HOPE 4
Quarter 3 – Module 3: SNORKELING

Name of Learner: ______________________
Grade & Section: ______________________
Name of School: ______________________
Snorkeling is a popular recreational activity, particularly at tropical resort locations. It provides the opportunity to observe underwater life in a natural setting without the complicated equipment and training required for scuba diving. It appeals to all ages because of how little effort is involved and is the basis of the two surface disciplines of the underwater sport of finswimming.

Snorkeling is also used by scuba divers when on the surface, in underwater sports such as underwater hockey and underwater rugby, and as part of water-based searches conducted by search and rescue teams.

In this module, you are expected to attain the following objective:

1. Self-assesses health-related fitness (HRF) status, barriers to physical activity assessment participation and one’s diet (PEH12FH-Ig-i-6)
WHAT I KNOW

DIRECTIONS: Identify the different snorkeling equipment. Write your answer in the box.

1. [Image]

2. [Image]

3. [Image]

4. [Image]

5. [Image]

WHAT'S IN

What are the topics that were discussed in your previous lesson? Which activities from the previous lesson that you really enjoyed while answering the questions or doing the tasks? From the topics and activities of the previous lesson, what have you gained and how do you see the importance of it?

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WHAT'S NEW

Snorkeling is an excellent way to explore the underwater world with minimal training and skills.

However, before you hop in the water for the first time, read this article to understand some basic information about snorkeling.

Snorkeling is an activity that allows participants to observe the underwater world from the surface using a mask and a snorkel tube. Snorkeling requires less training and gear than scuba diving and free diving, and the basics can be learned in a short period of time.

Snorkelers typically stay on the surface of the water, and may even use floatation devices such as life vests or snorkeling vests to float comfortably on the surface (although neither of these are strictly necessary). The snorkeler breathes with a snorkel tube and mouthpiece. While the snorkeler’s face is in the water, the tube remains above the water’s surface if a snorkeler chooses to dive below the surface, it is generally for a relatively short period of time.
# Equipment in Snorkeling

<table>
<thead>
<tr>
<th>EQUIPMENT</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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<tbody>
<tr>
<td>1. Snorkel</td>
<td>A snorkel is a device used for breathing air from above the surface when the wearer's head is face downwards in the water with the mouth and the nose submerged. It may be either separate or integrated into a swimming or diving mask.</td>
<td><img src="https://www.divein.com/wp-content/uploads/BARE-Revel-and-Elate-featured.png" alt="Snorkel Picture" /></td>
</tr>
<tr>
<td>2. Diving mask</td>
<td>All scuba diving masks consist of the lenses also known as a faceplate, a soft rubber skirt, which encloses the nose and seals against the face, and a head strap to hold it in place. There are different styles and shapes. These range from oval shaped models to lower internal volume masks and may be made from different materials; common choices are silicone and rubber. A snorkeler who remains at the surface can use swimmer's goggles which do not enclose the nose.</td>
<td><img src="https://www.divein.com/wp-content/uploads/BARE-Revel-and-Elate-featured.png" alt="Diving Mask Picture" /></td>
</tr>
<tr>
<td>3. Swimfins</td>
<td>Swimfins, fins or flippers are finlike accessories worn on the feet, and usually made from rubber or plastic, to aid movement through the water in water sports activities. Swimfins help the wearer to move through water more efficiently, as human feet are too small and inappropriately shaped to provide much thrust, especially when the wearer is carrying equipment that increases hydrodynamic drag.</td>
<td><img src="https://www.watersportsmag.com/wp-content/uploads/2018/06/best-snorkeling-fins.jpg" alt="Swimfins Picture" /></td>
</tr>
</tbody>
</table>
4. **Exposure protection**
   *(Diving suit/wet suit/rash guard)*

A wetsuit is a garment, usually made of foamed neoprene with a knit fabric facing, which is worn by people engaged in water sports and other activities in or on water, primarily providing thermal insulation, but also buoyancy and protection from abrasion, ultraviolet exposure and stings from marine organisms. The insulation properties depend on bubbles of gas enclosed within the material, which reduce its ability to conduct heat.

<table>
<thead>
<tr>
<th>BASIC SKILL</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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<tbody>
<tr>
<td><strong>1. Water Comfort</strong></td>
<td>The most basic and essential swimming skill is simply becoming comfortable in the water. Although humans are born with innate water skills, many people develop fear of the water. To become more comfortable in the water, spend time in a shallow pool or wading in the ocean. Never enter the water alone, especially, if you are not a strong swimmer.</td>
<td><img src="https://www.enjoy-swimming.com/breathing-while-swimming.html/" alt="Water Comfort" /></td>
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<tr>
<td><strong>2. Breath Control</strong></td>
<td>Breath control begins with simple exercises such as drawing a breath, submerging, blowing bubbles, and then resurfacing for another breath. As your swimming skills improve, you will learn specific breathing techniques for different strokes. Work with a swimming coach or a friend or relative who is a strong swimmer.</td>
<td><img src="https://www.swim-teach.com/relax-when-swimming.html/" alt="Breath Control" /></td>
</tr>
</tbody>
</table>
3. Floating
Floating, or keeping your body in a horizontal position in the water, is a basic water skill. If you accidentally fall in the water, you may be able to float until you are rescued, even if you are not strong enough to swim to safety. Get lessons from a coach or a competent friend or relative.

