HOPE 4
Quarter 3 – Module 5:
HIKING AND TREKKING

Name of Learner: __________________________
Grade & Section: __________________________
Name of School: __________________________
Hiking is a natural exercise that promotes physical fitness, is economical and convenient, and it requires no physical equipment. In its most basic definition, it is simply walking for recreational purpose. Hiking is a recreational activity where we walk because we want to, not because we have to. The journey is more important than the destination.

Trekking is an activity in which people take multi-day hiking trips through rural, often rugged territory. Many people who are trekkers engage longer trips through entire regions of the world, using trekking as a way of getting from place to place. It also can be incorporated with other outdoor sports, such as rock climbing or back packing.

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

1. Self – assess health-related fitness (HFT) status, barriers to physical activity assessment participation and one’s diet (PEH12FH-Ig-i-6)

2. Observes personal safety protocol to avoid dehydration, overexertion, hypo- and hyperthermia during MVPA participation (PEH12FH-IIk-t-10)
WHAT I KNOW

Directions: Read each statement carefully. Write TRUE if the statement is correct and write FALSE if the statement is incorrect.

1. Hiking is usually done in beautiful natural environments, natural trails, hills. In areas where there is no means of transportation.
2. Hiking and trekking are just the same.
3. Hiking takes longer time than trekking, therefore, the environment impact can be greater.
4. Trekking is also known as backpacking.
5. Hikers over many years in an area can destroy the natural environment they walk in through wood gatherings, fires, fecal matter, leaning non-biodegradable matter.
6. Hiking involves a long energetic walk in a natural environment on hiking trails for a day or overnight, while trekking involves a long vigorous hike for multiple days.
7. Hiking is physically, mentally, emotionally and spiritually challenging than trekking.
8. You need more equipment in trekking than hiking.
9. Cardiovascular strength is one of the health benefits of hiking and trekking.
10. Both hiking and trekking can also give you a better appreciation of the world and a sense of calmness and joy.

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?
We have often heard terms hiking and trekking used interchangeably. We all know they are both recreational activities. But are they really the same?

Hiking is an outdoor activity of walking in beautiful natural environment on pre-chartered areas called hiking trails. There are day hikes and overnight hikes while trekking is a long journey be undertaken on foot in areas where there are usually no means of transport available. Hiking is not necessarily mountaineering; it is walking for a number of days, usually on charted paths, in challenging environments which are likely to be hilly or mountainous.
### DIFFERENCE BETWEEN HIKING AND TREKKING

<table>
<thead>
<tr>
<th>BASIC SKILL</th>
<th>HIKING</th>
<th>TREKKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview</td>
<td>An outdoor activity of walking in natural environments often on pre-chartered paths called hiking trails.</td>
<td>A long journey on non-designated paths which could last several days and could be challenging. It is more intense and energetic than hiking.</td>
</tr>
<tr>
<td>Environmental Impact</td>
<td>Hikers over many years in an area can destroy the natural environment they walk in through wood gatherings, fires, fecal matter, leaving non-biodegradable matter.</td>
<td>As treks take longer than hikes, the environmental impact can be greater.</td>
</tr>
<tr>
<td>Locations</td>
<td>Usually in beautiful natural environments, nature trails, hills. In areas where there is no means of transportation and areas of great natural beauty.</td>
<td>Usually in mountainous areas.</td>
</tr>
<tr>
<td>Equipment</td>
<td>Hiking shoes applicable to hiking terrain, water, compass, sometimes a hiking pole, backpack with survival kit, food and medicine for overnight hiking.</td>
<td>Survival kit, camping gear, boots, compass, clothing applicable to changes in temperature if mountainous area.</td>
</tr>
<tr>
<td>Worldwide differences</td>
<td>It is called by different names around the world: tramping in New Zealand, bush-walking in Australia, trekking in Nepal.</td>
<td>It is also known as backpacking but should not be confused with mountaineering.</td>
</tr>
</tbody>
</table>

### PHYSICAL AND MENTAL HEALTH BENEFITS OF HIKING AND TREKKING

1. **Cardiovascular Strength**
   
   By walking up and down hills and mountains, the heart has to pump harder to keep with the oxygen demand. The heart rate does maintain a steady, increased rate, increasing blood flow to the muscle and brain.

