

# FITNESS FOR LIFE

## Quarter I

### MODULE 1:

This “Fitness for Life” module will introduce you to the key concept and principles of Physical Fitness. Varied yet selected activities are provided for you to accomplish, to draw out your understanding of Physical Fitness. At the course of the module, several questions will be encountered for you to ponder upon and reveal your understanding of Physical Fitness.



### **EXPLORE Your Understanding**

In this phase, you will be given activities to diagnose and activate your prior knowledge. Your expectations and tentative understandings will also be revealed through different questions and activities prepared. At the end of this module, you are expected to have prepared a personal fitness plan which will be assessed using the following criteria: completeness of the plan, relevance to your personal fitness needs and doability.

#### Activity No. 1: **FIT OR NOT?**

The following are statements related to Physical Fitness. Write **FIT**, if the statement relates to the characteristics and indications of a physically fit individual and **NOT**, if the statement is the opposite. Write the answers in your notebook.

1. Can perform daily activities without undue fatigue
2. Is sickly and weak
3. Has reserved energy for emergencies
4. Maximizes leisure for recreation
5. Is always stressed and has no leisure
6. Has awkward posture
7. Is overweight and can't efficiently move
8. Has normal BMI (Body Mass Index)
9. Has pale skin complexion and can't easily sleep at night
10. Is confident and cheerful in the performance of physical activities

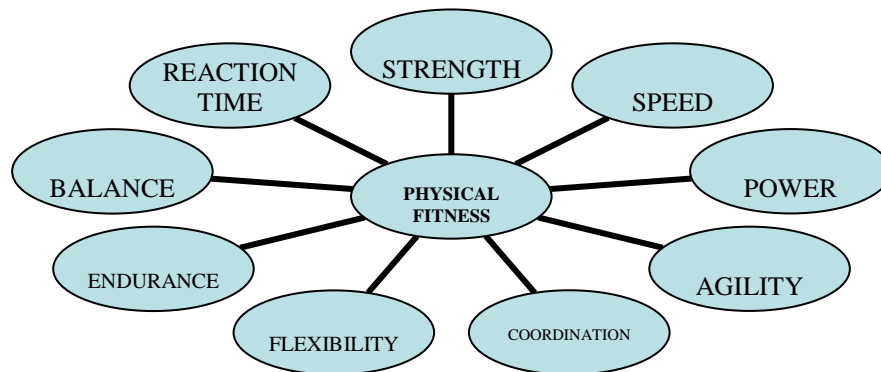
## Points to Ponder:

Read the following questions silently. Ponder on each question then write your thoughts on your notebook.

- How do you describe a physically fit person?
- When can you say that an individual is not physically fit?
- Based on your responses, how do you describe yourself?
- Are you a physically fit individual? Justify your answer.

## Activity No. 2: CONCEPT MAP ANALYSIS

Below is a concept map of physical fitness and its components. Each of the indicated components contributes to the development of your physical fitness. Your task is to lift a term from the map and match it with the statement defining the term.



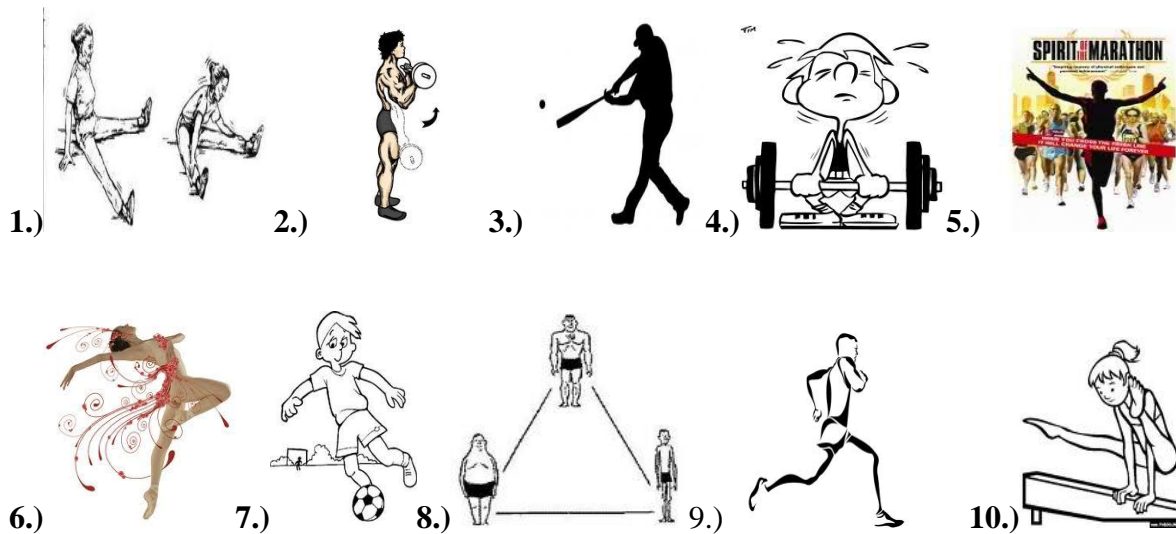
1. Ability to do a wide range of movement
2. The capacity to change position and direction quickly
3. The ability to apply of force
4. Repetitive or sustained application of force
5. Ability to stay in equilibrium
6. To respond quickly to a given stimulus
7. To move in a straightforward direction in the shortest possible time
8. The combination of speed and strength in one blow of movement
9. The smooth and accurate execution of movement as conceived in the mind and executed by the body parts
10. The capacity to perform your daily tasks without undue fatigue and still has extra energy for recreation and emergency.