4. Kicking
Kicking provides propulsion through the water. Kicking is also used in treading water, which is the process of remaining in one place while keeping your head above the water line.

DIFFERENT STROKES IN SWIMMING

<table>
<thead>
<tr>
<th>NAME OF STROKE</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
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</thead>
<tbody>
<tr>
<td>1. Freestyle</td>
<td>The freestyle stroke is typically used for speed, as it allows for a streamlined movement that helps the body glide through the water. Also referred to as the “forward crawl”, the body stays in the water during this stroke, while the arms and legs work in tandem to provide forward motion. This is often one of the first strokes taught in lessons, as it is easy to learn and is a good way to build up the upper body strength for strokes like the butterfly.</td>
<td><img src="https://swimlikeafish.org/proper-freestyle-breathing-technique/" alt="Freestyle" /></td>
</tr>
<tr>
<td>2. Back Stroke</td>
<td>The backstroke is one of the most well-known swimming strokes. Also referred to as the “racing backstroke”, the backstroke is done by swimming on your back and swinging one arm at a time up over your head and back down behind your back, while kicking backward in a flutter kick.</td>
<td><img src="https://www.enjoy-swimming.com/swimming-strokes.html" alt="Backstroke" /></td>
</tr>
</tbody>
</table>
3. Breast Stroke

The breast stroke is done on the stomach, with both arms in the water while the body is pulled backward. The arms then move in an arc shape in the front of the body while the legs do a frog kick. Out of all the swimming strokes, the breaststroke may be one of the oldest.

https://www.openfit.com/how-to-do-breaststroke/

4. Butterfly Stroke

The butterfly is another stomach-position stroke, in which the arms move forward in a circle motion going above the head and directly into the water. Once the arms hit the water, the legs are kicked backward at the same time in what is known as a dolphin kick. It is known as the hardest swimming stroke to master.

https://www.liveabout.com/how-to-swim-butterfly-3168543/

### EQUIPMENT FOR SWIMMING

<table>
<thead>
<tr>
<th>NAME OF EQUIPMENT</th>
<th>DESCRIPTION</th>
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</thead>
<tbody>
<tr>
<td>Goggles</td>
<td>Goggles protect your eyes from chlorine (and anything else that may be in the water), and they help you keep your eyes open while you swim so that you can see where you’re going.</td>
<td><img src="https://www.aquagoggles.com/shop/s2-minus-prescription-goggles/" alt="Goggles" /></td>
</tr>
<tr>
<td>Fins</td>
<td>Fins fit on your feet and add propulsion to your kicks (think of a duck’s webfoot). They are great training for your legs and will help you swim faster. They come in long fins for beginners who want to work on their stroke and build up leg strength and ankle flexibility and short fins to help you go faster without overworking your legs.</td>
<td><img src="https://www.amazon.co.uk/JPL-Sports-Training-Swimming-B00FDRJ1WS/" alt="Fins" /></td>
</tr>
</tbody>
</table>
### Kick boards

Kickboards are devices made of foam or other materials that float, and they come in a variety of shapes and sizes. The main purpose is for you to hold on and stay afloat while your legs do all the work. It’s good exercise for coordinating your kicking, and it gives your arms a rest.

![Kickboard](https://www.konga.com/product/swimming-kickboard-blue-3232713/)

### Swimming attire

Technology has entered the swimsuit arena as well. Fabrics are designed for minimal resistance through the water, they tend to last a long time, and they resist fading even when used repeatedly in chlorinated pools.

![Swimsuit](https://www.csustan.edu/sites/default/files/groups/Stan%20State%20Aquatics/swim_attire_code.pdf/)

### Bathing cap

Bathing caps can serve several purposes. Some pool managers will require individuals with long hair to wear caps to keep hair from getting into the pool, and some people just like to protect their hair from the chlorine in the water. You may also decide to wear a bathing cap to cut down on resistance in the water. This really works, and so if you’re looking to increase your time a bit, a bathing cap might help.

![Bathing Cap](https://www.iconfinder.com/icons/4300142/clothing_dive_garment_rash_guard_shirt_swimming_attire_swimwear_icon/)

### HEALTH FITNES Components of Swimming

1. **Cardiovascular Fitness**

   Swimming is an excellent cardiovascular activity because it involves continuous movement of large muscle mass in a low-to-zero gravity environment, which makes it easy on your joints. Swimming for at least 20 minutes, three times a week can help you achieve a healthier life because it gets your heart rate up, burns fat and improves your body’s ability to pump oxygen-rich blood to your working muscles.