2. **Weight Loss**
   
   These physical activities eventually help shed unwanted fat and water weight. In fact, 6 weeks of trekking at moderate level of intensity on a regular basis can lead to significant weight loss.
3. **Builds a Robust Heart**
   Hiking and trekking are great bets for those who wish to keep their hearts healthy and agile. While trekking, a person has to climb up and down which makes the heart pump blood with vigorously and building cardiac muscle.

4. **Improves Lung Capacity**
   Hiking and trekking strengthen the muscles of the neck and chest, including the diaphragm and muscles the ribs that work together to power inhaling and exhaling. When you hike or trek your muscles work harder, your body uses more oxygen and produces more carbon dioxide. To cope with this extra demand, your breathing has to increase and your circulation also speeds up to take the oxygen to the muscle so that they can keep moving.

5. **Builds Strong Bones**
   Hiking and trekking require optimum effort from the human body, as it requires stretching, jumping, climbing and dodging at several intervals. Such small burst of exercises at regular intervals during a trek help make bones stronger. Hikers also have the added burden of carrying supplies, such as water, first aid kits, clothes and even camping equipment which would mean added weight on the shoulders and spine. If carried properly, this weight training can help add on bone density thereby achieving overall fitness.

6. **Agile Muscles**
   The one thing that a trekker would surely achieve while on a trekking tour is excellent muscle strength. The energy and strain that a trekker requires while on a trekking tour would undoubtedly lead to exercising of each and every muscle in the body, from the core abdominal muscles to the quads and calves, thus making body flexible and muscle agile.

7. **Mental Health Benefits**
   Hiking and trekking often require the hikers be focused on their activity. To do that, the hikers must clear his thoughts and prepare his mind to face topographical challenges.

   It is a great way to reduce the stress in your life, because of the release of endorphins, which are known to make us happy. Breathing in fresh air as well as seeing nature around while trekking is a great way to improve mental health, memory and functionality of the brain. It can also give you a better appreciation of the world and a sense of calmness and joy.

1. Which do you think is more physically and mentally challenging, hiking or trekking? Why?
2. Discuss how hiking and trekking improves cardiovascular strength.

_____________________________________________________________________

3. Discuss the effect of hiking and trekking in improving lung capacity.

_____________________________________________________________________

4. Explain the importance of hiking and trekking in gaining muscular strength and endurance.

_____________________________________________________________________

5. Discuss the mental health benefits of hiking and trekking.

_____________________________________________________________________

WHAT’S MORE

Hiking and trekking can be hazardous because of terrain, inclement weather, becoming lost or preexisting medical conditions the dangerous circumstances hikers can face include specific accidents or physical ailments. Potential hazards involving physical ailments may include the following:

1. Dehydration – occurs when you use or lose more fluid than you take in, and your body doesn’t have enough water and other fluids to carry out its normal function.
2. Frostbite – an injury caused by freezing of the skin and underlying tissues. The skin becomes cold and red, then numb hard and pale.
3. Hypothermia – a medical emergency that occurs when your body loses heat faster then it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C).
4. Sunburn – the term for red, sometimes swollen, and painful skin caused by overexposure to ultraviolet (UV) rays from the sun.
5. Heat stroke – a condition caused by your body overheating, usually as a result of prolonged exposure to or over exertion in high temperatures.
6. Diarrhea – loose, watery and possibly more frequent bowel movements.

SOME SAFETY PRECAUTIONARY MEASURES IN HIKING AND TREKKING:

1. Hike with a “buddy” when at all possible. If you choose to hike alone, make sure someone knows where you are headed and when you should be expected back.
2. Avoid venturing off the beaten path. Staying on marked trails is important, regardless of how familiar with the area.
3. Stay hydrated and bring drinking water.
4. Know where you are going ahead of time. Check out the trail you plan to hike ahead of time to know what you are getting into.
5. Wear your PPE. Dress appropriately for the weather and specific hiking area.

**ACTIVITY**

1. Look for someone you know who have been doing hiking or trekking.
2. Ask them about their hiking or trekking experiences, how it developed their physical and mental health, and also take note the injuries and accidents they had and how they were able to manage it. (Observe health protocols and social distancing during interview).
3. Make a short video and discuss the reflections you for from their hiking and trekking experiences.
4. Submit the video (2-3 minutes) to your teacher via online.