Activity No. 3: **MATCH, MATCH, MATCH!**

The images below illustrate physical activities that display the different components of Physical Fitness. Select the appropriate component of Physical Fitness from the box and match it with the given image showing a physical fitness activity. Write your answers in your notebook.

**Components of Physical Fitness**

Strength	Speed	Cardio-Respiratory Endurance	Power	Coordination
Agility	Balance	Reaction Time	Body	Composition
		Flexibility		



**Points to Ponder:**

In your notebook, write your answers to the following questions:

- How often do you participate in the activities illustrated above?
- Do you do physical activities other than those indicated above? If yes, name at least five of them.
- How do you feel about participating in those physical activities?
- How do you think can these activities help you improve or maintain your physical fitness?
- Cite five reasons why physical fitness is necessary in your daily life.

#### Activity No. 4: **SHAPE IT UP**

Are you a circle? square? triangle? Choose one from among the shapes illustrated below. Relate or give your interpretation regarding the chosen shape with that of your own level of physical fitness. Think! Get started...Write your answer in your answer notebook.



I think you are now ready for the next stage...Read carefully and be ready for some challenges to be given ahead! Good luck!



#### **FIRM-UP Your Understanding**

In this phase, you will be provided with basic information on Physical Fitness and its Components, Physical Fitness Tests and Principles of Physical Fitness Training. You will also be tasked to accomplish different activities and answer several probing questions every after the given readings. This will allow you to reflect of your understanding on the lesson.

#### **READ AND YOU WILL UNDERSTAND!**

##### **Reading 1. *Physical Fitness and Its Components***

Do you attend to your daily chores like housekeeping, bathing, water-fetching, dishwashing and the like? Are you a sportsman who plays games like Volleyball, Basketball, Badminton or other games? Do you perform fitness routines like brisk walking, jogging, weight training or even aerobic dancing? If yes, you're on the right track! If not, better watch your activities out! You have greater risk of acquiring health problems with a low level of physical fitness, if that's the case. Movement is the basis of physical fitness. If you can stand, don't sit. If you can walk, don't just stand. If you can even run, don't walk. The more you moderately use your body in the performance of your daily activities, the better it would become in terms of fitness. For as long as there is a chance for you to move, move. Don't leave yourself idle for the rest of the day. This is what the Hippocratic Law of Use and Disuse means.

**Physical Fitness**, as popularly defined, is the capacity to perform one's daily tasks without undue fatigue and still has extra energy for recreation and emergency. In this definition of Physical Fitness, three important aspects that an individual should be able to meet in order to be considered physically fit. These include:

1. Ability to perform one's daily tasks without undue fatigue. These daily activities include:

- Preparing for school or work
- Going to school or work
- Doing assignments
- Doing study sessions
- Attending to household chores



2. Enjoying leisure through some recreational activities. **Leisure** is the amount of time left after all the daily routine activities are accomplished. It is an unobligated time where one can enjoy through activities such as sports, academic games and other productive hobbies. These activities are called **recreation**. They may be in the form of:

- Watching TV
- Making handicrafts
- Painting and other art activities
- Listening to music
- Playing games or sports



3. Meeting emergencies. Emergencies are unforeseen events with which one has to use his energy and time to meet them. They include:

- Accidents
- Doing important errands
- Performing social obligations
- Attending to unexpected guests
- Attending to household problems



