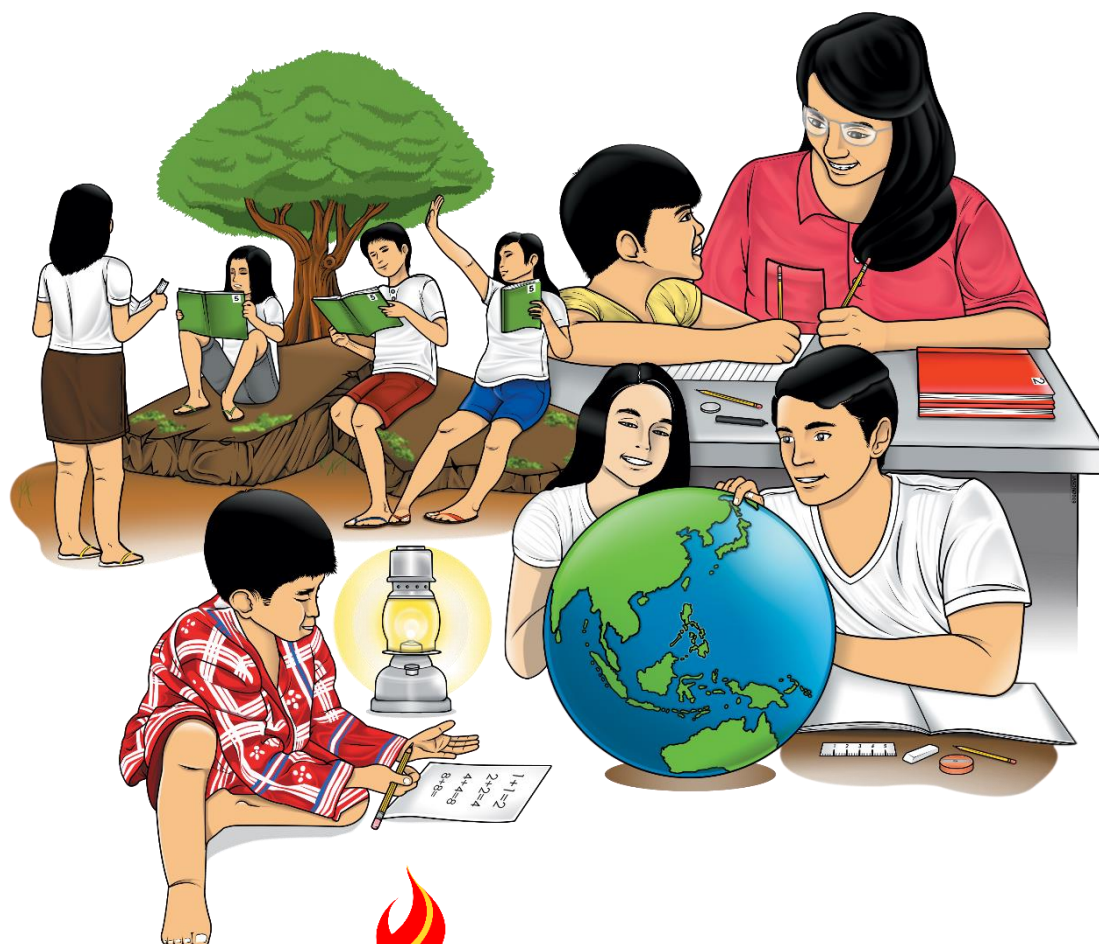


Senior High School

Health Optimizing Physical Education 1

Quarters 1 and 2 – Module 9: Organizing a Fitness Event for a Target Health Issue or Concern



CO_Q1-2_HOPE1 SHS
Module 9

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Health Optimizing Physical Education 1 (HOPE 1)
Alternative Delivery Mode
Quarters 1 and 2 – Module 9: Organizing a Fitness Event for A Target Health Issue or Concern
First Edition, 2021

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**Health Optimizing
Physical Education 1
Quarters 1 and 2 – Module 9:
Organizing a Fitness Event for A
Target Health Issue or Concern**

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.

