Name of Learner: _______________________________
Grade & Section: ______________________________
Name of School: ______________________________
WHAT I NEED TO KNOW

A recreational activity in which participants take up temporary residence in the outdoors, usually using tents or specially designed or adapted vehicles for shelter. Camping was at one time only a rough, back to nature pastime for hardy open-air lovers, but it later became the standard holiday for vast number of ordinary families.

Camping comes in many different forms. Some consider camping an activity that involves hiking into the middle of nowhere and sleeping under the stars. Some consider their backyard as camping sites where great outdoors can be made a little smaller for a close-to-home adventure.

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).

2. Analyzes physiological indicators such as heart rate, rate of perceived exertion and pacing associated with MVPAs to monitor and/or adjust participation or effort
WHAT I KNOW

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

__________ 1. Glamping is a way to experience the great outdoors without sacrificing luxury.
__________ 2. RV camping does not require a tent.
__________ 3. Camping can also be done indoors.
__________ 5. One should always have a tent when going camping.
__________ 6. Bike camping focuses more in the destination rather than the ride,
__________ 7. Camping reduces stress by increasing oxygen levels in the body.
__________ 8. One can do extreme activities during camping.
__________ 9. Camping improves health in a more enjoyable way.
__________ 10. It is ideal to do work report when in camping.

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?
Camping is a recreational (and oftentimes laid-back) activity pursued outdoors, away from cities and towns and in the lap of nature, with fresh air and wildlife for company. One can set up a tent, or live in a caravan, camper-van or motor home when camping. But the classic camping trip involves toughing it out in tents.

Camping is usually combined with other adventure activities, such as hiking/trekking, fishing, mountain biking, whitewater rafting and kayaking, giving one the ultimate outdoors experience.

**BIG IDEA**

Youth groups like the Boy Scouts and Girls Scouts incorporated camping as part of their activity to inculcate the virtues and values of teamwork and self-reliance – through camping, one learns how to survive in the wilds.
experience. It can be an individual pursuit, but is often done in the company of friends and family. It’s a pastime that can be enjoyed by the young and the old. Camping is also a convenient option for those attending music festivals or sports gatherings.

**FIVE TYPES OF CAMPING**

<table>
<thead>
<tr>
<th>TYPES</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. GLAMPING</td>
<td><strong>Glamping</strong> is a luxurious form of camping. When you’re glamping, there’s no tent to pitch, no sleeping bag to unroll, no fire to build. Whether in a tent, yurt, airstream, hut, villa or treehouse, glamping is a way to experience the great outdoors without sacrificing luxury.</td>
<td></td>
</tr>
<tr>
<td>2. CAR CAMPING</td>
<td>If you are camping for the first time, car camping may seem like a hassle free alternative. But it actually requires extensive preparation and you should definitely research effective tips for successful holiday camping.</td>
<td></td>
</tr>
<tr>
<td>3. BIKE CAMPING</td>
<td>Bike camping is simply camping by bike. It’s self-contained touring over a weekend, where there is one destination, where you plan to camp one or more nights – where the focus is as much on the destination as on the ride.” The best thing about bike camping is that it can be a local adventure.</td>
<td></td>
</tr>
<tr>
<td>4. RV CAMPING</td>
<td>Similar to glampers, recreational vehicle (RV) campers love the comfort of home and only need to find an RV park to match their camping style.</td>
<td></td>
</tr>
<tr>
<td>5. TENT CAMPING</td>
<td>Tent camping is the first thing most people consider when they think about a camping adventure. If you opt for tent camping you definitely like to embrace nature and respect the outdoors.</td>
<td></td>
</tr>
</tbody>
</table>
# COMMON ACTIVITIES DONE DURING CAMPING

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>DESCRIPTION</th>
<th>PICTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. HIKING</td>
<td>Involves a long energetic walk in a natural environment on hiking trails or footpaths for a day or overnight. This activity does amazing things to your muscles. Build up strength in your thighs, lower leg muscles, hip muscles and hamstrings. It also builds your endurance.</td>
<td><img src="image1.jpg" alt="Hiking Picture" /></td>
</tr>
<tr>
<td>2. MOUNTAIN BIKING</td>
<td>Mountain biking is a dynamic sport that involves a total body workout. On a ride you not only work out your legs and strengthens your heart and lungs, but also exercises your upper body.</td>
<td><img src="image2.jpg" alt="Mountain Biking Picture" /></td>
</tr>
<tr>
<td>3. FISHING</td>
<td>Fishing may not seem like much of a workout, but that’s the beauty of it. It’s low-impact cardio that can be as active or easy-going as you want. More importantly, you can build up your fitness level from zero without overstraining your body.</td>
<td><img src="image3.jpg" alt="Fishing Picture" /></td>
</tr>
<tr>
<td>4. KAYAKING</td>
<td>Involves paddling a small craft through water. This low-impact activity can improve your aerobic fitness, strength and flexibility.</td>
<td><img src="image4.jpg" alt="Kayaking Picture" /></td>
</tr>
<tr>
<td>5. ZIP LINING</td>
<td>Adventure sports such as ziplining are known to benefit your heart health. The fresh air and the hike reduce the blood pressure. Decreasing your blood pressure lowers the dangers of heart diseases, diabetes and stroke too.</td>
<td><img src="image5.jpg" alt="Ziplining Picture" /></td>
</tr>
</tbody>
</table>

