LEARNING AS ONE NATION
Expanded Project

PE & Health_2

SHS L E A R N I N G A C T I V I T Y

Name: _____ **Score/Mark:** _____
Grade and Section: _____ **Date:** _____
Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)
Subject: ***Physical Education and Health***
Type of Activity ☐ Concept Notes ☐ Skills: Exercise / Drill ☐ Illustration ☐ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Health-related Fitness (HRF) Assessments
Learning Target: To determine my Body Mass Index
References: *(Author, Title, Pages)*
(1) K to 12 S.H.S. Core Curriculum – Physical Education and Health 2016
(2) J. A. Galagala, CVIF Learning Activities

Nowadays, adolescents are faced with many tasks and duties as they prepare for future careers. It is thus important to be physically and mentally fit. To maintain good health, it is good to have a routine of physical exercises and a good fitness lifestyle.

A physical fitness program can be easily implemented with a routine of physical exercises. However, to determine which exercises to do, a self-assessment can be done. For this, note that there are different components in over-all health and fitness assessments:

- measurement of body percentage composition
- assessing fitness of the circulatory and respiratory systems
- assessing how much force and weight the muscles can support
- assessing how long muscles can sustain effort without fatigue
- assessing degree of movement allowed by joints and muscles.

We will consider each of these components separately.

Body Mass Index (BMI)

Definition:

$$BMI = \frac{body\ mass}{(height)^2}$$

where the SI units of kilogram (kg) for mass and meter (m) for height are used.

Classification	BMI
Underweight	< 18.5 kg/m^2
Normal	18.5 to 25 kg/m^2
Overweight	25 to 30 kg/m^2
Obese	> 30 kg/m^2

Exercise: Calculate your body mass index (BMI) and determine your classification. Show your step-by-step solutions. Compare it from last year's BMI.