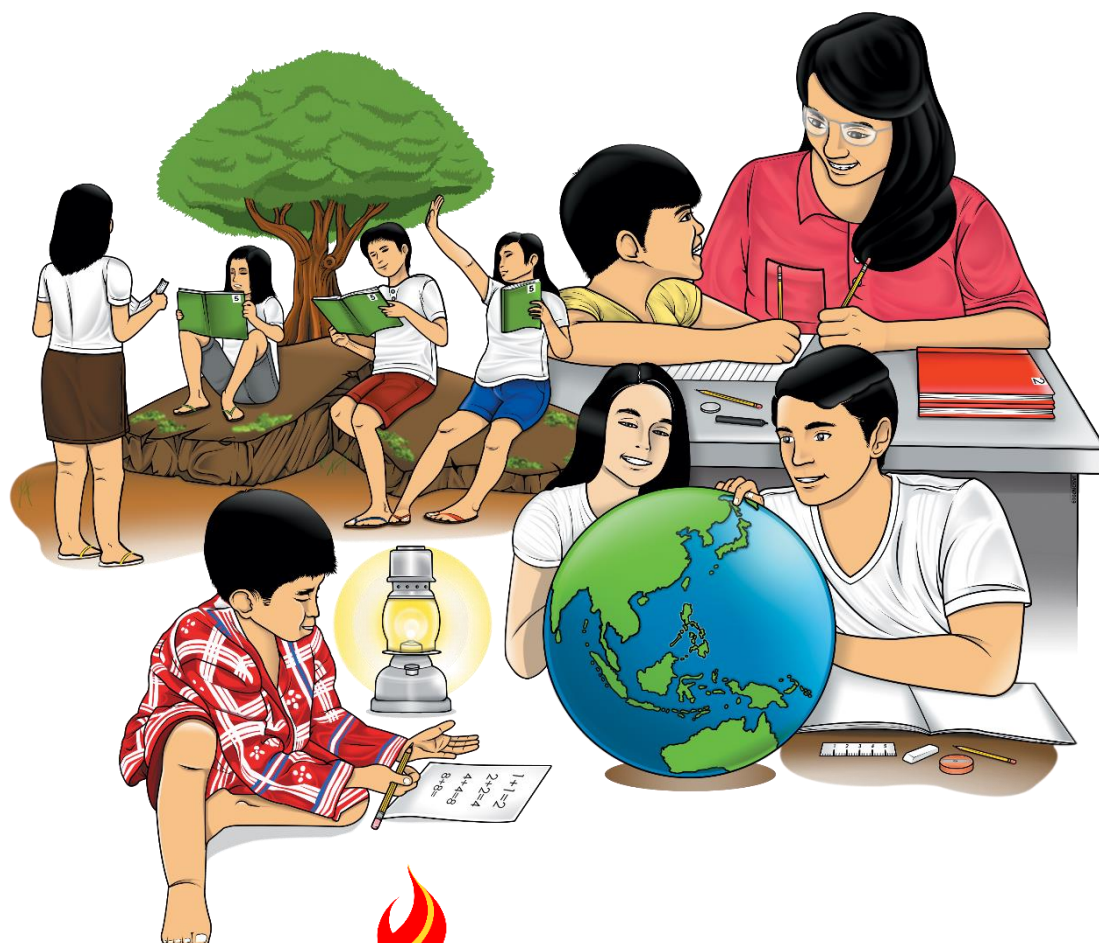


# Health Optimizing Physical Education 1 Quarters 1 and 2 – Module 8: Optimizing your Health Through Physical Activities



**Health Optimizing Physical Education 1 (HOPE 1)**  
**Alternative Delivery Mode**  
**Quarters 1 and 2 – Module 8: Optimizing Your Health Through Physical Activities**  
**First Edition, 2021**

**Republic Act 8293, section 176** states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education  
Secretary: Leonor Magtolis Briones  
Undersecretary: Diosdado M. San Antonio

**Development Team of the Module**

**Writers:** Anna Leah P. Lagman, Maria Rosario A. Botacion

**Editors:** Aleli C. Nitoral, Roderick Tobias

**Reviewers:** Lorelyn P. Arellano, Raine P. Ramos, John Lester F. Guerrero,  
Celeste A. Cortez, Ma. Jet V. Hinanay, Romnick Nicolas,  
Norbert M. Senson, Jenna Joy B. Dela Rosa