## 10 HEALTH BENEFITS OF CAMPING

1. **THE FRESH AIR**

   When you spend time near a lot of trees, you take in more oxygen. That feeling of happiness that you get when you take your first breath of air at the campground isn't all in your head--well, technically it is, but it's a release of serotonin from the extra oxygen. Your body can function with less strain when there's plenty of oxygen. That's not the only benefit of fresh air. Research shows that some time outdoors can improve your blood pressure, improve digestion and give your immune system an extra boost. When you spend a few days outside, you get some serious health benefits from the extra oxygen and low levels of pollutants.
2. **SOCIALIZATION**

   Camping alone is plenty of fun, but if you bring along a friend or family member, you'll enjoy a unique experience together that will help you keep a healthy, happy relationship. Socializing can extend your lifespan and delay memory problems according to research published in the American Journal of Public Health, and apart from the medical benefits, a few close relationships make life more fun. Invite a few friends on your next trip out.

3. **IMPROVED MOODS**

   Regular campers will often talk about how the first few days back from a trip seem happier. This isn't without merit; spending some time outside in the sunlight can even out the levels of melatonin in your brain. Melatonin is the chemical that makes you feel tired and can induce feelings of depression, so by camping, you can enjoy better overall moods during and after your trip.

4. **LESS STRESS**

   Camping also allows you to cope with stress. Stress can negatively affect your health in just about every way possible, and you're putting much less strain on your mental and physical faculties by giving yourself some stress-free time at the campsite. The lack of stress is related to the rise in oxygen levels, higher levels of serotonin and managed levels of melatonin mentioned above. There's also an emotional component at work here, since it's harder to be annoyed or angry when you're doing something that you enjoy.

5. **EXERCISE**

   Let's not forget the most obvious benefit of camping: you're spending a lot of time performing physical activities. Even if you're taking a fishing trip, you're burning more calories than you'd burn sitting around an office, and if you hike or bike, you're performing cardiovascular exercise that will help keep your heart and lungs healthy. Your activity levels will vary, but hikers burn anywhere from 120-300 calories per hour. Bikers burn 300-500 calories per hour, and fly fishing can burn up to 200 calories per hour. No wonder you work up such an appetite during a long camping trip.

6. **SUNSHINE**

   Sunshine feels great on your skin, and there's an evolutionary reason for that. When you're out in direct sunlight, you're taking on a ton of Vitamin D, which allows your body to absorb calcium and phosphorous.

7. **A GOOD NIGHT’S SLEEP**

   Assuming that you've got decent camping gear, you'll fall fast asleep after a day full of outdoor activities. Sleep has an effect on all of your body processes and can reduce inflammation, improve your cardiovascular system and help you stay alert. Many campers report better sleep cycles when they return for a trip.
8. GOOD FOOD
If you pack s'mores, you're not seeing any particularly solid health benefits in this department. However, if you're fond of fishing and hunting, you'll likely eat a large amount of protein and healthy fats on your camping trip. You won't get any preservatives or unnatural ingredients in a fresh lake-caught fish, and all of the exercise on your trip will help you digest.

9. NEW CHALLENGES
No two camping trips are exactly the same, and that's a good thing. Studies from the University of Texas and University of Michigan show that new experiences help to keep brains healthy. New activities that are both physically and intellectually stimulating have the greatest effect on brain health, and camping fits both of these criteria.

10. MEDITATION
When you go camping, don't forget to turn off your cell phone. Leave the tablet and the laptop computer at home. Try to disconnect for a few days and enjoy the simplicity of the natural experience.

WHAT’S MORE
List down three physical activities that may help you do different activities during camping.

1. CARDIOVASCULAR FITNESS
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. MUSCULAR ENDURANCE
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
3. **MUSCULAR STRENGTH**

**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 does camping help in promoting the overall health of a person?

2. Are you in for camping? Why?
3. Have you experienced camping? If YES, how did it help you develop your overall fitness? If NO, what were the barriers that hindered you from joining this activity?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

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 the three (3) basic steps in water aerobics

<table>
<thead>
<tr>
<th>RATING OF PERCEIVED EXERTION (RPE)</th>
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<tbody>
<tr>
<td>Rating</td>
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<td>14-16</td>
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<td>17-18</td>
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<td>19-20</td>
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<table>
<thead>
<tr>
<th>Activities</th>
<th>Rating</th>
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<tbody>
<tr>
<td>1. HIKING</td>
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<tr>
<td>2. MOUNTAIN BIKING</td>
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<tr>
<td>3. FISHING</td>
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<tr>
<td>4. KAYAKING</td>
<td></td>
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<tr>
<td>5. ZIP LINING</td>
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</tbody>
</table>
1. What is your realization of the ratings you have given?
_____________________________________________________________________
_____________________________________________________________________

B. List three (3) barriers which you think can hinder you from doing physical activities when in camping.

1. ______________________________________________________________________
2. ______________________________________________________________________
3. ______________________________________________________________________

