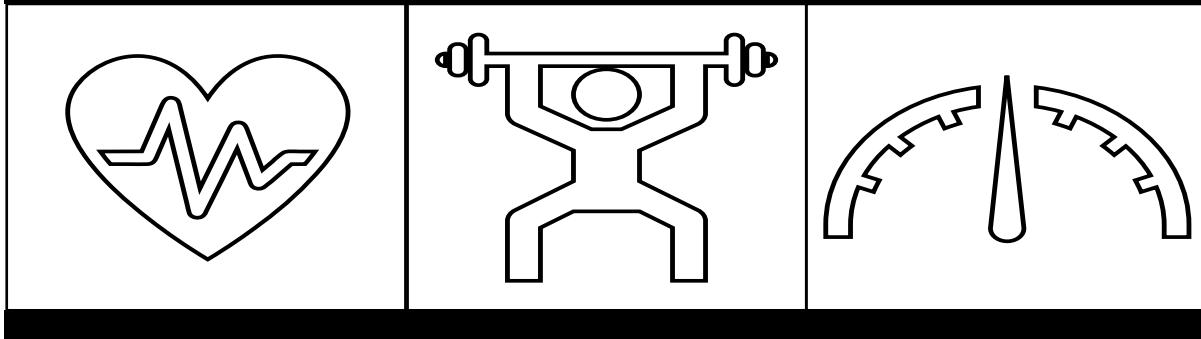


What's New

Direction: Rank the following physical activities according to the level of effort you would have to exert to accomplish them. Rank first (1st) the physical activity that requires the most level of effort to accomplish and 7th the physical activity least requiring level of effort. Explain your rankings on the space provided after the sentence.



LESSON 1: PHYSIOLOGICAL INDICATORS



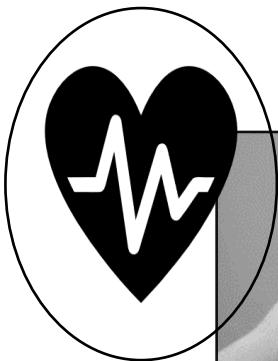
What is It

Engaging in physical activities for fitness and health developments, you must monitor the energy that you are giving. This is because the effort given in doing physical activities contributes to the achievement of your fitness goals. By monitoring your effort, you will be able to know if you are reaching at least a moderate intensity level and at most a vigorous one.

Keep in mind, that it is important that your body is tested to do more than what it is used to for changes to occur. If the physical activity you do is too easy for your body, changes (if any) would be minimal. Hence, your body should be challenged. You need to sustain moderate to vigorous intensity of physical activity for your body to be challenged. You will be able to monitor your effort through **physiological indicators**.

Physiological indicators are those signs that are physiologic in nature or have to do with bodily processes. These include heart rate, rate of perceived exertion (RPE), and pacing. Each of these physiological indicators is important. However, depending on your fitness goal and personal preference, each indicator has its own advantages.





Heart Rate. Also known as pulse rate, this is the number of times a person's heart beats per minute. It indicates the effort your heart is doing based on the demands you place on your body. The more demanding your physical activity means that the heart rate is faster.

To determine your pulse rate, locate your pulse using your index and middle fingers. Press gently to feel the pulse. Count the number of beats in 10 seconds and multiply by 6 to get your number of beats per minute. The 15-second count is also used by multiplied by 4 to get the number of beats per minute.

Directions: Compute your Target Heart Rate Range in 4 steps. Fill in the blanks below.

1. Get the Maximum Heart Rate.

$$\text{MHR} = 220 - \underline{\hspace{2cm}} \text{ (your age)}$$

$$\text{MHR} = \underline{\hspace{2cm}}$$

2. Check your resting heart rate (RHR) sometime in the evening after sitting quietly for 15 to 20 minutes. You may take your pulse for 30 seconds and multiply by 2 or take it for a full minute.