The ability to meet these three (3) main aspects of physical fitness is a manifestation that one is a physically fit individual. The ability to meet these three demands of physical fitness requires you to have the different components which include:

### HEALTH-RELATED COMPONENTS:

- **Strength** - refers to the ability of the muscle to exert maximal effort in brief duration. It may be developed through isotonic, isometric or isokinetic contractions. **Isotonic** contraction is seen in **calisthenics** exercises wherein a body segment makes use of the body resistance during an exercise. Push-ups, sit-ups and pull-ups are examples. **Isometric** contraction on the other hand is seen in exercises in which a group of muscles is contracted against an immovable resistance. The muscle groups are made to provide maximum

contractions but are not supposed to move. This exercise is advised to bed-ridden patients. The third is **isokinetic** contraction. This is seen in exercises where muscles are exposed to fixed machines with variable degrees of resistance. They are most often advised by fitness trainers and are usually performed in fitness gyms.

- **Endurance** - refers to the ability of the muscle to exert sub-maximal effort for a prolonged period of time. Performance of strength and speed exercises in a prolonged period of time is a demonstration of endurance. This component is improved with repetitive training following the principles of fitness. As one develops endurance, he also develops his muscle performance including the performance of lungs and heart.
- **Flexibility** - the ability of the muscles and joints to go through a full range of motion. It reduces the risk of injuries, enhances muscle performance and prevents muscle soreness. It is achieved through stretching designed to lengthen or elongate shortened soft tissue structures and thereby increases the range of motion. Always remember that flexibility is highly influenced by the kind of joint a certain body part has. Specific joints require specific flexibility exercises and movements.
- **Organic vigor/Body composition** - refers to proportion of lean body mass to fat body mass. It stresses one's relative fatness or leanness in relation to height. Body composition is classified into three which is known as **somatotype**. They are ectomorph, endomorph and mesomorph. **Ectomorph** is a body type characterized as lean and small body built with greater surface area to mass ratio. Bone size is relatively small with slender limbs and low muscle mass. **Endomorph** is a body type with predominance of soft roundness and enlarged abdominal section. **Mesomorph** is characterized by broad shoulders and muscular predominance. Bone structures are relatively large coupled with massive limbs contributing to greater weight than ectomorphic body type.

Somatotypes are closely related to fitness activities of an individual. They somewhat dictate what particular activities are applicable to such body type.

#### **SKILL/PERFORMANCE-RELATED COMPONENTS:**

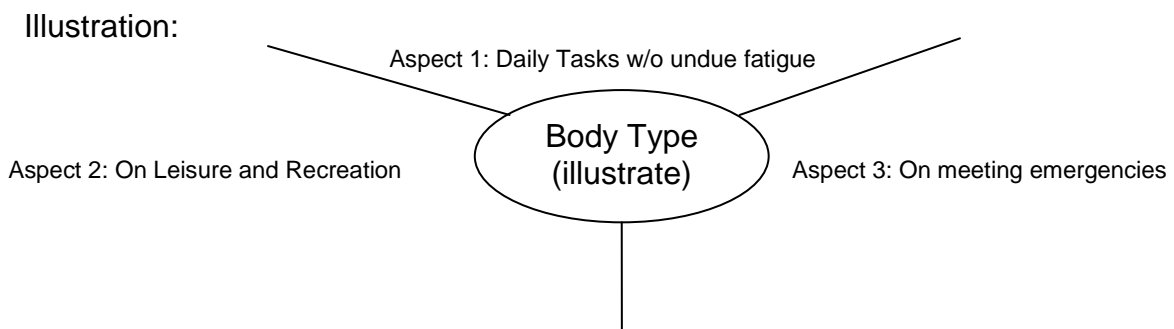
- **Speed** - the ability to perform a task or move from one point to another in shortest possible time. It is influenced by **reaction time**. It is the time elapsed when the "go" signal has been made by an official to the first motor response.
- **Agility** - the ability of an individual to quickly shift or change direction of the body from one point to the other.

- **Power** - ability to perform one maximum effort in the shortest possible time. It is the product of both strength and speed.
- **Balance** - the ability to stay in equilibrium in relation to changes in body position. It may be static or dynamic. **Static balance** is the kind of balance demonstrated in stationary position. **Dynamic balance** is demonstrated while the body is moving.
- **Coordination** - is the harmonious working relationship between the skeletal muscles and nerves in one aspect of movement. Hand-eye relationship in sports or hand-foot relationship in walking is an activity where you can see coordination.