**Illustrator:** Rubylyn Tiña Gludo, Julius Burdeos

**Layout Artist:** Anabelle V. Placido, Israel M. Anzaldo

**Management Team:** Francis Cesar B. Bringas

Job S. Zape, Jr.  
Ramonito Elumbaring  
Reicon C. Condes  
Elaine T. Balaogan  
Fe M. Ong-ongowan  
Cherrylou D. Repia  
Babylyn M. Pambid  
Gloria C. Roque  
Rosemarie C. Blando  
Mil F. Ponciano  
Meliton Berin Jr.

**Printed in the Philippines by \_\_\_\_\_**

**Department of Education – Region 4A CALABARZON**

Office Address: Gate 2 Karangalan Village, Brgy. San Isidro, Cainta, Rizal  
Telefax: 02-8682-5773/8684-4914/8647-7487  
E-mail Address: lrmd.calabarzon@deped.gov.ph

# **Health Optimizing Physical Education 1**

## **Quarters 1 and 2 – Module 8: Optimizing your Health Through Physical Activities**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

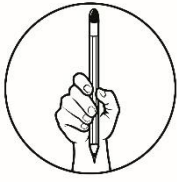
This module was designed and written with you in mind. It is here to help you master the value of participating in physical activities. The scope of this module allows it to be used regardless of the vocabulary levels of the learners. The lessons logically arranged following the standard sequence of the course. The order of the lessons is flexible and appropriate to your needs.

The module has one lesson:

Lesson 1–Value of Participating in Physical Activities

After going through this module, you are expected to:

1. Recognize the value of optimizing health through participation in physical activities;
2. Differentiate the moderate activities and vigorous activities;
3. Identify the physical activities that fall under each category;
4. Explain the importance of physical activity;
5. Identify the effects of a sedentary life;



## ***What I Know***

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. It usually involves any movement of the body which causes muscular contraction resulting to release of energy.
  - A. Motion
  - B. Motivation
  - C. Physical Activity
  - D. Motivation Physical Fitness
2. It is a physical activity that is planned, purposeful, repetitive, and structured.
  - A. Action
  - B. Exercise
  - C. Experience
  - D. Recreation
3. Teenagers are recommended to be physically active for at least every \_\_\_\_\_.
  - A. 6 minutes a day
  - B. 16 minutes a day
  - C. 36 minutes a day
  - D. 60 minutes a day
4. According to the World Health Organization in 2010, lack of physical activity has been identified as the \_\_\_\_ leading risk factor for global mortality.
  - A. first
  - B. second
  - C. third
  - D. fourth
5. The acronym WHO means \_\_\_\_\_.
  - A. World Health Organization
  - B. Word Healing Organization
  - C. Word Health Organization
  - D. World Healing Organization
6. In the acronym FNRI, the letter N stands for \_\_\_\_\_.
  - A. National
  - B. Network
  - C. Nurture
  - D. Nutrition
7. Among the following physical activities, which is not proven to improve overall health and fitness?
  - A. gentle
  - B. moderate
  - C. regular
  - D. vigorous

8. Helping in and outside the homes is considered as\_\_\_\_\_.
- A. gentle
  - B. moderate
  - C. regular
  - D. vigorous
9. This is an activity that increases the heart rate and makes you perspire more.
- A. gentle
  - B. moderate
  - C. regular
  - D. vigorous
10. Which common disease can be a result of inactivity from physical activities?
- A. dark skin
  - B. hair loss
  - C. short height
  - D. Diabetes Type 2
11. Which of the following is not part of the FITT?
- A. Frequency
  - B. Integrity
  - C. Type
  - D. Time
12. This is the pyramid which was developed in 2000 by the Philippine Association for the study of obesity and overweight.
- A. The Philippine Pyramid Activity Guide
  - B. The Filipino Pyramid Activity Guide
  - C. The Filipino Pyramid Attraction Guide
  - D. The Filipino Paralympic Activity Guide
13. Non-participation in physical activity approximately causes \_\_\_\_\_ % ischemic heart disease.
- A. 25%
  - B. 27%
  - C. 29%
  - D. 30%
14. In which year did the FNIR report that 86% of Filipino high school in Manila failed to achieve the recommended physical activity?
- A. 2008
  - B. 2009
  - C. 2010
  - D. 2011
15. An inactive lifestyle causes people to develop \_\_\_\_\_.
- A. noncommunicable diseases
  - B. none binary
  - C. nonchalant
  - D. noncommutative