3. Determine the Heart Rate Reserve.

$$\text{HRR} = \text{MHR} - \underline{\hspace{2cm}} \text{ (Resting Heart Rate)}$$

$$\text{HRR} = \underline{\hspace{2cm}}$$

3. Take 60% and 80% of the HRR

$$\text{a. } 60\% \times \text{HRR} = \underline{\hspace{2cm}}$$

$$\text{b. } 80\% \times \text{HRR} = \underline{\hspace{2cm}}$$

4. Add each HRR to Resting Heart Rate (RHR) to obtain the Target Heart Rate (THR) range.

$$\text{a. } 60\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ beats per minute (RHR)}$$

$$\text{b. } 80\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ beats per minute (RHR)}$$

Therefore, your target heart rate range is $\underline{\hspace{2cm}}$ to $\underline{\hspace{2cm}}$ beats per minute.

(4.a) (4.b)

(When performing physical activities, your heart rate is within the normal range therefore you must select moderate – vigorous activities that will make you heart pump within the THR range.)



CALCULATE THE TRAINING INTENSITY at 30, 40, 60, and 85 percent. Multiply HRR by the respective 0.30, 0.40, 0.60, and 0.85, and then add the HRR to all four training intensities.

Example:

$$60\% \text{ Training Intensity} = \text{HRR} \times 0.60 + \text{RHR}$$

RATE OF PERCEIVED EXERTION (RPE)

This is an assessment of the intensity of exercise based on how you feel. It is basically a subjective assessment of effort which ranges from 6 (very, very light) to 20 (very, very hard) with 1-point increments in between. The target zone for aerobic activity is from 12 to 16.

Ratings of Perceived Exertion (RPE)	
Rating	Description
6	Very, very light
7	
8	Very light
9	
10	Fairly light
11	
12	Somewhat hard
13	
14	Hard
15	
16	Very hard
17	
18	Very, very hard
19	
20	

Source: Data from Borg from Corbin et al (2008)

- If you are engaged in physical activity, you rate your effort level based on how light or how hard you perceive it. A rating of 6 means that your effort level is "very, very light" while a rating of 18 means that your effort is more or less "very, very hard." Think of each rating in the RPE as a reflection of your heart rate during the physical activity, that is, when multiplied by 10. This means that an RPE of 6 is about a heart rate of 60 while an RPE of 18 is about 180 beats per minute. Since an RPE of 6 means your heart rate is only at 60 beats per minute, your physical exertion is very minimal, while an RPE of 18 means that your heart is doing 180 beats per minute, pushing yourself to the limit.

PACE AND PACING

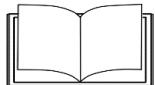
These refer to the rate or speed of doing physical activities. This means that a person can take it slow when engaged in physical activities or do them quickly depending on the FITT Principle.

Pacing allows you to change the way you perform or complete an exercise or physical activity so that you can successfully see changes. It regulates your participation in physical activities through gradual and careful introduction of changes in the physical activity, whether an increase in intensity, frequency, or participation.

Depending on the fitness level of an individual, pacing may be through frequency, intensity, and time of doing physical activities. The normal frequency could be 3 to 4 times a week which can be increased or decreased depending on the changes done in intensity and time. If intensity is increased, frequency and time could be decreased, or vice versa.



You must be able to pace your participation in physical activities well so that you will benefit more and that you will not get injured. Remember to listen to your body, so pace yourself if needed.



What's More

Activity: How intense are you?

Directions: Perform one activity at a time and supply the information by filling-up the table

Describe the activity based on the following:	Walking around for 5 minutes	Brisk walking for 4 minutes	3-minute jump jacks
How are you feeling?			
How is your breathing?			
How is your sweat?			
How is your talking ability?			

Which among the three (walking around, brisk walking, 3-minute jump jacks) is considered:

- 1.) Light activity: _____
Justification: _____
- 2.) Moderate activity: _____
Justification: _____
- 3.) Vigorous Activity: _____
Justification: _____

ACTIVITY: My Weekly RPE Chart

Direction: Monitor and write your daily activities for one week and compute your heartbeat per minute after the activity and identify your Cardiorespiratory training zone.