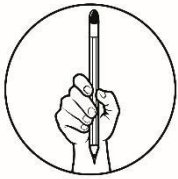


What I Need to Know

This module was designed and written with you in mind. The activities to be undertaken here are all self-initiated. Try to be honest as much as possible. In the application, you will be asked to prepare a proposal of a fitness program that can be adopted by others.

After going through this module, you are expected to:

- Participate in an organized event that addresses health / fitness issues and concerns.
- Display initiative, responsibility and leadership in fitness activities.
- Organize a fitness event for a target health issue or concern.
- Prepare your own fitness program.



What I Know

Directions: Identify each fitness activity which may seem familiar to you. Choose and write the letter of the best answer on a separate sheet of paper.

1. It is an action by a mass group or collection of groups of people in favor of a political or other cause which normally consists of walking in a mass march formation and either beginning with or meeting at a designated endpoint, or rally, to hear speakers.
 - A. Camping
 - B. Cheer dance
 - C. Festival dance
 - D. Mass demonstration
 - E. Sports fest

2. It is a multi-sport event or organized sports event, often held over multiple days, featuring competition in many different sports between organized teams of athletes mostly from nation states.
 - A. Camping
 - B. Cheer dance
 - C. Festival dance
 - D. Mass demonstration
 - E. Sports fest

3. These are cultural dances performed to the strong beats of percussion instruments by a community of people sharing the same culture usually done in honor of a Patron Saint or in thanksgiving of a bountiful harvest which can be religious or secular in nature.
 - A. Camping
 - B. Cheer dance
 - C. Festival dance
 - D. Mass demonstration
 - E. Sports fest

4. It is a performance of a routine, usually dominated by gymnastic skills such as jumps, tumbling skills, lifts and tosses combined with shouting of cheers and yells to lead the crowd to cheer for a certain team during a game or sport.
 - A. Camping
 - B. Cheer dance
 - C. Festival dance
 - D. Mass demonstration
 - E. Sports fest

5. This outdoor activity involves overnight stay away from home in a shelter, such as a tent or a recreational vehicle and typically requires participants to leave developed areas to spend time outdoors in more natural ones in pursuit of activities providing them enjoyment.
 - A. Camping
 - B. Cheer dance
 - C. Festival dance
 - D. Mass demonstration
 - E. Sports fest

6. This is the process of making plans for something. It is the most important part of the success of every activity. The planning process provides the information.
 - A. Organizing
 - B. Participating
 - C. Performing
 - D. Planning
 - E. Strategizing

7. It refers to making arrangements or preparations for an event or activity. Arranged in a systematic way, especially on a large scale. Organizing an event or an activity is always associated with a plan.

- A. Organizing
- B. Participating
- C. Performing
- D. Planning
- E. Strategizing

8. This is an event in your day where the activity is considered "Fitness level" because it is performed at a higher intensity than your normal, routine activity.

- A. Camping
- B. Cheer dance
- C. Fitness event
- D. Mass demonstration
- E. Sports fest

9. It refers to the action of taking part in something.

- A. Initiative
- B. Organize
- C. Participation
- D. Planning
- E. Strategizing

10. It is the power or opportunity to act or take charge before others do.

- A. Initiative
- B. Organize
- C. Participation
- D. Planning
- E. Strategizing

Put a check (/) on the benefits of fitness activities

- ___ 11. Body-fat weight loss
- ___ 12. It makes me tired
- ___ 13. Build more muscle
- ___ 14. Lost my appetite
- ___ 15. Improve flexibility



Good Job!

