PHYSICAL EDUCATION L

Movement Enhancement



DR. MICHELLE DUYA PUNZALAN DR. ANTONIO JARDIN HABANA JR. LEILA C. CRYSTAL, MA KAREN T. BUNDALIAN, MA BELEN T. DANTE, MA

PHYSICAL EDUCATION 1 MOVEMENT ENHANCEMENT

COLLEGE TEXTBOOK

REVISED EDITION

DR. MICHELLE D. PUNZALAN
DR. ANTONIO JARDIN HABANA, JR.
LEILA C. CRYSTAL, MA
KAREN T. BUNDALIAN, MA
BELEN T. DANTE, MA

PHYSICAL EDUCATION 1 MOVEMENT ENHANCEMENT A COLLEGE TEXTBOOK

COPYRIGHT 2019

Dr. Michelle D. Punzalan Dr. Antonio Jardin Habana Jr. Leila C. Crystal, MA Karen T. Bundalian, MA Belen T. Dante, MA

ISBN: 978-621-406-240-9

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	iii
Dedication	v
CHAPTER I PHYSICAL EDUCATION	1
Learning Outcomes	1
Introduction	2
Legal Bases of Physical Education Health and Fitness	3
	5
Skills Related Components of Physical Fitness Health-related Components	6 7
Importance of Physical Fitness	7
Physical Education and Health Safety Guidelines	11
Let's do this	13
The common to the production of the common state of the common sta	TITLE DATE
CHAPTER II MOVEMENT ENHANCEMENT	
(MOVEMENT PATTERNS,	
EXERCISE-BASED)	17
The Science of Human Movement	19
Two Components of Human Body	20
Major Bones and Bones Group	21
Let's do this	23
Factors Influencing Bone Health	25
Let's do this	27
Kinds of Muscle Fiber	29
Role of Muscle	32
Range of Movements Let's do this	38
Four Basic Movements and Flexibility	43
Exercises for Fitness	47
Let's do this	48 51
Basic Movement Patterns	53
Anti-Rotation	55
Let's do this	57

	59
Types of Stretching Let's do this	61
CHAPTER III HUMAN MOVEMENTS	65
CHAPTER III HUMAN MOVEMEN	
Learning Outcomes	66
Learning Outcomes How Muscles Produce Movements	66
Let's do this	67
Human Movements	69
Let's do this	77
CHAPTER IV EXERCISE FOR FITNESS	89
Warm-up Activities	90
Warm-up Exercise in Routine	90
Cool Down Activities	91
CHAPTER V AEROBIC EXERCISE PROGRAM	115
Learning Outcomes	116
I and a stance of A crobic Evergise	117
Exercises and Fitness	117
Let's do this	119
Health Benefits of an Aerobic Exercises	123
Warm-up Exercise	123
Aerobic Dancing and Exercises Accompanied with Music	125
Let's do this	139
Bibliography	147

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, Intramuros



DR. ANTONIO JARDIN HABANA JR. Is the MAPEH/BPeD Coordinator Full-time Faculty from the College of Arts and Sciences and College of Education, 2016-2018. Elected Vice President of Faculty Club of University of Perpetual Help System Dalta, Las Pinas. Incumbent Vice President of Faculty Club University of Perpetual Help System Dalta, Las Pinas Campus from 2018-2020. He is a dedicated educator with 29 years of experience at University of Perpetual Help System Dalta, Las Piñas Campus. He serves as a role model through extensive participation in Sports, Wellness and Cultural Building Activities.

- Doctor of Educational Management University of Perpetual Help System Dalta, Las Piñas.
- Master of Arts in Teaching, Major in Health Education University of Perpetual Help System Dalta, Las Piñas.
- Certificate in Physical Education Specialized in Dance Stream Philippine Normal University, Manila
- Bachelor of Secondary Education, Major in Physical Education National Teachers College, Manila
- Board of Director, National Association of Physical Education (NAPE)

MINDSHAPERS CO., INC.

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

Email: mindshapersco@yahoo.com

ISBN: 978-621-406-158-7