MY DAILY ACTIVITIES	TARGET ZONE	HEARTBEAT PER MINUTE	DESCRIPTION
EXAMPLE:	12	120	Somewhat Hard



- Dance Fast Beat Zumba for 30 minutes	10	100	Fairly light
- Clean the house for 1 hour			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



What I Have Learned

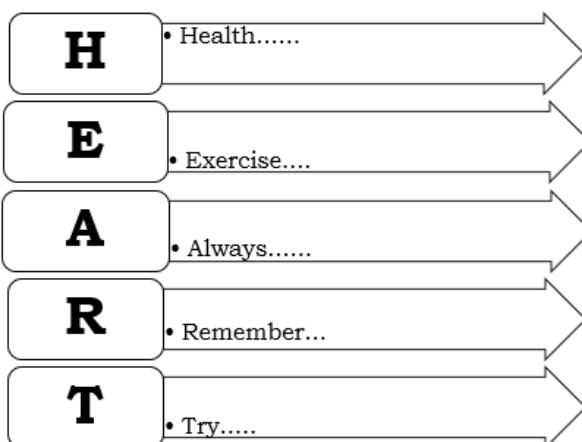
1. What is the difference among the levels of exertion?
2. Why is it important to monitor your heart rate while exercising?
3. How will you influence your friends to know his/her RPE and monitor his/her heart rate while engaging to MVPA's?

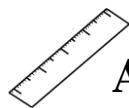


What I Can Do

Let's Commit to Be Fit

Think of a sentence that will connect to the following words. A sentence that will inform and remind us about the importance of knowing one's heart rate and Rate of Perceive Exertion while engaging into MVPA's. You can use other first word if it is related to the topic.





Assessment

Direction: Find the words that is connected to the topic and explain the importance of these in participating to MVPA's.

ITS HUNTING TIME!

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____





Additional Activities

Find the Target Heart Range of your household member and share them the importance of knowing these.

Directions: Compute your Target Heart Rate Range in 4 steps. Fill in the blanks below.

1. Get the Maximum Heart Rate.

$$\text{MHR} = 220 - \underline{\hspace{2cm}} \text{ (your age)}$$

$$\text{MHR} = \underline{\hspace{2cm}}$$

2. Check your resting heart rate (RHR) sometime in the evening after sitting quietly for 15 to 20 minutes. You may take your pulse for 30 seconds and multiply by 2 or take it for a full minute.

3. Determine the Heart Rate Reserve.

$$\text{HRR} = \text{MHR} - \underline{\hspace{2cm}} \text{ (Resting Heart Rate)}$$

$$\text{HRR} = \underline{\hspace{2cm}}$$

3. Take 60% and 80% of the HRR

$$\text{a. } 60\% \times \text{HRR} = \underline{\hspace{2cm}}$$

$$\text{b. } 80\% \times \text{HRR} = \underline{\hspace{2cm}}$$

4. Add each HRR to Resting Heart Rate (RHR) to obtain the Target Heart Rate (THR) range.

$$\text{a. } 60\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ beats per minute (RHR)}$$

$$\text{b. } 80\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ beats per minute (RHR)}$$

Therefore, your target heart rate range is to beats per minute.

(4.a) (4.b)

Name _____ Age _____

$$1. \text{ MHR} = \underline{\hspace{2cm}}$$

$$2. \text{ RHR} = \underline{\hspace{2cm}}$$

$$3. \text{ HRR} = \underline{\hspace{2cm}}$$

$$60\% \times \text{HRR} = \underline{\hspace{2cm}}$$

$$80\% \times \text{HRR} = \underline{\hspace{2cm}}$$

$$4. 60\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \text{BPM (RHR)}$$

$$80\% \text{ HRR } \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \text{BPM (RHR)}$$

The Target Heart Rate Range is to BPM.





