

## LEISURE AND RECREATION: MODULE 2 PHYSICAL ACTIVITY FOR HEALTH AND FITNESS

**Q. What strategies can I adopt to help teach this module?**

The most appropriate way to teach this module is to choose at least two activities from the list on Page 5 preferably two different to those you may have chosen if you have already or intend to choose Module 1 as your other module. When in consultation with your students you have made your choice of activities then teach the content of each Unit 1-4 through the activities e.g. take either rock climbing, kayaking, yoga or soccer and through the activity explain the functions of the heart and the changes throughout active activity, show the importance of flexibility – major joint movement, help the student’s experience, muscular functions and correct technique and finally design possible individual fitness programmes for each student based on their chosen activity and their own ability.

**Q. Must I complete all of the learning outcomes?**

It is possible to complete all of the learning outcomes within the timeframe. The degree to which these outcomes are achieved depends on the level of skill the students already have acquired, their interest level, the facilities and equipment at your disposal and your own commitment.

**Q. How much detail is required for each learning outcome?**

Again as with Module 1 it depends on a number of factors e.g. student interest, facilities and equipment available. Some students may have a greater interest in activities which demand greater flexibility rather than muscular strength and vice versa, it is always advisable to work to the students individual strengths whenever possible.

**Q. What standard is expected?**

Again as in Module 1 – to the best of each individual student’s ability. The four key assignments must be completed and students must attend the minimum 90% of the time allocated and participate actively.

## Key Assignments

- I have monitored my heart rate for a week.

Check a website [www.hpb.gov.sg](http://www.hpb.gov.sg) under Health Promotion Board - Home Page. This site covers fitness and exercise, F.I.T.T., anaerobic/aerobic exercise, nutrition and first aid kits. It explains clearly how to monitor heart rate.

- I have recorded and participated in activities that develop aerobic fitness.

The website mentioned above gives useful information for this assignment. To make the assignment more interesting visit a local gym or invite a step aerobics teacher in or a kick-boxing instructor etc. Bring the students out into their local area or bring members of the community to them so they will learn what is available locally. It can also be great fun and may help them choose a career in the leisure industry. The Health Promotion Unit, Department of Health and Children ([www.healthpromotion.ie](http://www.healthpromotion.ie)) provides information and publications relevant to this entire module.

- I have kept a diary of my fitness programme.

The hardback copy could be used to keep this diary. Students could be given time during their timetabled Leisure and Recreation classes to fill in their diary. Each student could have a fitness programme to suit their start off level of fitness and their ability. It is a good idea to use a local gym, or instructors from a local gym, to discuss individual programmes with each student. Most gyms will carry out an assessment of the student's fitness level and help them design a fitness programme to suit them.

- I have led a group in warm-up and cool-down exercises related to the chosen activity.

Students will have been taught about warm-up and cool-down exercises. Depending on what activity they are involved in they, with the help of their teacher, will select suitable exercises to warm-up for that activity and to cool-down after. They can practise during class time on their own peer group or work with junior classes or teams in the school. It is also a possibility to work with primary school students and this could be linked in with a task - "Coaching Primary School Students"

**Q. How can I combine task work with Key Assignments?**

Some examples of how this can be done:

**Task – Students develop their own Personal Fitness Programme.**  
Through carrying out this task the students will benefit enormously from being able to do all the duties required in each of the four Key Assignments.

**Task – Develop a Fitness Programme for (i) Elderly; (ii) Volleyball Team; (iii) Hill Walkers etc.**

Again the ability to be able to carry out the requirements of each of the Key Assignments will assist them in this Task.

**Task – Set up a Fitness Room in the School or Centre.**

All the knowledge gained through participation in this module could benefit the students in setting up a simple fitness room and the Key Assignments would give them not only knowledge but real experience also.

**Q. How can I link with other courses?**

**Construction & Engineering**

Designing and or making fitness equipment, designing a fitness room. Maintenance of equipment.

**Social Education**

Knowledge of their own place. Leisure Centre/Gym which they could join. Outdoor Education Centre, clubs and organisations.

**Art – Drama – Music**

Links with movement and flexibility, cardiovascular fitness. Movement to music. Mural on gym walls depicting sporting activities etc.

**Science**

Anatomy and Physiology. Healthy diet could be linked with healthy lifestyle.

**Vocational Preparation**

Work experience in a leisure related workplace.

**Q. When does the module have to be completed by?**

If you are completing the course in one year then two modules must be completed by May of that year. It is possible to start and complete one module by February and the 2<sup>nd</sup> module from February to May. Alternatively you may choose to do the two modules throughout the year and complete them both in May. Another alternative is that you may intend doing the Leisure and Recreation Course over a two year period. In that case you could complete one module in Year One of LCA and the 2<sup>nd</sup> module in Year Two.

Please note if you have chosen Outdoor Activities it may suit better to carry through the module through two sessions as our weather may be more suitable for participation in these type of activities in September to November and March to May.



**USEFUL IDEAS**

Again use of word searches, crosswords, quizzes, hard back copies, maps etc. can assist with improvement in literacy and make learning more fun.

If there is a gym near your school/centre try to bring your students there to learn how to use the equipment properly. The staff in these gyms are usually a great help and may even assist you in planning optimum use.

There may be other members of your staff/community who would volunteer their expertise in some areas or who for reasonable remuneration could teach/coach/assist in areas where you may not feel competent. Quite often people who are retired or out of work etc. are willing to become involved.

## Physical activity for health and fitness Word Search Module 2

P	T	R	U	U	C	R	E	C	S	X	B	L	A	L
M	I	T	C	I	R	C	U	I	T	S	I	E	E	E
I	M	Y	C	N	E	U	Q	E	R	F	C	Q	R	H
T	O	P	B	I	C	E	R	Z	E	R	E	E	O	C
S	P	E	C	I	B	M	I	C	N	O	M	Z	B	G
R	E	U	Q	E	R	F	N	C	G	I	U	N	I	N
A	L	B	O	R	E	A	R	K	T	S	S	M	C	I
L	B	S	E	U	R	O	P	L	M	I	C	I	S	R
U	R	E	T	U	Y	T	I	S	N	E	T	N	I	T
C	A	R	D	I	O	V	A	S	C	U	L	A	R	S
S	L	N	F	L	E	X	I	B	I	L	I	T	Y	M
U	E	W	A	R	M	U	P	I	O	T	R	A	W	A
M	F	R	E	Q	U	E	R	C	L	E	N	T	Y	H

Clues	Answers
1. Large muscles at front of the upper arm (6)	
2. To do with the heart (14)	
3. Power of the body (8)	
4. The F of FITT (9)	
5. The I of FITT (9)	
6. The first T of FITT (4)	
7. The second T of FITT (4)	
8. A word to describe how bendable a body is (11)	
9. Tendon at the back of the knee (9)	
10. Term used to describe preparing the body for activity (4-2).	
11. A word to describe exercises which improve breathing and heart (7).	
12. The ability to exert a force using a muscle or muscular group repeatedly (8, 9).	