All of these components are already present within us. It's just that, each individual has a different level of fitness from the other. Individuals with low level of fitness need to determine their weaknesses and do some activities which may help elevate their fitness while those with a high level of fitness need not take for granted their condition. Enhancement activities are suggested for them to maintain if not improve their present level of fitness.

#### Activity No. 1: **AM I PHYSICALLY FIT?**

In your notebook, draw the figure below. Determine whether you are ectomorphic, endomorphic or mesomorphic. Draw a figure representing your body type at the center. Considering the three (3) important aspects of physical fitness, enumerate at least five activities that you personally do, other than those given, in each of the three aspects discussed.



#### Activity no. 2: **THE THINGS THAT I DO COUNT**

Accomplish the following table by writing at least five (5) physical activities, including those that you do, that fall under each component of physical fitness. Do this in your answer notebook.

STRENGTH	ENDURANCE	FLEXIBILITY	SPEED	AGILITY	POWER	BALANCE	COORDINATION
1.							
2.							
3.							
4.							
5.							

### Reading 2: *My Body Mass Index (BMI)*

The **Body Mass Index (BMI)** is the proportion of one's height to his weight. It is computed using the formula  $BMI = W/H^2$ . Weight shall be in kilogram and height in meters. Supposed your weight is 50 kilograms and height is 1.6 meters; here's your BMI:

$$\begin{aligned}
 BMI &= \frac{50}{(1.6)^2} \\
 &= \frac{50}{2.56} \\
 &= 19.53
 \end{aligned}$$

Why BMI? You need to know your personal BMI to determine whether your weight, in relation to your height, is underweight, normal, overweight or obese. How do you know if you're underweight, normal, overweight or obese? Refer to the table below:

Body Mass Index Range	Classification
Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30 Above	Obese

### Activity No. 1: **BMI Computation**

Do the following in your notebook:

1. What are the classifications of the computed BMI in the above table?
2. How would you describe a person with normal BMI?
3. Now, it's your turn. If you do not have any height and weight measuring devices, find one in your barangay health center or day care center. Find your weight in kilogram and height in meters. Compute your own BMI and determine your classification. In case the unit of measurement is not the same with what is required, you may do some conversions before proceeding with the computation.
4. Are you done? I guess so! Now think of three (3) ways on how you can improve or maintain your BMI. Don't forget to consider your capabilities and limitations. Write your answers in your notebook.



## Reading 3: CONDUCT OF THE PHYSICAL FITNESS TESTS

After determining your BMI, you now proceed with the physical fitness test. In this reading, you will learn how the physical fitness test is conducted. The following are the tests to be undertaken:

- ❖ Standing Long Jump
- ❖ Push-Up
- ❖ Curl-up
- ❖ Shuttle Run
- ❖ 50m Sprint
- ❖ Sit and Reach
- ❖ 1000m Run

### ***How To Do:***

#### **Standing Long Jump**

In any flat surface on the ground, measure a distance of 100cm. Put a mark on the starting line and another on the other end. Measure another 100cm by tens. Put a mark on each following 10 cm. From the starting line, jump (spring on both feet and land on both feet) as powerful as you can. Measure the distance based on your heels. Try two more times. Measure. The highest score shall be recorded.

#### **Push-Up**

Put a chair against the wall. Prone lie on the chair with both arms extended on it. With the arms carrying your body weight, decrease the angle of your elbows to about  $90^{\circ}$ . Extend arms while moving the body upward. Repeat the whole sequence as many times as you can. Record your score.

#### **Curl-Up**

In supine lying position, knees bent, both palms slightly touching the knees, elevate the upper body (trunk upwards) at about  $90^{\circ}$  on the waist. Move the upper body down to its starting position. Repeat as many times as you can. Record your score.

#### **3-Minute Step Test**

Get your pulse within 10 seconds. Multiply it by 6. For 3 minutes do the step-up-and-down motion continuously on stairs with one foot after the other. After 3 minutes, get your pulse for 10 seconds, multiply by 6. Record the result.

### Shuttle Run

In an open ground, measure a distance of 9 meters. Draw a semi-circle on both ends. Put two (2) small wooden blocks with about 1" x 2" x 4" or stones a little smaller than the given size for the wooden blocks on one end. Stay on the other end. Set your stop watch at zero. As you start to run and bring one block/stone after the other, press "start" in your stop watch. After bringing the second block/stone to other end, press "stop". Record your time.

### 50 m Sprint

In an open ground, measure a distance of 50 m. From the starting line, press "start" in your stop watch, then run as fast as you can through the finish line. Press "stop" to measure your speed. Record your time.