What's In

1. What is the importance of knowing one's Physiological indicators?

2. How do you use (RPE) Scale?



What's New



<https://nojoto.com/post/52020ea25266034423e828bde41e31f7/water-is-life-water-drawn-by-me-how-it-is-sanjay-singh>

Why does life need water?



What is It

LESSON 2: Protocol To Avoid Dehydration, Overexertion, Hypothermia And Hyperthermia During MVPA's Participation

As you engage in moderate to vigorous physical activity, you would like to watch some personal safety precautions to avoid certain conditions associated with physical activity participation. These conditions include dehydration, overexertion, hypothermia, and hyperthermia.



Each of those conditions should be taken seriously for every pose's health risks to you as an exerciser. These conditions are usually related to exercising in different sorts of environment, sort of a hot or cold environment.

However, dehydration and overexertion are also experienced even when exercising in environments that do not have extreme temperatures. Each condition is discussed with ample safety precautions to guide you as you engage in moderate to vigorous physical activities.

DEHYDRATION



This refers to excessive loss of water from the body, usually through perspiration or sweating, urination, or evaporation.

During participation in physical activities, the body regulates its temperature depending on the intensity of the activity. More frequently during moderate to vigorous physical activities, the body perspires, or sweats and you get thirsty.



SWEATING

On a standard day, the body loses about 2.5 liters of water from the lungs and skin, from urine and feces, and from perspiration.



THIRST

Thirst may be a sensation of dryness within the mouth and throat associated with a desire for liquids.

The body must replace this through proper hydration. To offset fluid losses, it is suggested that 150 to 250ml of fluid should be taken every quarter-hour.

Maintaining water balance is a very important consideration during exercise. Physical activity ends up in increased heat production, and evaporation of sweat from the skin allows the body to dissipate this heat and maintain a standard temperature. The number of fluids lost as sweat varies according to factors like the intensity and duration of activity and therefore the air temperature or humidity.

Most of the time, a person waits for thirst to kick in before replenishing lost water. However, it's advisable to replenish lost fluids even before feeling thirsty. This is especially important when a person exercises within the heat or does so for an extended period of time.



HYDRATION

For you to perform in any physical activities at a peak level, you must pay attention to your body's water and electrolyte level because during exercise or any physical activity fluid loss can harm your performance. As the intensity of physical activity increases the perspiration rate also increase particularly in hot condition in which some individuals can lose up to 3 liters of sweat in one hour. If we lose one or two percent or more of body weight, there is a possibility to acquired heat illness.

WHAT IS THE PROPER WAY OF HYDRATION?

PROPER WAY OF HYDRATION

PRE-EXERCISE HYDRATION	HYDRATION DURING EXERCISE	POST-EXERCISE REHYDRATION
<p>It is recommended that an individual consume 16 ounces (two cups) of water two hours before exercise begins. Another eight to 16 ounces (one to two cups) should be consumed 15 minutes prior to exercise.</p>	<p>Fluid replacement during exercise should equal fluid lost through sweat and urine, at a rate no higher than 48 ounces or 6 cups per hour.</p> <p>We should drink early and often and be allowed unrestricted fluid replacement. Unrestricted access to water or sports drinks should lead to the consumption of four to eight ounces (one-half to one cup) of fluid every 15 minutes</p>	<p>Fluid replacement after exercise should aim at achieving the athlete's pre-practice or pre-event weight. Consumption of 16-20 ounces (2-2½ cups) of fluid for every pound lost during exercise will help achieve normal fluid state. Rehydration should consist of water, carbohydrates and electrolytes, as all are lost during exercise.</p>

OVEREXERTION OR OVERTRAINING

This refers to the detrimental reason for excessive training.

Some individuals engage in an excessive amount of physical activity. Some exercisers and athletes often push themselves too hard in their pursuit of high-level performance. Thus, they are at risk of a range of **hyperkinetic conditions** referred to as **overload syndrome**. This condition is characterized by fatigue, irritability, and sleep problems, as well as increased risks for injuries.