Lesson

1

Organizing a Fitness Event



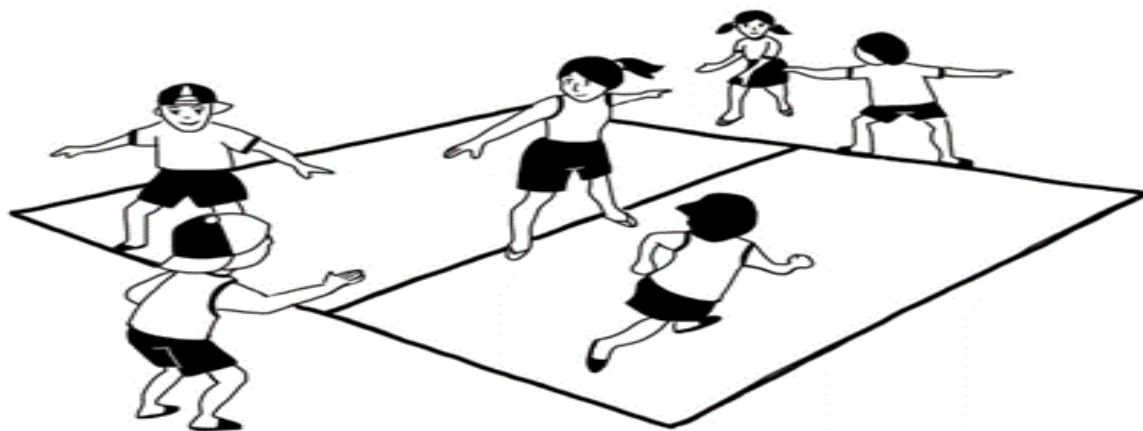
What's In

Activity 1. Let's Do This

The pictures clearly suggest the different physical fitness activities that you can engage with. From the pictures, select two (2) activities that are suited for you. Explain how the benefits of the chosen activities help you physically, socially and mentally.









Great!



What is it ?

LETS TALK ABOUT THIS

Why do we have to Organize Fitness Events?

Building healthy relationships and spending time with your family, friends, and others in your community can help improve your mental well-being. Strengthening relationships both at home and within your community ultimately shapes your life. Mental health and physical health are fundamentally linked, with positive mental well-being contributing to physical conditions. Those at risk for serious mental health conditions are at increased risk for chronic physical conditions, which makes having community support very important.

Community-wide events bring people from all walks of life together, strengthening the bonds between them. Those bonds act to improve mental well-being, while helping to alleviate personal struggles. Being physically active also offers benefits far beyond the obvious.

Fitness Facts Benefits

1. **Exercise Boosts Brainpower.** Not only does exercise improve your body, it helps your mental function, says certified trainer David Atkinson. "Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity".
2. **Movement Melts Away Stress.** As much as it may stress you out just to think about exercising, once you actually start working out, you will experience less stress in every part of your life. "Exercise produces a relaxation response that serves as a positive distraction," It also helps elevate your mood and keep depression at bay.
3. **Exercise Gives You Energy.** You might be surprised at how, say, popping in a workout tape for 30 minutes in the morning can change your whole day. When endorphins are released into your bloodstream during exercise, you feel much more energized the rest of the day.
4. **It's Not That Hard to Find Time for Fitness.** Use your time more wisely. Think about killing two birds with one stone.

5. Fitness Can Help Build Relationships. Think of what exercising with a partner can do for a relationship.

6. Exercise Helps Ward-Off Diseases. With a spouse, a sibling, or a friend, you used to go to lunch once a week. Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass, says Astorino. It also helps ease some aspects of the aging process.

7. Fitness Pumps Up Your Heart. Not only does exercise help fight disease, says Bryant, it also creates a stronger heart -- the most important muscle in the body. That helps make exercise -- and the activities of daily life -- feel easier.

8. Exercise Lets You Eat More. Pound for pound, muscle burns more calories at rest than body fat. So the more muscle you have, the higher your resting metabolic rate will be. And, of course, you also burn calories while you're actually exercising.

9. Exercise Boosts Performance. After a few weeks of consistent exercise, you may feel your clothes fitting differently and see that your muscle tone has improved.