### Sit and Reach

Look for a tape measure or any measuring device not shorter than 100 cm.. Find a space where you can be in stride sitting position with your back against the wall. Put one end of the tape measure under your groin, extend it vertically forward. With palms together, extend both arms fully upward, breath-in, bend forward and reach as far as you can. Do it for two more times. The highest record shall be noted.

### 1000 m Run

In an open ground or road, bring a stop watch. Measure your endurance by running a distance of 1000 m. Be sure that before doing this, you have properly warmed up and conditioned yourself for the activity. This means you have a good sleep and have had you breakfast or any meal before running. You may walk if you can't sustain your speed through the run but you should not stop. As you gain momentum, you may run fast again and finish. Record your time.

## Activity No. 1: **PHYSICAL FITNESS TESTS**

Now that you already know how to conduct the physical fitness test, I guess you are ready to do it yourself! Go and change for your fitness outfit and start the ball rolling!

1. Get your notebook and bring in the physical fitness testing area you have decided the things that you need. For example, your stop watch, tape measure, wooden blocks, markers and others.

2. Remember to do some warm-up and stretching exercises before the activity. This will help you perform well the different skills required in the physical fitness tests and reduce the risk of having injuries at the course of the test.
3. Don't forget to record your score in your notebook every after a physical fitness test.

### Activity no. 2: **SOLICITING FEEDBACKS**

Write your answers to the following questions in your notebook:

1. How well did you perform in the tests?
2. What do you think is the significance of conducting physical fitness tests such as what you have just done?
3. Regardless of whether you got high or low scores in the physical fitness tests, how else can you improve your fitness at the level of the different components?

### Reading 4: **Personal Fitness Program**

There are at least four (4) phases of the fitness exercise program, namely:

- ✚ Warm-Up Exercises
- ✚ Flexibility Exercises
- ✚ Strength and Endurance Exercises
- ✚ Cool Down Exercises

#### **Warm-Up Phase**

From the word warm alone, you already know what this phase of the fitness exercise program means. It is to elevate the body's temperature to prepare the muscles to any succeeding strenuous activity.. By warming up the muscles are provided with sufficient amount of blood and oxygen supply so that they will contract more efficiently. Without warming up, you may have greater risk of physical injuries as you proceed immediately with vigorous activities.

#### **Flexibility Exercises**

This phase of exercise follows immediately after warm-up. It is done by doing gradual stretching activities from upper to lower extremities. There are different ways to stretch your muscles: ballistic, passive and static stretching. The most recommended type is static stretching. It allows muscles and connective tissues surrounding the joint to stretch far enough to its full range. This is generally proven to decrease tendencies of injuries as you go on with the exercise program you have designed.

## **Strength and Endurance Exercises**

As mentioned earlier, there are at least three (3) types of muscle contractions that are currently used to develop your muscle strength and endurance. These are isotonic, isometric and isokinetic contractions. Though each of these contractions has its own advantages, we will focus only with isotonic strength exercises.

The strengthening exercises include both calisthenic exercises and weight training. **Calisthenic exercises** using the body weight are practical and inexpensive to perform especially if there are no weight training equipment in the school or if there are no fitness gym near you. In addition, only minimal space is needed to perform the activity.

**Weight training** is another effective way in developing your muscle strength and endurance. Unlike calisthenic exercises, this training program uses fixed machines of varying degrees of weight as resistance. Both calisthenic and weight training exercises, if you are to maximize the effectiveness of any of them, shall be guided by the principles of exercise. These principles include specificity, overload, reversibility and individuality.

### **Cool Down exercises**

These exercises serve to gradually lower blood pressure and muscle stress caused by the strenuous strength and endurance training. Cooling down relaxes your muscles and smoothens the flow of blood around the body to prevent you from experiencing some form of dizziness caused by inadequate blood and oxygen supply to the brain. Cool down exercises are somewhat the same with that of warm-up and stretching part of the training and as important as them, too. An indication that you have cooled down is when your profuse sweating and heart rate drops down to less than 100 beats per minute.

## **PRINCIPLES OF FITNESS TRAINING**

### **Specificity**

This principle states that there are specific exercises for specific muscles. A certain body segment or muscles is developed by a certain exercise.

### **Overload**

This principle dictates that there must be a gradual increase in work load given to the muscle. The process involves gradual adaptation of the muscle to the work load and later, progressively increased as the muscle adapts to it.

## Reversibility

This simply states that if regular training of a particular segment of the body stops; the strength of the body segment returns to its initial strength level.