Overexertion injuries can occur when the body is hard-pressed further than its limits during exhausting and extreme exercise activity, heat, lack of water or food and other causes.



The ensuing injuries from overexertion can vary from temporary sprains to more stern hazards. Although dehydration is the most well-known health concern when it comes to overexertion, injuries can also vary from simple and easily treatable strains and pains to severe incapacitating situations like cardiac arrest and hypoglycemia or low blood sugar.

How to Prevent Overexertion?

1. KNOW YOUR LIMITS - It is important to pace yourself and know when to say “enough”. If you are breathing profoundly or profusely sweating, reduce speed, slow down or take a break.
2. STRETCH AND WARM UP BEFORE HEAVY LIFTING OR EXHAUSTING ACTIVITY – making your body more flexible can help prevent overexertion. Stretch your body before and after every physical task that you do daily.
3. LIFT PROPERLY – avoid back injuries by lifting with your legs bent.
4. SET OBTAINABLE GOALS- when exercising, set target that you can attain without causing too much stress on your body.
5. STAY HYDRATED – drink plenty of fluids prior to and throughout any strenuous activity. Dehydration is frequently a result of overexertion.
6. PROPER NUTRITION – to keep your body working at the highest level, eat plenty of lean protein and fresh vegetables.
7. LISTEN TO YOUR BODY – if something hurts, never ignore it as a taking a small injury or a small ache or pain for granted and may end up turning into bigger problem.
8. REST – is the easiest way to prevent overexertion. If you do recurring task every day, try to rest enough so your body can recover while you do the task. This will keep you away from many overexertion injuries. It is also important to get at least 8 hours of sleep every night.



HYPOTHERMIA AND HYPERHERMIA

HYPOTHERMIA

- is a life threatening and serious condition that occurs when your body loses more heat than it produces causing your temperature to drop below 95-degree Fahrenheit (35-degree Celsius). Exposures to cold air or water are the most common causes of hypothermia which is why it often afflicts unprepared campers, hikers or swimmers.

SYMPTOMS

- shivering
- dizziness
- Feeling hungry
- rapid heart rate
- tiredness
- nausea
- Confusion
- rapid breathing
- trouble forming words
- lack of coordination.

TREATMENT

- Lessen exposure by getting shelter from wind or rain.
- Take away wet clothing and change with dry one
- Cover the head , neck and hands with hat and mittens
- Provide heat in form of warm water (not hot) liquids
- Give enough food and calories to increase heat production.
- If the victim, is not exhausted , increase their heat production by getting them to exercise.
- If and only if the victim cannot move, place him/her in a sleeping bag without wet clothes.



HYPERTHERMIA

-is a result of the body being over heated. This is caused by physical activity, moderate to high room temperature, start of dehydration because of losing too much sweat without enough water intake to replenish the body system.

SYMPTOMS

- headache
- dizziness
- exhaustion
- muscle cramps
- dark urine - indicating dehydration
- nausea or abdominal cramps
- rapid heart rate
- profuse sweating
- clammy skin
- fainting

TREATMENT

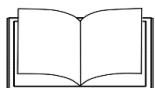
- be especially conscious of your physical actions during outdoor activities on hot humid days.
- lay down on cool ground to allow the body to emit some of its heat to the cooler ground
- wear cotton next to skin to absorb water
- wear a hat , preferably broad brimmed to avoid exposure of your head in the heat
- rehydrate by drinking lots of water
- takes salt tablets as required.

Tips when Exercising in the Heat/Hot Weather

- ✓ Slow down exercise and add rest breaks to maintain prescribed target heart rate.
- ✓ As you become acclimatized, you can gradually increase intensity and duration.
- ✓ Drink 2 cups of fluids 2 hours before you begin exercising and drink 4-8 ounces of fluid every 10-15 minutes during exercise (more frequently during high intensity activities).