2. **Muscular Endurance and Muscular Strength**

   ...
Exercising in water adds natural resistance to your workout, which helps build stronger muscles. Unlike running or riding a bike, swimming builds muscle in both the upper and lower body. It also boosts endurance, enabling you to swim longer and further before muscles are fatigued.

3. Flexibility

Another benefit of the strength training aspect of swimming is injury prevention. One of the leading causes of injury is weakness of an improperly conditioned muscle or weak joints, both of which can be improved through strength training. Swimming improves flexibility, a factor that allows you to continue swimming even when you're unable to participate in other sports.

4. Body Composition

Lower body fat and higher muscle mass leads to improved flexibility and more calories burned during a workout. Because swimming burns calories while also building strength and endurance, it is an excellent fitness activity for achieving a healthy body composition and fabulous tone.

1. How can swimming improves the cardiovascular fitness of a person?

2. Discuss how swimming relatively helps in preventing injury.
List down three physical activities that may help develop the different health fitness components of swimming

1. CARDIOVASCULAR FITNESS

2. MUSCULAR ENDURANCE AND MUSCULAR ENDURANCE

3. FLEXIBILITY

ADDITIONAL QUESTION:

1. What advantage can a person gain if he or she manages to develop the different health-related fitness components?
WHAT I HAVE LEARNED

Answer the following questions in sentence/paragraph form.

1. How will you reiterate the benefits of swimming to the health of a person?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Among the different swimming strokes, which one do you believe can be managed by your capacity? Justify your answer.

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________________________________________________________________________
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3. How will you explain the relevance of the basic skills in swimming? Do you think that we can skip the basic skills in swimming and proceed right away to the complex skills?

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4. Do you think swimming is an important activity in our life? Justify your answer.

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WHAT CAN I DO

Take photos of you executing the different physical activity or exercise (2 for cardiovascular fitness, 2 for flexibility, 1 for muscular strength and 1 for muscular endurance) that may help develop the different health fitness components which can relatively improve in swimming.
ASSESSMENT

DIRECTIONS: Modified True or False. Read the statements carefully. Write TRUE if the statement is correct. Write FALSE if the statement is incorrect and underline the word or phrase which made the statement incorrect.

1. Kickboards are devices made of foam or other materials that float, and they come in a variety of shapes and sizes.

2. Strokes are the arm movements used to pull the body through the water.

3. Learning swimming and water safety is the main objective of the activity of competitive swimming. (Learning to swim and its water safety is the main objective of the activity of competitive swimming.)

4. The breast stroke is typically used for speed, as it allows for a streamlined movement that helps the body glide through the water.

5. Exercising in water adds natural resistance to your workout, which helps build stronger muscles. This statement supports the body composition fitness component.

6. Floating provides propulsion through the water. It is also used in treading water.

7. Swimming is an excellent cardiovascular activity because it involves continuous movement of large muscle mass.

8. Goggles, fins, and bathing cap are all examples of swimming strokes.

9. The most basic and essential swimming skill is simply becoming comfortable in the water.

10. The butterfly stroke is done on the stomach, with both arms in the water while the body is pulled backward.

ADDITIONAL ACTIVITY

Answer the following questions in sentence/paragraph form.

1. If you will to learn the different swimming strokes, which of the four (4) swimming strokes do you want to learn first? Which comes second, third, and last? Explain your answer.
<table>
<thead>
<tr>
<th>WHAT CAN I DO</th>
<th>WHAT I KNOW</th>
<th>WHAT'S IN</th>
<th>WHAT IS IT</th>
<th>ADDITIONAL ACTIVITY</th>
<th>WHAT'S MORE</th>
<th>WHAT I HAVE LEARNED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. TRUE</td>
<td>1. TRUE</td>
<td>Answer will vary (Situational task)</td>
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<td>10. FALSE</td>
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<td>Answer will vary (Situational task)</td>
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</table>

**ANSWER KEY**
Here the trees and flowers bloom
Here the breezes gently blow, Here the birds sing.
The liberty forever stays.
Here the Badjaos roam the seas, Here the Samals live in peace Here the Iloitos thrive so free
With the Yanks in unity

Region IX: Zamboanga Peninsula

Gallant men And Ladies fair
Linger with love and care
Golden beams of sunrise and sunset
Aren visions you’ll never forget
Oh! That’s Region IX

Hardworking people Abound, Every
valleys and Dale
Zamboanguenos, Tagalogs, Bicolanos,

My Final Farewell

Farewell, dear Fatherland, clime of the sun caress’d Pearl of the Orient seas, our Eden lost!
Gladdly now I go to give thee this faded life’s best, And were it brighter, fresher, or more blest
Still would I give it thee, nor count the cost.