**Lesson****1****Value of Participating in Physical Activities**

Physical fitness is a condition that allows the body to effectively cope with the demands of daily activities and to still have the energy to enjoy other leisure activities. For this reason, engaging in different physical activities is very effective to improve our body. According to World Health Organization, having a sedentary or inactive lifestyle is considered a high-risk factor in the development of many non-communicable diseases.

***What's In***

Physical activity involves any bodily movement caused by muscular contractions that result to the expenditure of energy. To participate with physical activities, you should consider the principle of progression that from moderate activities before doing vigorous ones.

Directions: The following questions will help you to know the level of your physical activity. This is NOT A TEST but answer it honestly.

- \_\_\_ 1. How active were you in doing household chores?
  - A. I never do any household chore.
  - B. I will do if I asked to do.
  - C. I tried to help but I failed to finish.
  - D. I'm active in doing different household chores.
- \_\_\_ 2. How many hours in a day do you spend in watching TV?
  - A. 2-4 hrs
  - B. 6-8 hrs
  - C. 8-10 hrs
  - D. 10-12 hrs
- \_\_\_ 3. I spend my vacant time by \_\_\_\_\_.
  - A. watching TV
  - B. playing online games
  - C. jogging in the morning
  - D. engaging in any vigorous activities
- \_\_\_ 4. How many days do you engage in moderate physical activities?
  - A. 5 times a week
  - B. 4 times a week
  - C. 3 times a week
  - D. at least once a week



- \_\_\_\_ 5. How many minutes do you spend doing vigorous physical activities?
- A. Less than 15 minutes
  - B. 15 minutes
  - C. 30 minutes
  - D. 60 minutes
- \_\_\_\_ 6. How frequent do you engage in moderate to vigorous physical activities?
- A. none
  - B. once a week
  - C. twice a week
  - D. three times a week
- \_\_\_\_ 7. Among the physical activities, which activity are you most likely to do?
- A. sleeping
  - B. going to the gym
  - C. playing board games
  - D. eating while watching TV
- \_\_\_\_ 8. I am \_\_\_\_\_
- A. active
  - B. inactive
  - C. always active
  - D. sometimes active

Scoring System:

- A - 1pt
- B - 2pts
- C - 3pts
- D - 4pts

\*If your score is above 24, you are physically active.

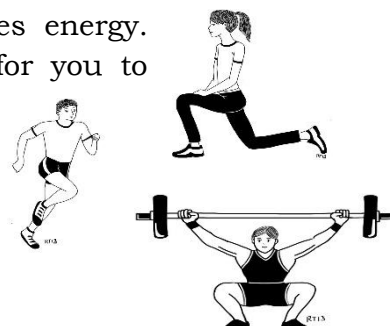
\*If your score is 15-23, you are lightly active in doing physical activities.

\*If your score is 14 and below, you are inactive in doing physical activities.



## ***What's New***

**Physical Activity** is any movement of your body that uses energy. Walking, dancing, playing sports are some good activities for you to become active. Applying the FITT principle such as frequency, intensity, types, and time can improve your performance.



### **Moderate Physical Activity**

This includes brisk walking, dancing, biking, swimming, and jogging. Some household chores may also be considered as moderate activities.