10. Weight Loss Is Not the Most Important Goal. Weight loss is the reason many people exercise in the first place. But it's certainly not the sole benefit of an exercise program.

How to Develop a Fitness Event?

Organizing a fitness event to meet the target health issue or concern is not an easy task. You, as a leader of an event or activity, should always think of the best possible way to be able to administer the event smoothly. The aspects to be included in the planning and organizing should also be considered.

A well-organized and planned event or activity is the key to achieve the target and attain the best result. Collaboration with the group and the spirit of openness will be important components to having a good result. Remember that you cannot organize an event alone. Involving the whole team or group would be much better in gathering information and ideas that will serve as the ingredients of the best output.

Organize - is making arrangements or preparations for an event or activity which are often arranged in a systematic way, especially on a large scale. Organizing an event or an activity is always associated with a plan.

Planning - is the process of making plans for something. It is the most important part of the success of every activity. The planning process provides the information. Top management needs to make effective decisions about how to allocate the resources in a way that will enable the organization to reach its objectives. Productivity is maximized and resources are not wasted on projects with little chance of success. Planning is essential to the success of any activities or project. When a leader or manager has a plan to follow, he will be better and equipped to prepare for the future. A project plan creates a focus for the activity, uniting groups toward common goals. When everyone works together, it's easier to manage time and resources.

Key Elements of Effective Event Planning:

1. Understand the purpose of the event.
2. Know your audience.
3. Selecting the right venue is vital.
4. Choose a suitable timing.
5. Draft a plan and follow the timeline.
6. Create content that attracts your target audience.
7. Design the message you want to share through the event.
8. Lead capture mechanism.

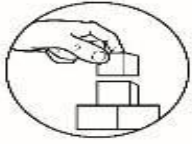
Fitness event - an event in your day where the activity is considered "fitness level" because it was performed at a higher intensity than your normal, routine activity.

Participation - the action of taking part in something. The greatest and widely accepted benefit of **participation** is the increased work ownership of an individual. An individual is better able to relate himself/herself with his or her work and this improves performance and efficiency at work.

Initiative - the power or opportunity to act or take charge before others do.

Initiative - the ability to be resourceful and work without always being told what to do. It requires resilience and determination. People who show **initiative** demonstrate they can think for themselves and take action when necessary. It means using your head, and having the drive to achieve.

You can initiate any fitness activity that will benefit not only you as an individual, also for everyone, as well.



What's More

Prior to this activity, you were given the ideas about different physical activities that greatly contribute to health and fitness. You should engage in different activities that promote health and fitness, for promoting health and fitness is a worldwide concern. As a concerned individual, you can also initiate different physical health and fitness activities that others can participate in. Here are some of the suggested health and fitness activities that you can initiate:

1. Fun Run for a Cause - This is possible through partnership with LGUs, and private organizations.
2. Zumba for a Cause - This is a Zumba dance exercise that can be held in an open area of your community to encourage more participants. (e.g. plaza, gymnasium or basketball court)
3. Anti-Smoking Campaign - There are laws prohibiting smoking in public places, but the implementation of these laws sometimes is considerably weak. With that, you can initiate campaigns in order to strengthen or strictly implement the anti-smoking law.
4. Sports Competition - This can be possible in cooperation with the Sangguniang Kabataan officials. You, as a member of your Barangay, may ask the Sangguniang Kabataan to hold different sports activities.
5. On the Spot Poster Making Contest – This can be possible in cooperation with the Sangguniang Kabataan officials.

Activity 2: SELF CHECK

1. You are chosen by the Municipal Government to organize an event like “Run for A Cause”, a 5 km. Fun Run to be attended by all government employees and students of the locality. How are you going to plan the activities? Present your plan for the program.

2. As you go to your Rural Health Unit, you learned that many of your townmates are suffering from cardio-vascular disease and diabetes. Being a student of P.E. class, how can you help them in addressing their health problems?



Good Job!