On the field of battle, mid the frenzy of fight,
Others have given their lives, without doubt or heed; The place matters not-Eucalypt or Jai alai or jilly white, Scaffold or open plain, combat or massacre.
T is ever the same, to serve our home and country’s need.

If over my grave some day thou seest grow, In the Orient seas, or the Orient plains

I die just when I see the dawn break,
Through the gloom of night, to herald the day; And if color is lacking my blood thou shalt take, Pour’d out at need for thy dear sake
To dye with its crimson the waking ray.

My dreams, when life first opened to me,
My dreams, when the joys of youth beat high, Were to see thy lov’d face, O gem of the Orient sea From glooms and grief, from care and sorrow free, No blush on thy brow, no fear in thine eye.

Dream of my life, my living and burning desire, All tial ! cries the soul that is how to take flight; All hail! And sweet it is for thee to expire :
To die for thy sake, that thou mayst aspire; And sleep in thy bosom eternity’s long night.

If over my grave some day thou seest grow, In the grassy sod, a humble flower,
Draw it to thy lips and kiss its bloom so soft, While I may feel on my brow in the cold tomb below The touch of thy tenderness, thy breath’s warm power.

Let the moon beam over me soft and serene, Let the dawn shed over me its radiant flashes; Let the wind with sad laments over me keen ; And if on my cross a bird should be seen,
Let it trill there its hymn of peace to my ashes.

Let the sun draw the vapors up to the sky,
And heavenward in purity bear my tardy protest Let some kind soul o’er my unthymely late sigh, And in the still evening a prayer be lifted on high From thee, 0 my country, that in God I may rest.

Pray for all those that hapless have died,
For all who have suffered the unmeasur’d pain; For our mothers that bitterly their woes have cried, For my sires and orphans that crossed by torture tried And then for thyself that redemption thou mayst gain

And when the dark night wraps the graveyard around With only the dead in their vigil to see
Break not my repose or the mystery profound
And perchance thou mayst hear a sad hymn resound ‘T is I, O my country, raising a song unto thee.

And even my grave is remembered no more Unmark’d by cross nor stone
Let the wind blow through it, the spade turn it o’er That my ashes may carpet earthly floor,

Then will obligation bring to me no care As over thy vales and plains I sweep;
Throbbing and cleansed in thy space and air
With color and light, with song and lament I fare, Ever repeating the hymn o’er thee.

My Fatherland ador’d, that sadness to my sorrow lends Beloved Filipinas; hear now my last good-by!
I give thee all, parents and kindred and friends
For I go where no slave before the oppressor bends,
Where faith can never die, and God reigns e’er on high!

Farewell to you all, from my soul torn away,
Friends of my childhood in the home dispossessed! Give thanks that I rest from the wearisome day!
Farewell to thee, too, sweet friend that I lightened my w’ay; Beloved creatures all, farewell! In death there is rest!

I Am a Filipino, by Carlos P. Romulo

I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my obligation to the past, and the task of performing my obligation to the future. I sprung from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me, of brown skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope—hope in the free abundance of new land that was to be their home and their children’s forever.

I am a Filipino. In my blood runs the immortal seed of heroes—seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapu-Lapu to battle against the first invader of this land, that nerved Lakandula in the combat against the alien foe, that drove Diego Silang and Dagohoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the inheritance of my race, and my veneration is but a stage in the unending search of my people for freedom and happiness.

I am a Filipino, child of the marriage of the East and the West. The East, with its languour and mysticism, its passivity and endurance, was my mother, and the West that came thundering across the seas with the Cross and Sword and the Machine. I am of the East, an eager participant in its spirit, and in its struggles for liberation from the imperalist yoke. But I also know that the East must awake from its centuries sleep, shake off the lethargy that has bound his limbs, and start moving where destiny awaits.

I am a Filipino, and this is my inheritance. What pledge shall I give that I may prove worthy of my inheritance? I shall give the pledge that has come ringing down the corridors of the centuries, and it shall be compounded of the joyous cries of my Malayan forebears when first they saw the contours of this land loom before their eyes, of the battle cries that have resounded in every field of combat from Macabang to Tidah Pass, of the voices of my people when they sing:

—"I am a Filipino born to freedom, and I shall not rest until freedom shall have been added unto my inheritance—for myself and my children and my children’s children—forever!"

Hymn – Our Eden Land

Cebuanos, Ilonggos, Subanons, Boholanos, Ilongos, All of them are proud and true
Region IX our Eden Land
Region IX Our.. Eden...
Land...

Regi –

With the Yakans in unity
Flourish so free
Samals live in peace Here the Iloitos thrive
Here the Badjaos roam the seas, Here the
With the Yanks in unity