## **VIGOROUS Physical Activity**

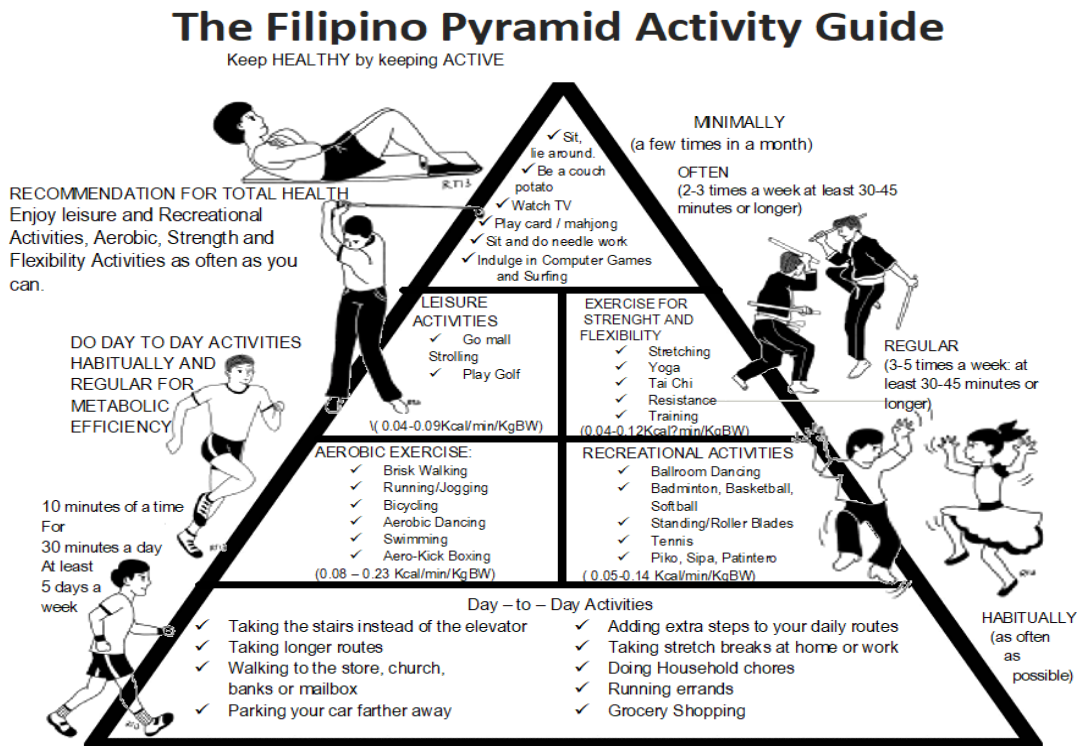
These are activities that make your heart pump faster than moderate activities and release more sweat, such as sports involving excessive running like playing soccer or even swimming, and jogging.

Direction: Study the different activities and tell whether each of the following activities is moderate or vigorous. Kindly check the corresponding column as to moderate or vigorous.

| <b>Physical Activity</b> | <b>Moderate</b> | <b>Vigorous</b> |
|--------------------------|-----------------|-----------------|
| aerobic dancing          |                 |                 |
| biking                   |                 |                 |
| dancing                  |                 |                 |
| jogging                  |                 |                 |
| playing basketball       |                 |                 |



## What is It



**Figure 1 The Filipino Pyramid Activity Guide was developed by the Philippine Association for the study of Obesity and Overweight (2000) to encourage Filipinos to become more active.**

No one wants to become sick, that is why an effective strategy to become healthy is to move more. In 2008, the Food and Nutrition Research Institute (FNRI) reported that 86% of Filipino high schools in Manila failed to achieve the recommended physical activity. Same study from WHO says majority of adolescents worldwide are not sufficiently physically active and putting their current and future health at risk. In the study published in The Lancet Child & Adolescent Health journal and produced by researchers from the World Health Organization (WHO), found that more than 80% of school going adolescents globally did not meet current recommendations of at least one hour of physical activity per day- including 85% of girls and 78 % of boys.

With the emergence of different online games, life of adolescents became inactive. Their time for physical activities decreases as they spend more time using their gadgets and watching TV or movies. According to the World Health Organization, in 2010, the physical inactivity or the lack of physical activity has been identified as the fourth leading risk factor for global mortality (6% of deaths). Inactive in physical activities cause approximately 21-25% breast cancer and colon cancer, 27% of diabetes cases, and approximately 30% of ischemic heart disease case.