- ✓ Wear clothing that “breathes,” allowing air to circulate and cool the body. Wearing white or light colors will help by reflecting rather than absorbing heat.
- ✓ A hat can keep direct sun off your face. Do not wear rubber, plastic, or nonporous clothing.
- ✓ Rest frequently in the shade.
- ✓ Slow down or stop if you begin to feel uncomfortable.
- ✓ Watch for the signs of heat disorders. If they occur, act appropriately



What's More

Direction: Write a sentence or phrase on how to defeat dehydration using the first letters/ acronym D.R.I.N.K.

Defeating Dehydration

D 	R 
I 	N 
K 	

Activity:

Identifying Symptoms of Overtraining

Directions: Answer the questions by placing a check.

1. Has your performance decreased dramatically in the last week or two?
2. Do you notice signs of unusual anxiety or anger?
3. Do you feel depressed?
4. Do you feel unusual fatigue?
5. Are you less energetic than usual?
6. Do you have trouble sleeping?
7. Do your arms and/or legs feel heavy?
8. Do you experience loss of appetite?
9. Do you lack interest in training?





What I Have Learned

1. What happens when a person experiences dehydration?

2. Why is it important that a person specially an athlete, is well hydrated?

3. When does overexertion of a person occur?

4. How will the person prevent overexertion?

5. Differentiate hypothermia from hyperthermia?

6. When does hypothermia become life-threatening?



What I Can Do

LET'S DO IT!

Select an activity that you want to do. If you choose all much better!

SLOGAN MAKING

Make a slogan how to avoid overexertion while engaging to MVPA's

JINGLE MAKING

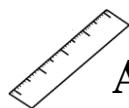
Compose a jingle about the importance of proper hydration while engaging to MPVA's.

POSTER MAKING

Draw about how hypothermia and hyperthermia treated.



Activity	Theme and Content 50%	Creativity 25%	Presentation 25%
Slogan			
Jingle			
Poster making			



Assessment

Matching Type: Write the correct letter match next to each word about avoiding overexertion.

- | | | |
|----|------------|--|
| | KNOW | a. It is important to pace yourself and know when to say "enough". |
| 1. | LIMITS | |
| | STRETCH | b. is the easiest way to prevent overexertion |
| 2. | AND WARM | |
| | LIFT | c. if something hurts, never ignore it as a taking a small injury or a small ache or pain for granted and may end up turning into bigger problem |
| 3. | PROPERLY | |
| | STAY | d. when exercising, set target that you can attain without causing too much stress on your body |
| 4. | HYDRATED | |
| | LISTEN TO | e. drink plenty of fluids prior to and throughout any strenuous activity. Dehydration is frequently a result of overexertion. |
| 5. | YOUR BODY | |
| | SET | f. making your body more flexible can help prevent overexertion. |
| | OBTAINABLE | |
| 6. | GOALS | |
| | REST | g. avoid back injuries by lifting with your legs bent. |
| | PROPER | |
| 7. | NUTRITION | h. to keep your body working at the highest level, eat plenty of lean protein and fresh vegetables. |



Direction: Match the word in column A to column B. Use line to connect the answer.

A	B
hyperthermia	refers to excessive loss of water from the body, usually through perspiration or sweating, urination, or evaporation
hypothermia	Consumption of 16-20 ounces (2-2½ cups) of water
pre-exercise hydration	consumption of four to eight ounces (one-half to one cup) of fluid every 15 minutes
during exercise hydration	is a result of the body being overheated
post-exercise hydration	It is recommended that an individual consume 16 ounces (two cups) of water two hours
dehydration	is a life-threatening and serious condition that occurs when your body loses more heat than it produces causing your temperature



Additional Activities

HOW HYDRATED YOU ARE?

A quick to test how well you are hydrated is to check the color of your urine.

(COLOR: FROM LIGHT YELLOW TO DARK YELLOW)



Record your hydration status one week by using the emoji sign every time you urinate.

DAY 1

TIME	URINE STATUS	REMARKS	ACTION TAKEN
Example: 4:00 am		I am dehydrated.	I drink more fluids



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