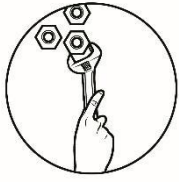
What I Have Learned

Complete the following unfinished statements below.

1. I discovered that organizing an event is ...
2. I discovered that in planning an event...
3. I can say that if an event or activity is well organized...
4. I learned that initiating an activity will help me to...
5. Being the leader or organizer, my responsibility is...



GREAT! YOU DID WELL!



What I Can Do

Activity 4: LET'S DO THIS

1. You were assigned by the Barangay Captain to organize a Summer Sports Fest and Zumba Dance Clinic in your Barangay. The said sports fest will include Chess, Badminton, Basketball and Volleyball for both men and women. And the Zumba Dance Clinic to be participated in by the parents and the elderlies. Being the chairman of the activity, prepare the following:

- a. Letter of request addressed to the Barangay Chairman,
- b. Your own plans and programs of the said Sports Fest,
- c. List of Committees. (Use the table on the next page)

Barangay Sports Fest

Committees

Name	Duty	Assignment description	Remarks

Chairman



Assessment

Directions: Choose the letter of the correct answer. Write your answer on your answer sheet.

1. This process refers to making arrangements or preparations for an event or activity in a systematic way, especially on a large scale.
 - A. Anti- Smoking Campaign
 - B. Camping
 - C. Organize
 - D. Plan

2. This is an event in your day where the activity is considered "fitness level" because it is performed at a higher intensity than your normal, routine activity.
 - A. Anti- Smoking Campaign
 - B. Camping
 - C. Fitness event
 - D. Plan

3. It is the process of making plans for something and is the most important part of the success of every activity.
 - A. Anti- Smoking Campaign
 - B. Camping
 - C. Organize
 - D. Planning

4. The action of taking part in something is called _____.
 - A. Anti- Smoking Campaign
 - B. Camping
 - C. Participation
 - D. Plan

5. The ability to be resourceful and work without always being told what to do.
 - A. Campaign
 - B. Initiative
 - C. Participation
 - D. Planning

Enumeration:

Fitness activities that you can initiate:

1. _____
2. _____
3. _____
4. _____
5. _____

Fitness Facts benefits

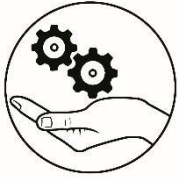
6. _____
7. _____
8. _____
9. _____
10. _____

Five of these are the Key Elements of Effective Event Planning. Please put a check (/) on the space before their number.

1. Understand the purpose of the Event
2. Providing a lot of foods
3. Know Your Audience
4. Selection of right Venue is vital
5. Suitable situations
6. Draft a plan and follow the timeline
7. Create content that attracts foreigner
8. Design the message you want to share through the event
9. Lead capturing images
10. Promotions



CONGRATULATIONS! YOU DID GREAT!



Additional Activities

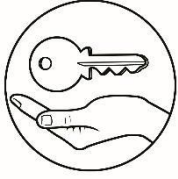
Reflection:

1. What fitness/health activity can I do effectively?

2. How can I improve my weaknesses as a student or a member, and as a leader of the community?

3. What are the benefits that I can get in participating and initiating different health and fitness activities?

4. What is the most important thing that I have learned as a leader of fitness activities?



Answer Key

Pre-Test

D
E
C
B
A

6. D
7. A
8. C
9. C
10. A

11. /
12.
13. /
14.
15. /

Assessment

C
C
D
C
B

1-5
Answers for enumeration item number

Fun Run,
Zumba,
Anti-Smoking campaign
Sports Competition
On the spot Poster Making
contest

6-10
Answers for enumeration item number

Exercise boost brain power
Movements melts away stress
Exercise gives you energy
It's Not That Hard to Find
Time for Fitness
Fitness Can Help Build
Relationships
Fitness Pumps Up Your
Heart
Exercise Lets You Eat More
Exercise Boosts
Performance.
Weight loss is not the most
important goal
Exercise Helps Ward Off
Disease

3. /
4. /
6. /

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