**Common results of physical inactivity involve:**

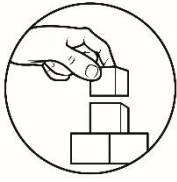
- \* increased risk of being overweight and obese
- \* hypertension/high blood
- \* anxiety
- \* type 2 diabetes mellitus
- \* depression

Part of the development of the adolescent is to engage in physical activities at least 60 minutes a day. There are different exercises that you can do, such as aerobic exercises, muscle-strengthening, and bone-strengthening exercises. Aside from these various exercises, you should include the principle of progression or even the principle of overload to effectively achieve your fitness goal.

Regular exercises and frequent participation in physical activities can lead you to a healthy body and can cope for more demands of effort to become stronger and more efficient in everyday life. For example, a regular aerobic exercise will stimulate changes in the various organs and tissues of your body but is more emphasized in the cardiovascular system. Engaging in muscle-strengthening exercises can increase the size of your muscles. The increase in muscle fiber size or hypertrophy commonly starts after two months. Lastly, doing stretching exercises or bone-strengthening exercises can improve your range of motion around the joints. It helps you to do daily tasks efficiently.

**Common Results of being Active in Physical Activities**

- \* Improves bone, joint, and muscle strength
- \* Develops motor control and coordination
- \* Helps maintain a healthy body composition
- \* Increases the efficiency of the lungs and the heart
- \* Protects the body from musculoskeletal problems such as low back pain
- \* Possibly delays aging process
- \* Promotes healthy cholesterol level
- \* Helps regulate blood pressure
- \* Decreases the risk of Type 2 Diabetes
- \* Reduces the risk of cardiovascular diseases such as coronary artery disease and stroke
- \* Improves the psychological functioning
- \* Improves control over anxiety and depression
- \* Build self-esteem and social interaction



## ***What's More***

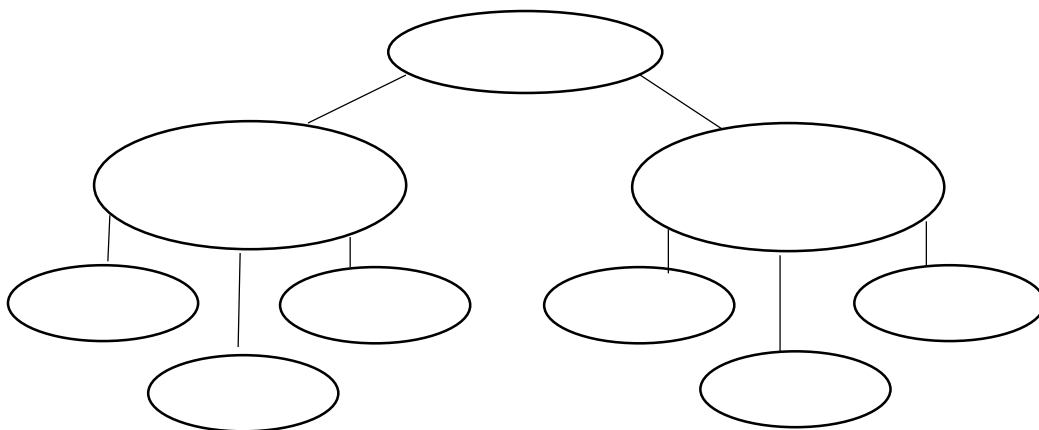
Directions: Based on the picture below, make a concept map related to physical activities.



**Figure 3.1**



**Figure 3.2**





## ***What I Have Learned***

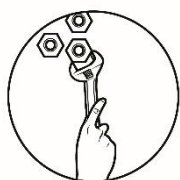
The DOH and WHO are strong advocates in promoting an active lifestyle. They implemented strategies in the past decade such as Hataw, E-di Excercise, Mag-HL Tayo and Go4Health which aim to decrease sedentary lifestyle.