## Individuality

Because an individual has different fitness attributes, lifestyle, social environment and nutritional practices, response to training differs from one person to another. Thus, even if the above principles are taken into consideration during training, physiological benefits that may be derived from it will vary from individual to individual.

## VARIABLES TO BE CONSIDERED DURING FITNESS TRAINING

Frequency	- How frequent will the exercise be performed? Will it be twice or trice a week, or every other day, or every day?
Intensity	- How hard, intense and stressful will the exercise be?
Time	- How long will the exercise be performed? This refers to the duration of the performance of the exercise.
Type	- What type of activity will you perform?

## OTHER IMPORTANT FACTORS TO CONSIDER

### Nutrition

One of the most important factors to be considered in fitness planning is nutrition. What comes into your mind when we talk about nutrition? Food! There are six (6) basic types of food nutrients. These are carbohydrates, protein, fat, vitamins, minerals and water. These building blocks needed for growth, repair, reproduction, maintenance and repair of body tissues.

- **Carbohydrates**

They are the primary source of energy for the muscles during exercise. They also help control the breakdown of protein and protect the body against toxins. Sources of carbohydrates include rice, corn, bread, noodles, pasta, potatoes, crackers and cereals.

- **Protein**

This nutrient is responsible in building and repairing muscle tissues, red blood cells (RBC), hair and other tissues and synthesizing hormones. About 15% of our calorie intake comes from proteins. Sources of proteins include pork, beef, chicken, fish, egg, milk and beans.

- **Fats**

Fats are sources of stored energy (calories) that we burn primarily during low level activity such as sitting, lying down, walking, etc. They are important for growth and repair of tissues. They are our body insulators that help maintain body temperature. Though dietary fats are necessary, we need to consider its saturation. Unsaturated fats do not produce as much blood cholesterol as saturated fats. **Cholesterol** is a complex waxy substance that is an essential component of the walls of the body cells. Our body has the ability to produce cholesterol through the liver. Too much cholesterol-rich food intake may cause danger to our health and may even amplify the risk of having coronary heart disease.

- **Vitamins**

These are chemical substances needed by the body to process other nutrients. They help regulate functioning of body systems especially nervous system. Since our body doesn't have the capacity to produce its own vitamins, we need to obtain them from food we eat. Eating a balanced diet may help us gain the necessary vitamins that our body needs.

- **Minerals**

They are inorganic substances that the body needs for forming bones, teeth, blood cells, for assisting chemical reaction of cells and for regulating body fluids. Essential minerals include calcium, iron, sodium, zinc, phosphorous and magnesium.

- **Water**

This is an essential substance that makes up to 50-50% of the total body weight. It functions to stabilize body temperature, carries food nutrients to and waste away from cells, and is needed by the cell to function. Water is not a source of energy like vitamins and minerals but is equally essential in regulating bodily functions.

## CALORIE CONTENT OF NUTRIENTS

1 gram of carbohydrates	=	4 calories
1 gram of protein	=	4 calories
1 gram of fats	=	9 calories
vitamins	=	0calories
minerals	=	0 calories
water	=	0 calories

### Activity no. 1: CALORIE INTAKE VERSUS CONSUMPTION

This activity will provide you opportunity to do some researching and balancing on calorie intake and consumption. You will be given different activities which may serve as your body exercise; all you have to do is research over the net the

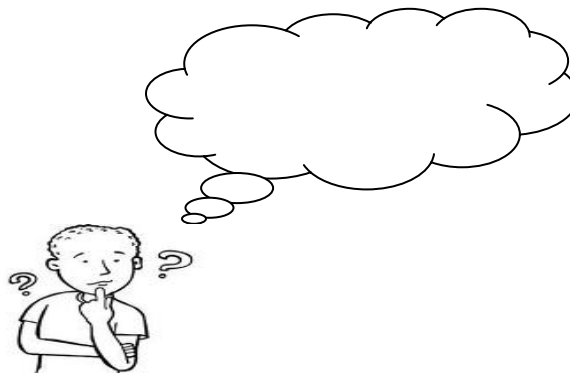
corresponding calories consumed per activity. After that, suggest foods to be eaten to replace the consumed energy taking into consideration the amount of calories they have.