**WHAT I HAVE LEARNED**

Answer the following questions in sentence/paragraph form.

1. How will you differentiate hiking from trekking?

2. Between hiking and trekking, which on do you believe can be manage by your capacity?

3. How will you explain the importance of hiking and trekking to your physical and mental health?
4. What do you perceive as barriers in performing hiking and trekking? What can you do to overcome these barriers?

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

WHAT CAN I DO

A. Using the Rate of Perceived Exertion table, rate your performance from 1 to 10 based on your personal assessment in doing hiking and trekking.

<table>
<thead>
<tr>
<th>RATINGS OF PERCEIVED EXERTION (RPE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rating</td>
</tr>
<tr>
<td>6-7</td>
</tr>
<tr>
<td>8-9</td>
</tr>
<tr>
<td>10-11</td>
</tr>
<tr>
<td>12-13</td>
</tr>
<tr>
<td>14-16</td>
</tr>
<tr>
<td>17-18</td>
</tr>
<tr>
<td>19-20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activities</th>
<th>Ratings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. HIKING</td>
<td></td>
</tr>
<tr>
<td>2. TREKKING</td>
<td></td>
</tr>
</tbody>
</table>

1. What is your realization of the ratings you have given?

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

2. What do you perceive as barriers in performing hiking or trekking? What can you do to overcome these barriers?

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________
ASSESSMENT

DIRECTIONS: Read the questions carefully and choose the letter the best answers the question. Write your answer on the space provided before each number.

1. A PE teacher wants to take his students in a long vigorous hike in wild natural environment for multiple days. Which of the following activities should the teacher plan for?
   A. Fishing
   B. Hiking
   C. Trekking
   D. Zip-Lining

2. Both hiking and trekking have physical and mental health benefits. Which of the following conditions describe mental health benefits?
   A. Cardiovascular Strength
   B. Improve Lung Capacity
   C. Improve mental and brain function
   D. Muscle agility

3. Which of the following statements explains how hiking and trekking develop cardiovascular strength?
   A. Hiking and trekking strengthen the muscles of the diaphragm and muscles of the ribs that work together to power inhaling and exhaling.
   B. These physical activities help shed unwanted fat and water weight.
   C. Hiking and trekking often requires the hikers be focused on their activity.
   D. By walking up and down hills and mountains, the heart has to pump harder to keep with the oxygen demand.

4. You wanted to go on trekking with your friends but your parents refused to let you join, what should you do?
   A. Go with your friends without your parents knowing.
   B. Reschedule your trip until your parents agree.
   C. Make a camp in your backyard and ask your family and friends to join you.
   D. Plan another activity with friends.

5. Which of the following statements BEST describes the difference between hiking and trekking?
   A. Hiking is physically, mentally, emotionally and spiritually challenging than trekking.
   B. Hiking is done in mountainous area while trekking in a beautiful natural environment.
   C. You need more equipment in hiking than trekking.
   D. Hiking involves a long energetic walk in a natural environment on hiking trails for a day or overnight, while trekking involve long vigorous hike for multiple days.
ADDITIONAL ACTIVITY

Answer the following questions in sentence/paragraph form.

1. If you will be asked to organize a hike or a trek for your group, how will you design your safety precautionary protocol to avoid dehydration, overexertion, hypothermia during participation?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

10
ANSWER KEY

WHAT IS IT

WHAT'S IN

WHAT'S NOT

WHAT'S MORE

ADDITIONAL ACTIVITY

ASSESSMENT

WHAT I CAN DO

1. True
2. False
3. True
4. False
5. True
6. False
7. True
8. False
9. True
10. False

11. True

12. True

13. True

14. True

15. True

16. True

17. True

18. True

19. True

20. False
REFERENCES

CONTENT:
Learner’s Material, Physical Education and Health, page 36, 38, 40
Punzalan, Michelle Duya, Melindo, Niño and Gonzalvo Romeo, Physical Education and Health for Senior High School, Mindshapers Co., Inc. – Recoletos Sr, Intramuros, Mnaina, 277.

