HOPE 4
Quarter 3 – Module 8: ORIENTEERING

Name of Learner: ____________________________
Grade & Section: ____________________________
Name of School: ____________________________
Orienteering is a sport in which orienteers use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods or as a competitive sport. It is a competitive international sport that combines racing with navigation. It is a timed race in which individual participants use a specially created, highly detailed map to select routes and navigate through diverse and often unfamiliar terrain and visit control points in sequence.

A standard orienteering course consists of a start, a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited and a finish.

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 (PEH12FH-IIk-t-9)
3. Observes personal safety protocol to avoid dehydration, overexertion, hypo- and hyperthermia during MVPA participation (PEH12FH-Ik-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. In orienteering, a map is used to search for correct navigation.
2. The relay orienteering is the most popular team orienteering competition wherein the number of legs in the relay depends on the number of persons on a team.
3. The pair work is a method by which teams can work in group and it is up to the leader to decide which members of the team should be sent to find which controls.
4. In orienteering, abrasions, cuts, bruises, insect bites and sunburn are known as running injuries.
5. There is a high chance that an inexperienced orienteer can win a certain orienteering event.

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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____________________________________________________________________________
____________________________________________________________________________
Orienteering is the sport of navigation, using a highly detailed map. Whether you’re an experienced hiker, competitive runner, or just a family or group out for an activity in a park, this sport helps you improve your navigation each time. Orienteering can gradually build your map-reading skills from exploring a local city park full of obvious structures to navigating remote terrain with few, if any, man-made features. A person who engages in orienteering is called an orienteer.

Orienteering events are timed. If you’re a runner, running against the clock is a familiar experience, but orienteering provides added challenges of a staggered start and deciding where your own course goes as you are running. And if you’re a non-runner, automatic timing from control to control provides a way to measure your navigational effectiveness across routes and compare later with others who made different choices. Good route choice often beats raw speed.

Prior to 1897, orienteering had been practiced as a military exercise. In 1886 the word "orienteering” was used for the first time to mean crossing unknown terrain with the aid of a map and compass. Orienteering developed in the Nordic countries as a sport in its own right, but in its early days it was mainly for adult men.
### Equipment for Orienteering

<table>
<thead>
<tr>
<th>Name of the Equipment</th>
<th>Description</th>
<th>Picture</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Map</td>
<td>Any kind of map may be used for orienteering (even a street map), but the best ones are detailed five-color topographic maps developed especially for the sport. Orienteering maps show many topographic features, including boulders, cliffs, ditches, and fences, in addition to the elevation, vegetation, and trails. The map is provided by the organizer. It also shows the course with all the control points which must be visited.</td>
<td><img src="map.png" alt="Map" /></td>
</tr>
<tr>
<td>2. Compass</td>
<td>A compass is vitally important for correct navigation. There is a wide variety in quality and size that may be purchased.</td>
<td><img src="compass.png" alt="Compass" /></td>
</tr>
<tr>
<td>3. Racing Suit</td>
<td>A racing suit is required for the serious or competitive racer. It is a lightweight, stretchy suit which protects you from the undergrowth while allowing freedom of movement, even if it gets wet.</td>
<td><img src="racing_suit.png" alt="Racing Suit" /></td>
</tr>
<tr>
<td>4. Running Shoes</td>
<td>Light, strong shoes with non-slip soles are required to allow a good grip on all types of ground. The orienteerer will encounter all types of surfaces, including mud and bare rock.</td>
<td><img src="running_shoes.png" alt="Running Shoes" /></td>
</tr>
<tr>
<td>5. Control Card</td>
<td>The control card is given to you at the start of an event with the map. It is used to prove that you have visited all the control points in the right order. At each control point, there will be either an electronic device to record that you were there, or a manual hole punch device to mark your card.</td>
<td><img src="control_card.png" alt="Control Card" /></td>
</tr>
</tbody>
</table>
TYPES OF ORIENTEERING EVENTS

Orienteering may be presented in many forms. However, there are two major types: Cross country and Score.

1. CROSS-COUNTRY ORIENTEERING

Every competitor must visit the same controls in the same order, therefore it is a direct challenge in route choosing and sheer stamina. Usually there are between six and twenty controls situated in varying degrees of difficulty and over courses of different lengths, depending on the level of the competition. Each control is ringed in red ink on the master map and the order in which it is to be visited is also clearly marked. Sometimes the finish is at the same place as the start, but this is not essential. All the controls must be clearly described on the description sheet.

2. SCORE ORIENTEERING

The area chosen for this type of competition is dotted with a large number of control points, care being taken to ensure that there are more controls sites that can be possibly visited by any one person or team in the allotted time. The near controls carry a low point value (for example, five points) while those at a greater distance and more difficult to find carry corresponding higher point values.

Other types of orienteering events include:

3. LINE ORIENTEERING

This form of orienteering is staged in much the same way as cross-country orienteering in terms of master map, starting intervals, but there is one major difference: No controls are marked on the map, only the route. The competitor transcribes this line on his map then seeks to follow it as carefully as possible over the terrain. At various points along this line, hidden controls are sites, the location of which is known only the organizer. The competitor will only find a control by following the line.