1. What can you do to overcome these barriers?
_____________________________________________________________________
_____________________________________________________________________

ASSESSMENT

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

_____ 1. Alvin, a basketball coach took his athlete to a camping trip to improve their endurance. Which of the following activities should the athletes do?
   A. Fishing
   B. Hiking
   C. Kayaking
   D. Zip-Lining

_____ 2. Which of the following instances shows how glampers cook their food?
   A. roasting wild duck on top of a campfire
   B. roasting chicken on instant pot
   C. roasting potatoes underground
   D. hanging chicken over a fire pit

_____ 3. How does camping reduced stress?
   A. Camping offers a peaceful place to do your work.
   B. Camping brings you close to nature.
   C. Camping offers a lot of activities that make you forget work.
   D. Camping puts less strain on your mental and physical facilities.

_____ 4. You wanted to go camping 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 you’re 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. How would you plan the activities you will do during a camping trip?
   A. Choose common camping activities that are fun.
   B. Choose fun activities that fit your physical capability.
   C. Choose extreme activities you’ve never done before.
   D. Choose activities your friends have chosen.

**ADDITIONAL ACTIVITY**

Answer the following questions in sentence/paragraph form.

1. If you will assess the types of camping, which types would you prefer? Why?

   ____________________________________________________________
   ____________________________________________________________
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### Answer Key

**Additional Activity**

<table>
<thead>
<tr>
<th>Question</th>
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<tr>
<td>1</td>
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<td>2</td>
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<td>4</td>
<td>B</td>
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<td>5</td>
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**Assessment**

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<td>TRUE</td>
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<td>9</td>
<td>TRUE</td>
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<tr>
<td>10</td>
<td>FALSE</td>
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</tbody>
</table>
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DEVELOPMENT TEAM

Writers:  
Richie Jey A. Atilano  
Aiselle Jane A. Gasoh  
Fherziya A. Quiliban  
Arlin A. Ajibon

Editor:  
Language Editor:  
Proof Reader:  
Illustrator:  
Angela Corazon L. Ledda  
Layout Artist:  
Olga O. Sandal  
Management Team:  
Julieto H. Fernandez, Ed. D., CESO VI  
SDS – Isabela City  
Maria L. Zaneti T. Villanueva, Ed. D. CESE  
ASDS – Isabela City  
Henry R. Tura, CID Chief
Region IX: Zamboanga Peninsula Hymn – Our Eden Land

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

Here the Hadjuns roam the seas
Here the Samals live in peace
Here the Tausugs thrive so free
With the Yellows in unity

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

Hardworking people Abound,
Every valleys and Dale
Zamboangueños Toasting Hymns

My Final Farewell

Farewell, dear Fatherland close of the sun ascended,
Pearl of the Orient sea, our Eden lost!
Gladyly now I go to have thee this faded life's best,
And wert brighter, fresher, or more blest
still would I give it thee, nor count the cost.

On the field of battle, said the frenzy of fight,
Others have given their lives, without doubt or need;
The place morn's new-cypress or laurel or lily white,
Scarred or open, plain, combat or martyrdom's plight,
"Tis ever the same, to serve our home and country's need.

I live just when I see the dawn break,
through the gloom of night, to herald the day;
And if color is lacking my blood shall take,
Pour out as need for thy dear sake,
to dye with its crimson the waking eye.

My dreams, when life first opened to me,
My dreams, when the hopes of youth beat high,
Wore to see thy beloved face,
O gem of the Orient sea,
From gleam and luster, from care and sorrow free;
No bluster on thy brow, no tear in thine eye.

Dream of my life, my living and burning desire,
All hail! Cries the soul that is not to take flight;
All hail! And sweet is it for thee to expire;
for thee to die for thy sake, that thou myaptive;
and sleep in thy bosom eternity's long night.

If every grave someday thou seest grow,
in the grassy sod, a humble flower,
Draw it to thy lips and kiss my soul so,
While I may feel on my brow in the cool tomb below
the touch of thy tenderness, thy breath's warm power.

Let the moon bear over me soft and serene,
Let the dawn shed over me its radiant flashes,
Let the wind with lambent over me keep;
And if on my cross a bird should be seen,
Let it tell thee its hymn of peace to my ashes.

I Am a Filipino, by Carlos P. Romulo

I am a Filipino – inheritor of a glorious past, hostage to the uncertain future. As such one 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 sprang from a hardy race, child many generations removed of ancient Malay ancestors. Across the centuries the memory clothed and clothed in color of the brave, — shielded men putting out to sea in ships that were as full as their hearts were stout. Over the sea we saw come, home up 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 through the ages 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 Dapiloloy into rebellion against the foreign oppressor.

I am a Filipino, in my blood runs the immortal seed of heroes—seed that flowered down through the ages 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 Dapiloloy 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 Tarkhammon many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation 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 language and mysteries, its passivity and endurance, was my mother, and my sire 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 deep 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 Malay forebears when first they saw the contours of this land bent before their eyes, of the battle cries that have resonated in every field of combat from Macabeb to Tineg Pass, of the voices of the people when they ring:

"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."