Directions: Read the following situations and rank them honestly based on how much you agree. On a scale of 1-5, with “5” being the best answer that describes you, and “1” being unlikely to describe you. Put a check on your answer and you may also write any remarks.

| <b>Situation</b>   | <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>Remarks</b> |
|--|----------|----------|----------|----------|----------|----------------|
| Engaging in regular exercise is a waste of time.             |          |          |          |          |          |                |
| I rather watch TV or play online games all the time.         |          |          |          |          |          |                |
| I feel tired easily while running.                           |          |          |          |          |          |                |
| Exercise is best for my health.                              |          |          |          |          |          |                |
| Reading books is more productive.                            |          |          |          |          |          |                |
| Helping in household chores makes me active also.            |          |          |          |          |          |                |
| Jogging 3x a day makes my body light.                        |          |          |          |          |          |                |
| I rather lessen my food intake instead of regular exercises. |          |          |          |          |          |                |
| A simple walking in our neighborhood gives me relaxation.    |          |          |          |          |          |                |
| I feel energized after I exercise.                           |          |          |          |          |          |                |

Directions: List down your common activities every day. List down the common activities you do every day. Classify them as to healthy activity you will continue or unhealthy activity you will avoid doing.

| Healthy Physical Activity | Unhealthy Physical Activity |
|---------------------------|-----------------------------|
|                           |                             |
|                           |                             |
|                           |                             |
|                           |                             |
|                           |                             |



## ***What I Can Do***

In this activity, you are going to create an infographic to promote the importance of physical activity, may it be a moderate or a vigorous activity.

**Infographics** – are a visual representation of data. In creating infographic, you are going to use information, visual, and technology literacies.

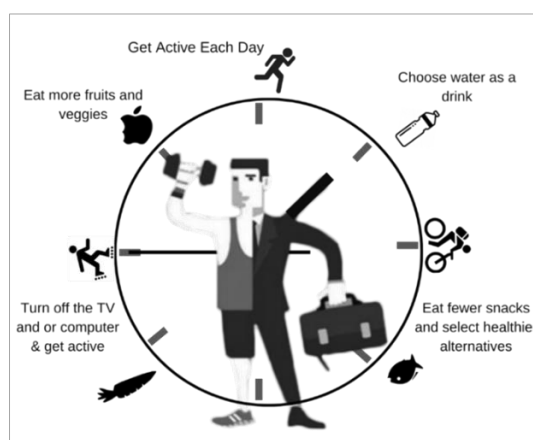
### **Procedure:**

1. Create an infographics based on what you have learned about physical activity.
2. Focus on the importance of an active lifestyle.
3. Use the information on the “***What I Have Learned***” part.
4. Use the basic version of any of the following tools for free:
  - A. PiktoChart
  - B. Canva
  - C. Infogram
  - D. Venngage
  - E. Dipity
  - F. iCharts
5. Post your output on your Facebook account or any social media platform to promote the importance of healthy eating habits and practices. You could also draw or paint your work to be posted on the bulletin boards of your Barangay Hall.
6. Refer to the sample below.

7. Your grade will be based on the rubric scale provided.

### INFOGRAPHICS RUBRIC

| CRITERIA  | 4. Distinguished   | 3. Proficient  | 2. Apprentice  | 1. Novice  |
|---|--|--|--|--|
| <b>Content-Amount of Information:</b><br>Topic and length                         | Topic was completely addressed. Statements were clearly supported by many facts and detailed examples.                               | Topic was addressed. Most statements were supported by facts and examples.   | Topic was addressed. Some statements were supported by facts and examples.                                     | Topic was not addressed. Statements were not supported by facts or examples.                   |
| <b>Design-Creativity and Originality:</b><br>Creative design and original artwork | Design was unique and interesting. Used more than five original media items.   | Design was original. Used three to five original media items.  | Made a few changes to background or layout. Used one or two original media items.                              | Used only design templates. Media and ideas were not original.                                 |
| <b>Design-Layout and Organization :</b><br>Organized and easy to read             | Content was well organized with headings and subheadings. Text and graphics were neatly organized and made the project easy to read. | Project was organized with headings and subheadings. Text and graphics were placed to make the project easy to read. | Most of the project was organized. The placement of text and graphics sometimes made the project hard to read. | Project was hard to read. There is no clear structure. Text and graphics were randomly placed. |



Source: <https://www.revalsys.com/aboutus/our-culture/are-we-living-a-healthy-lifestyle.html>





## Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

\_\_\_1. Walking, dancing and even some household chores are considered \_\_\_\_.