4. ROUTE ORIENTEERING

It is similar to line orienteering, only the route is marked by streamers in the woods. The competitor will mark on their map the location of each control. A penalty is given for distance from the correct locations.

5. RELAY ORIENTEERING

This is the most popular team competition. The number of legs in the relay depends on the number of persons on a team.
There are number of ways in which the competition can be run. **Pair work** is a method by which teams can work in group and it is up to the leader to decide which members of the team should be sent to find which controls.

Another method is to work along as in cross-country orienteering. The competitor must decide for himself the strategy to use in order to gather as many points as possible in the allotted time (usually one hour)

Another method is to work one’s way out to the high controls as rapidly as possible, perhaps picking up a few low value controls in the process and picking a route in which a few lower point controls can be picked up on the return. A penalty system must be devised to take into account those team members or individuals that exceed the allotted time. For example, deduct one point for every ten seconds late.

**TEN HEALTH BENEFITS OF ORIENTEERING**

1. **There is Balance Between the Physical and the Mind**

   The ultimate quest for the orienteer is to find that balance between mental and physical exertion, to know how fast they can go and still be able to interpret the terrain around them and execute their route choice successfully.

2. **Teaches Self-reliance**

   Orienteers learn to be self-reliant since most orienteering is individual, and even in the team versions, teammates usually practice individually to improve and be better teammates.

3. **Sharpens Decision Making Skills**

   It offers the obvious development of individual skills in navigating while problem solving to locate each control. Decision making is paramount: Should I go left or right? Should I climb that hill or go the long way around it? These decisions that constantly arise requires thinking more than quick reactions or instinct; again, that is why orienteering is called the thinking sport.

4. **Teaches How to Think and Act Under Pressure**

   Decisions are constantly being made under competitive stress and increasing fatigue, helping competitors become mentally tougher in other stressful situations throughout their day to day lives.
5. Increased Fitness Levels

Most orienteering terrain is quite hilly and rugged providing the perfect environment for athletes and nonathletes alike to develop strong heart, legs, and lungs.

6. Increased Cardiovascular Capacity

Orienteering requires walking, jogging, and hiking. All three of these activities increase aerobic capacity and cardiovascular strength.

7. Increased Time Communing with Nature

There is nothing more calming and centering than being in nature. The health benefits of relaxing in nature – but exercising outdoors is good for vitamin D levels in the body and getting fresh air.

8. Increased Self-esteem

It takes courage, endurance, and mental fortitude to forge ahead by oneself through unknown areas, particularly in unfamiliar terrain and forests. Every time one gets lost and find their way again, self-worth and self-esteem grows.

9. Can be very Useful and even Lifesaving

This sport teaches self-reliance and terrain discovery to the point where it could save lives. Orienteers acquire the skills and techniques to relocate themselves and to continue on to their destination, no matter what.

10. Become Part of a Community

The orienteering community is solid and is a great way to socialize while competing. Although it is a solitary sport, there is a sense of camaraderie among competitors both before and after a meet.
COMMON INJURIES IN ORIENTEERING

Orienteering involves running or walking while you are navigating (with a compass) through challenging environments such as bushland. Orienteering organizations remove environmental hazards where possible, or clearly signpost them and warn all participants. At each event, you can choose a course ranging from easy to difficult. Instructors are found at each checkpoint.

Common injuries include:

1. Running injuries – such as shin splints, strains, sprains and blisters
2. Overuse injuries – although orienteers run on soil rather than concrete or bitumen, they may still be vulnerable to overuse injuries
3. Impact injuries – from falling on steep, rocky, slippery or loose terrain
4. Eye injuries – from tree branches (or similar) whipping into the face
5. Skin injuries – including abrasions, cuts, bruises, insect bites and sunburn.

Risk factors for injuries with orienteering

1. Lack of physical conditioning – orienteers should make sure they are in good physical condition.
2. Inexperience – beginners who are unaccustomed to reading maps and using a compass may get lost, particularly if they choose a course that’s beyond their current skill and experience level.
3. Poor technique – for example, incorrect running technique can place excessive strain on joints and muscles.
4. Lack of appropriate clothing – neglecting to wear protective clothing, such as a long sleeved t-shirt and long pants, can result in injuries to the skin such as cuts from tree branches.

Safety tips on the track

- Keep in mind that the most direct route is often the hardest. Study the map carefully and choose the most appropriate route for your skill and fitness level.
- Wear a long-sleeved top and long trousers to reduce the risk of cuts and grazes, if you should fall.
- Apply SPF 30+ sunscreen to all exposed skin areas. Reapply regularly. Wear sunglasses if conditions demand.
- Wear a watch to keep track of time.
- Keep your map inside a waterproof bag.
Observe the items listed in the ‘legend’ on your map, as this will provide important information about the terrain, features and potential hazards on the course.

