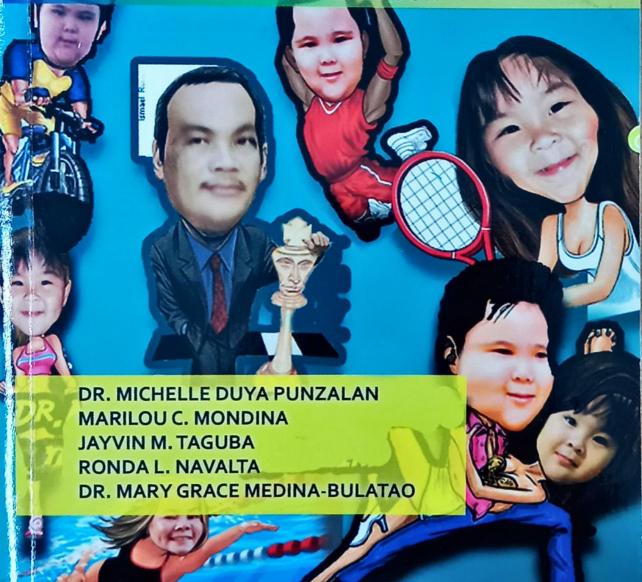


Fitness Dance & Individual/Dual Sports

COLLEGE TEXTBOOK



PHYSICAL EDUCATION 3 FITNESS DANCE & INDIVIDUAL/DUAL SPORTS

COLLEGE TEXTBOOK

DR. MICHELLE D. PUNZALAN
MARILOU MONDINA
JAYVIN M. TAGUBA
RONDA LUBONG NAVALTA
MARY GRACE MEDINA-BULATAO

PE 3

FITNESS DANCE & INDIVIDUAL/DUAL SPORTS

A College Textbook

COPYRIGHT 2019

Michelle D. Punzalan Marilou Mondina Jayvin M. Taguba Ronda Lubong Navalta Mary Grace Medina-Bulatao

ISBN: 978-621-406-245-4

ALL RIGHTS RESERVED. No part of this work covered by the copyright hereon, may be reproduced, used in any form by any means – graphic, electronic, or mechanical, including photocopying, recording, or information storage and retrieval systems – without written permission from the authors.

Published by: MINDSHAPERS CO., INC.

Rm. 108, Intramuros Corporate Plaza Bldg.,

Recoletos St., Manila Telefax 527-6489 Tel. No.: 2546160

Email: mindshapersco@yahoo.com

Lay Out/Cover Design: Erwin O. Bongalos

TABLE OF CONTENTS

Preface	ii
Dedication	
CHAPTER I. PHYSICAL EDUCATION 3	
Learning Objectives	
Introduction	
What is Dancing?	2
Dance Education	
Importance of Aerobic Exercise	3
Exercise and Fitness	3
Let's Do This	5
Health Benefits of an Aerobic Exercise	9
Warm-Up Exercise	9
Dance Forms	10
Let's Do This	13
Legal bases of Physical Education	15
Physical Education and Healthy Safety Guidelines	16
Let's Do This	19
CHAPTER II - TRADITIONAL (FOLK AND	
ETHNIC) DANCE	23
	23
List of Some of the Folk / Ethnic Dances in our Country	27
History of Cariñosa	28
Let's Do This	35
Festival Dance	39
Festivals and Events in the Philippines	41
Let's Do This	47
CHAPTER III – HIPHOP DANCE/STREET DANCE	49
History of Hiphop	49
Main Styles	51
14 Steps of an Old School Hiphop Dance	54

Let's Do This	57 61
Modern and Contemporary Dance	63
Modern Dance benefits	63
How to Dance to Modern and Contemporary Music	65
Let's Do This	
CHAPTER IV - BALLROOM DANCE	67
History of Ballroom Dance	68
Basic Ballroom Skills	69
Steps	74
Turns	74
Let's Do This	75
Competitive Dancing	79
Recreational Dancing	80
Let's Do This	87
	97
CHAPTER V - CHEER DANCE	91
History of Cheer Dance	97
UAAP Cheer Dance History	99
Basic Step- by Step for Cheerleading Routines	102
How to be a Cheer Leader	102
Let's Do This	107
CHAPTER VI – INDIVIDUAL/ DUAL SPORTS	109
Badminton	109
History of Badminton	110
Badminton 101	112
Equipment	112
Badminton Terminologies	114
Badminton Techniques	114
General Rules and Regulations	126
Scoring games	128
Safety Etiquette	129
Let's Do This	131
Swimming	137
History of Swimming	137
Facilities and Equipment	138
Lave Do This	139

Basic Skills	141
Strokes	141
Safety Measures in Swimming	143
Let's Do This	145
Game of the Generals	147
Objective of the Game	147
The Game of the General's Story	147
Game of the General vs Chess	149
Let's Do This	151
Equipment	153
Chess	163
Objective of the Game	163
Setup	163
Movement	164
Let's Do This	171
Table Tennis	173
Let's Do This	175
History of Table Tennis	177
Table Tennis 101	181
Table Tennis Equipment	182
Tactics and Understanding of Table Tennis	197
Rules	189
Let's Do This	203
REFERENCES	209

ABOUT THE AUTHORS



DR. MICHELLE DUYA PUNZALAN is the Area Chair in Physical Education / Full-time Faculty/ Permanent NSTP Coordinator. She is a dedicated educator with 18 years of experience at San Sebastian College-Recoletos Manila. She serves as a role model through extensive participation in fitness activities and non-competitive activities with a focus on team sportsmanship, physical strength, endurance and flexibility.

- Doctor of Education (Ed.D), National University, Manila (May 2014)
- Bachelor of Secondary Education, Saint Michael's College, Guagua, Pampanga, (March 1998)
- Certificate in Physical Education, Pamantasan ng Lungsod ng Maynila (March 1999)
- Master of Arts in Physical Education, Pamantasan ng Lungsod ng Maynila (March 2003)



MARILOU C. MONDINA finished her Master of Arts in Physical Education at Benguet State University in 2002; Bachelor of Arts in Physical Education and earned 18 Education Units at Baguio Colleges Foundation/ University of Cordillera, Baguio City in 1997.

She is currently the Department Head of Physical Education, Sports Coordinator and Instructor at Saint Louis College, City of San Fernando, La Union.



JAYVIN M. TAGUBA is currently enrolled with his Master of Arts in Physical Education at the Cagayan State University-Andrews campus. He finished his Bachelor in Secondary Education major in MAPEH at the University of Saint Louis Tuguegarao.

He is currently the College Sports Coordinator and Instructor of University of Saint Louis Tuguegarao, Tuguegarao City.

MINDSHAPERS CO., INC.

Rm. 108, ICP Bldg., Recoletos St., Intramuros, Manila Tel. No.: (02) 2546160 • Telefax: (02) 5276489

Email: mindshapersco@yahoo.com

ISBN: 978-621-406-245-4