https://trifocusfitnessacademy.co.za/blog/what-is-water-aerobics/
https://www.webmd.com/fitness-exercise/a-z/water-aerobics
https://www.swimming.org/justswim/aqua-aerobics-benefits-equipment/
https://sites.google.com/site/drbaertpesite/classes/edu-255/labs/resource-packets/water-aerobics

PICTURES/ILLUSTRATIONS
https://www.exercise.co.uk/learn/exercise-for-everybody-water-aqua-aerobics/
http://pinterest.com/pin/437623288782383517/
https://creakyjoints.org/diet-exercise/water-exercises-for-arthritis/
https://www.besthealthmag.ca/best-you/fitness/9-moves-for-strong-sexy-legs/
https://cutt.ly/lhFIXJY

DEVELOPMENT TEAM

Writers:
Richie Jay A. Atilano
Aiselle Jane A. Gasoh

Fherziya A. Quiliban
Arjin A. Ajibon

Editor:
Language Editor:
Proof Reader:
Illustrator:
Layout Artist:
Management Team:

Angela Corazon L. Ledda
Olga O. Sandal

Julieto H. Fernandez, Ed. D., CESO VI
SDS – Isabela City

Maria Laarni T. Villanueva, Ed. D. CESE
ASDS – Isabela City

Henry R. Tura, CID Chief
Elsa A. Usman, LR Supervisor
Jani P. Ismael, EPS – MAPEH, Module Coordinator
Region IX: Zamboanga Peninsula Hymn – Our Eden Land

Here the trees and flowers bloom
Here the breezes gently blow,
Here the birds sing Merrily,
The liberty forever stays.

Here the Badjao roam the seas
Here the Samuans live in peace
Here the Tausug thrive so free
With the Yakan in unity.

Galant men and ladies fair
Linger with love and care
Golden beams of sunrise and sunset
Am visions you’ll never forget
Oh! That’s Region IX.

Hardworking people Abound,
Every valleys and Dale
Zamboangafos, Tausugs, Badjaos.
Cebuanos, Tausogs, Sibuges. Boholanos, Ilongos.
All of them are proud and true
Region IX our Eden Land
Region IX Our... Eden... Land...

My Final Farewell

Farewell, dear Fatherland, the tree stumps,
Pearl of the Orient seas, our Eden lost
Gladly now I go to have thee this faded life’s best,
And wafted brighter, or more blest
Still would I give 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 namets non-converts or laurel or lily white,
Scaffold or open plain, combat or martyrdom’s plight;
‘Tis ever the same, to serve our home and country’s need.

I die just when I see the dawn break,
Through the gloams of night, to herald the day;
And if in color in dying blood those shall take,
Pour out unseal for thy dear sake,
to dye with its crimson the waking ray.

My dream, when life first opened to me,
My dream, when the hopes of youth beat high,
Were to see thy loveliest faces, O girls of the Orient sea,
From glooms and fear, from care and sorrow free;
No blush on thy brow, no tear in thine eye.

Dreams of my life, my living and burning desire,
All hail! Crie the soul that is not 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 someday thou seest grow,
in the garry sod, a humble flower,
Draw it to thy lips and kiss my soul so,
While I may feel on my brow in the cold touch 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 lament over me keen;
And if on my cross a bird should be seen,
Let it tell them in its poem of my ashes.

I am a Filipino, by Carlos P. Romulo

I am a Filipino – inheritor of a glorious past, homage to the uncertain future. As each o
must prove equal to a two-fold task – the task of meeting my responsibility to the past,
and the task of performing my obligation to the future.

I spring from a hardy race, child many generations removed of ancient Malay
pioneers. Across the centuries the memory comes rushing back to me of brown
skinned men putting out to sea in ships that were as small as their hearts were stout. Over
the sea I see them come, home from the perilous voyage and the swirling 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
in 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 served
Lakandula in the combat against the alien foe, that drove Diego Silang and Diego lay
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 genetics of my race, and my generation is but a stage in the amazing 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
language and mysticism, its passion and endurance, was my mother, and my site was
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 imperialist yoke. But I also know that the East must awake from its
centuries sleep, shake off the lethargy that has bound its 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 crisis of my
Malayan forefathers when first they saw the contours of this land looming before their eyes,
of the battle crises that have resonated in every field of combat from Mactan to Tairat
Pao, of the voices of the 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.