Recommendations for orienteering

- Exercise regularly to keep yourself in good physical condition.
- Drink plenty of water before, during and after the event to reduce the risk of dehydration.
- Warm up thoroughly before orienteering. Include plenty of sustained stretches.
- Incorporate stretching into your cool down routine.
- Wear appropriate shoes. Make sure your shoes are comfortable. Don’t buy a new pair of shoes and try to ‘break them in’ during an orienteering event.

WHAT’S MORE

Using the concept map below, jot down some physical activities that are applicable in orienteering. Write it inside of the circles below.

1. _______  
2. _______  
3. _______  
4. _______  

ORIENTEERING
WHAT I HAVE LEARNED

Answer the following questions in sentence/paragraph form.

1. What is orienteering?

2. How will you differentiate cross country orienteering from score orienteering?

3. List down one (1) benefits of orienteering and briefly explain it.

4. What are some common injuries and risk factor in orienteering participation? Why do we have to know these when we are participating to orienteering?
Endurance is greatly needed in orienteering. One of the exercises that can develop our endurance is the **stationary jogging**. Track your heart rate after doing the stationary jogging for 3-5 minutes. Write your heart rate computation on the table below. Follow the daily schedule to accurately monitor the gradual changes in your heart rate. It is best that you will do the stationary jogging every morning.

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>HEART RATE (BEFORE)</th>
<th>RESTING HEART RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY 3</td>
<td></td>
<td></td>
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<tr>
<td>DAY 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DAY 7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Question:**

1. Looking at the data from the table, how will you describe the difference of your heart rate from day 1 to day 7?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
ASSESSMENT

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. Without the map, an orienteer cannot locate the exact position of the points.

2. Sprain and blisters are common injuries in orienteering.

3. Shortcut method is allowed in an orienteering event.

4. Orienteering sharpens our mind when it comes to choosing which path will you take in order to reach the next point.

5. Orienteering event can boost your decision making and can make to become more self-reliant.

6. A map is still functional without a compass.

7. The difference between a cross country orienteering and line orienteering is they don’t have controls in the map.

8. Falling on steep, rocky, slippery or loose terrain are called as impact injuries.

9. Orienteering can improve your fitness level because it provides the perfect environment for athletes and nonathletes to develop strong heart, legs, and lungs.

10. In orienteering, the compass is used to prove that you have visited all the control points in the right order.
ADDITIONAL ACTIVITY

Using the Rate of Perceived exertion table, how will you rate orienteering as an activity to improve your health?

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>VERY, VERY LIGHT</td>
</tr>
<tr>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>VERY LIGHT</td>
</tr>
<tr>
<td>9</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>FAIRLY LIGHT</td>
</tr>
<tr>
<td>11</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>SOMEWHAT HARD</td>
</tr>
<tr>
<td>13</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>HARD</td>
</tr>
<tr>
<td>17</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>VERY HARD</td>
</tr>
<tr>
<td>19</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>VERY, VERY HARD</td>
</tr>
</tbody>
</table>

Are you fit enough to perform this activity? **YES** or **NO**
Rate (from the Rate of Perceived Exertion): ______
From your rating alone, explain why you chose it:

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
ANSWER KEY

WHAT CAN I DO

Answer may vary (situationally tasks)

WHAT I KNOW

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

WHATEVER

Answer may vary (situationally tasks)

WHAT'S MORE

Example:
Walk
Run

Answer may vary*

WHAT I HAVE LEARNED

Answer may vary (situationally tasks)
Reg on IX: Zamboanga

Peninsula

Gallant 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 Nile
Zamboangueños, Tagalogs, Bicolanos,

Farewell, dear Fatherland, clime of the sun caress'd Pearl of the Orient seas, our Eden lost!
Gladly 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 notypress or laurel or lily white, Scaffald or open plain, combat or mead's glint.
T is ever the same, to serve our home and country's need.

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 thy dear sake
To dye with its crimson the waking ray.

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

If over my grave some day 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 cold tomb below The touch of thy tenderness, thy breath's warm power.

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宣传ly 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 yews have crept,
And in the still night a prayer be lifted on high From thee, 0 my country, 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 a cross nor a stone

Let the plow sweep through it, the spade turn it to earth That my ashes may carpet earthly l'our
Before into nothingness at last they are blown.

Then will obligation bring to me no care As over thy vales and plains I sweep;
Thrashing and cleansed in thy space and air
With color and light, with song and lament I fare, Ever repeating the faith that I keep.

My Fatherland ador'd, that sadness to my sorrow lends Beloved Filippinas, hear now my last good fare,
My Final Farewell

Gallant 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 Nile
Zamboangueños, Tagalogs, Bicolanos,

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My Fatherland ador'd, that sadness to my sorrow lends Beloved Filippinas, hear now my last good fare,

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

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 responsibilities 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 Malayan provinces. 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 bulwaring 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 LapuLapu to battle against the first invader of this land, that served Lakandula in the combat against the alien foe, that drove Diego Silang and Daglehyo 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 thousands 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 mysticism, 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 centuried 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 Maclan to Tiran 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!"