You may use the following table for your output:

GIVEN ACTIVITIES	CALORIES CONSUMED	SUGGESTED FOODS TO EAT	CALORIES PER SERVING
10 min. Brisk Walking			
10 min. Jogging			
15 min. Aerobic Dancing			
10 min. Basketball Playing			
10 min. Volleyball Playing			
10 times/3 repetitions Push-Up			
10 times/3 repetitions Curl-up			
10 min. Stretching Exercises			
10 min. Cycling			
20 min. Swimming			

**Activity No. 2: CHECK YOUR UNDERSTANDING**

In fifteen (15) minutes, organize your thoughts and come up with your own idea of what physical fitness means to you (At least 300 words). Write your answer in your notebook.



They say, “if you want to get things done, do it yourself!” Congratulations!  
You’ve done the activities successfully on your own. I think you are more  
than ready for the next stage...



## DEEPEN Your Understanding

In this phase, you will be given more activities to enhance your understanding of physical fitness. You will be made to enhance and deepen your understanding of the importance of physical fitness and become responsible of your own fitness.

### Activity No. 1: **DID YOU MEET THE TARGET?**

Here’s how you will know whether you passed or failed in your physical fitness test. Get your scores and refer to the following table showing the desired results in relation to your age. Beside your score in each test, write **AB for Above Target** if your score is the same or higher than the given target; write **BT for Below Target** if your score is lower than the given target.

Suggested Format of Your Output in this Activity:

**Name:** \_\_\_\_\_  
**BMI:** \_\_\_\_\_

**Age:** \_\_\_\_\_  
**Classification:** \_\_\_\_\_

PHYSICAL FITNESS TESTS	RESULT	AT/BT
Standing Long jump		
Curl-Up		
50 m Sprint		
3 Minute Step Test		
Chair Push-Up		
Shuttle Run		
Sit and Reach		
1000 m Run		

### PERFORMANCE TARGETS FOR BOYS

AGE	Standing Long Jump (cm.)	Curl-Up	50 m. Sprint (sec.)	3 min. Step Test	Chair Push-Up	Shuttle Run (sec.)	Sit and Reach (cm.)	1000 m Run (min.)
9	155	23	9.2	122	15	12.0	37	4.57
10	164	25	8.8	121	16	11.8	39	4.40
11	172	26	8.6	119	17	11.5	41	4.27



12	179	28	8.3	117	18	11.4	43	4.25
13	191	32	8.0	115	19	11.2	45	4.19
14	198	36	7.8	110	20	11.0	50	4.18
15	205	38	7.5	107	21	10.9	55	4.14
16	215	42	7.3	105	22	10.8	56	4.10
17	222	45	7.0	102	23	10.7	64	4.00
18	230	47	6.8	99	24	10.4	69	3.55
19	235	49	6.6	98	25	10.2	70	3.45
20	240	51	6.5	96	26	10.0	72	3.35
21	250	55	6.4	95	27	9.8	72	3.30

### PERFORMANCE TARGETS FOR GIRLS

AGE	Standing Long Jump (cm.)	Curl-Up	50 m. Sprint (sec.)	3 min. Step Test	Chair Push-Up	Shuttle Run (sec.)	Sit and Reach (cm.)	1000 m Run (min.)
9	134	20	9.5	119	7	13.5	43	5.30
10	146	21	9.5	117	7	13.2	45	5.00
11	150	21	9.0	115	8	12.9	47	4.55
12	155	22	8.8	113	9	12.8	49	5.5.
13	163	22	8.7	111	10	12.6	52	4.47
14	167	23	8.5	108	11	12.5	54	4.38
15	170	23	8.5	103	12	12.0	58	4.30
16	172	24	8.5	101	13	11.8	63	4.25
17	175	25	8.2	100	14	11.5	68	4.17
18	180	26	8.2	98	14	11.3	72	4.10
19	184	27	8.2	96	15	11.0	74	4.05
20	187	30	8.0	95	15	10.8	75	3.37
21	190	30	8.0	93	16	10.5	75	3.35

### Activity No. 2: EVALUATING YOUR FITNESS TEST RESULTS

After putting AB or BT in your score notebook, it's time for you to make a move in improving your fitness by completing the following fitness table:

Suggested Format of Your Output in this Activity:

FITNESS TEST	BODY PART INVOLVED	FITNESS COMPONENT TESTED	RESULT	AT/BT	FITNESS MOVE (Alternative Activities to Improve Fitness)
Standing Long Jump					1. 2. 3.

<b>Curl-Up</b>					1. 2. 3.
<b>50 m Sprint</b>					1. 2. 3.
<b>3 Minute Step Test</b>					1. 2. 3.
<b>Push-Up</b>					1. 2. 3.
<b>Sit and Reach</b>					1. 2. 3.
<b>1000 m Run</b>					1. 2. 3.