- A. gentle physical activity
- B. moderate physical activity
- C. regular physical activity
- D. vigorous physical activity

\_\_\_2. Playing collegiate basketball, volleyball, or soccer is considered as \_\_\_\_.

- A. gentle physical activity
- B. moderate physical activity
- C. regular physical activity
- D. vigorous physical activity

\_\_\_3. The pyramid which was developed in 2000 by the Philippine Association for the study of Obesity and Overweight is \_\_\_\_.

- A. The Philippine Pyramid Activity Guide
- B. The Filipino Pyramid Activity Guide
- C. The Filipino Pyramid Attraction Guide
- D. The Filipino Paralympic Activity Guide

\_\_\_4. In the acronym FNRI, the letter N stands for \_\_\_\_.

- A. National
- B. Nutrition
- C. Nurture
- D. Network

\_\_\_5. This was the year when the FNIR reported that 86% of Filipino high schools in Manila failed to achieve the recommended physical activity.

- A. 2008
- B. 2009
- C. 2010
- D. 2011

\_\_\_6. Non-participation in physical activity approximately causes \_\_\_\_ % breast cancer.

- A. 21 – 25%
- B. 27%-28%
- C. 29%-31%
- D. 32%-33%

\_\_\_7. Non-participation in physical activity approximately causes \_\_\_ % ischemic heart disease.

- A. 24% – 25%
- B. 26%-27%
- C. 28%-29%
- D. 30%

\_\_\_8. It is the state of the muscles wherein the muscle fibers increase.

- A. Hybernation
- B. Hyperbolism
- C. Hypertension
- D. Hyperthrophy

\_\_\_9. The O in the acronym of WHO means \_\_\_\_\_.

- A. Orbit
- B. Origin
- C. Organ
- D. Organization

\_\_\_10. It is a physical activity that is planned, purposeful, repetitive, and structured.

- A. Action
- B. Exercise
- C. Recreation
- D. Recitation

\_\_\_11. An inactive lifestyle causes people to develop \_\_\_\_\_.

- A. nonchalant
- B. non-binary
- C. noncommutative
- D. non-communicable diseases

\_\_\_12. Helping in and outside the homes is considered as\_\_\_\_\_

- A. gentle
- B. moderate
- C. regular
- D. vigorous

\_\_\_13. Which common diseases can be a result off inactive physical activity?

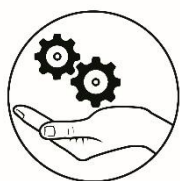
- A. dark skin
- B. hair loss
- C. short height
- D. diabetes type 2

\_\_\_14. Teenagers are recommended to be physically active for at least every\_\_\_\_\_.

- A. 6 minutes a day
- B. 16 minutes a day
- C. 36 minutes a day
- D. 60 minutes a day

\_\_\_15. The acronym WHO means \_\_\_\_\_.

- A. World Health Organization
- B. Word Healing Organization
- C. Word Health Organization
- D. World Healing Organization



## ***Additional Activities***

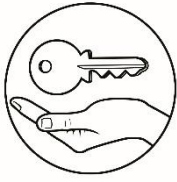
A. Directions: Complete the sentence prompts by writing what you will do and what you will avoid to optimize your health.

**I will do:**

**I will avoid:**

B. Based on your answer, write your three realizations on the importance of participating in physical activities.

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



## Answer Key

**What I Know**

1. C  
2. B  
3. D  
4. D  
5. A  
6. D  
7. A  
8. B  
9. D  
10. D  
11. B  
12. B  
13. D  
14. A  
15. A

**What's In**

Students answer may vary

**What's More**

Students answer may vary

**What's New**

Students answer may vary

**What I Have Learned**

Students answer may vary

**Assessment**

1. B  
2. D  
3. B  
4. B  
5. A  
6. A  
7. D  
8. D  
9. D  
10. B  
11. D  
12. B  
13. D  
14. D  
15. A

**What I Can Do**

Students answer may vary

## ***References***

Physical Education and Health volume 1, Lualhati Fernando-Callo/Peter Fermin Dajime(2016)

**For inquiries or feedback, please write or call:**

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: [blr.lrqad@deped.gov.ph](mailto:blr.lrqad@deped.gov.ph) \* [blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)