**Points to Ponder:**

Answer the following in your notebook:

1. What do you think will happen if calorie intake exceeds your calorie consumption?
2. What happens if your calorie consumption exceeds your calorie intake?
3. How significant is nutrition in physical fitness training?

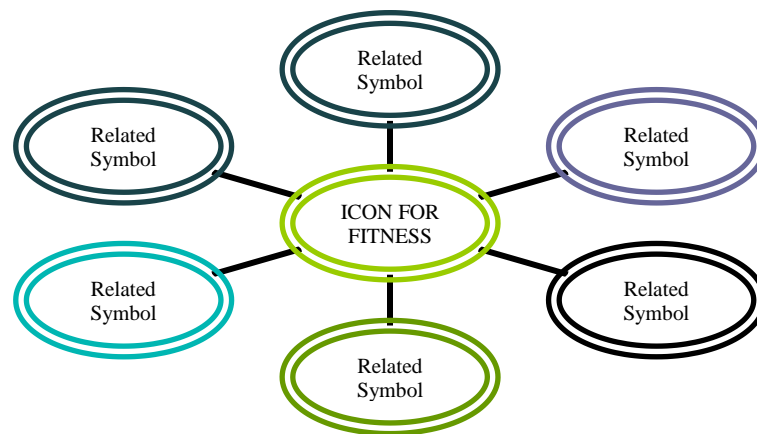
**Activity No. 3: FITNESS RESEARCH**

1. Go to the nearest internet café in your place. Don't forget your flash drive, blank cd or any computer recording device.
2. Search the internet for a number of warm-up, flexibility, strength and endurance and cool down exercises.
3. Save your searches to your flash drive or to the blank cd you brought for this purpose.
4. Familiarize the exercises you have searched by phase at home or in any space where you can execute the movements.
5. Make a tentative fitness training plan based on the principles and variables learned which you can use for your personal fitness program. Do this in a short bond paper; if you can have it computerized; it would be better.

6. Submit a copy to your teacher for his/her feedback. Let a friend, a gym instructor or a fitness enthusiast critique your plan so as to gain positive insights which may contribute to the improvement of your plan.

#### Activity No. 4: **CHECK YOUR MASTERY**

- (Salundiwa) In a drawing paper, draw a medium-sized circle at the middle. Inside the circle, draw anything that may symbolize physical fitness. Around the circle, draw as many symbols as you can think which correspond to ideas related to physical fitness. At the back of your work, make a short written description of what you have drawn. Submit this to your teacher. Be ready to justify your ideas!



#### Activity No. 5: **DRAWING Your UNDERSTANDING**

Answer the following questions in your notebook:

1. How significant for you is undergoing a physical fitness test?
2. Why it is important for you to do warm-up and flexibility exercises before proceeding immediately with the strength and endurance training?
3. Do you always have to consider nutrition in your personal physical fitness? Why?
4. How can you develop your personal physical fitness?

**You're getting nearer to accomplishing all tasks in this module...that's great! I can see some efforts! Keep it up!**



## **TRANSFER your Understanding**

In this phase, you will now apply the things you have learned to yourself. Consider your present fitness strengths and weaknesses as a result of your fitness test, your individuality and your lifestyle in doing the following activities to be given.

### **Activity No. 1: Designing Your Personal Fitness Plan**

You may use any mode of presentation in coming up with your personal fitness design. It may be through graphic organizer, tabular presentation, flow chart, planner, scrap book or portfolio type. It's up to you! For as long as you can articulate it through actual performance and create a change for the better in your personal fitness, then be it. Just don't forget to take into consideration the principles of fitness training, the variables to be considered for the training and the result of your physical fitness test because these serve as your springboard in laying down your fitness plans.

Submit a copy of your work to your teacher for evaluation.

**“How good is the aim if you won't pull the trigger?” You may have designed the best fitness plan ever but its purpose would be lost in vain if you won't start a step to execute and apply it to your own lifestyle. I commend you for having gone this far so don't waste your time. What are you waiting for, lay your fitness plans and act them out! Goodluck!**

---

#### Resources (Web sites, softwares, etc.)

- JOSE P. CATAPANG, *A Manual on Physical Fitness*, Sports Physiological Training, Consultancy and Research Services (SPTCRS) Publications (1<sup>st</sup> Ed.), 1998
- Web-based resources
- MAPEH Books

#### Materials/Equipment Needed:

- Illustrations
- Drawing papers/bond papers
- Answer notebook
- Chair
- Stop watch
- Wooden blocks/stones