



## Session 6

# **C-PE 2 (3 units)** **PATHFIT II Exercise-based Program**

**Spring Semester 2024**



# **PATHFIT II - *Activity 1***

## ***Endurance-based Exercise***



## **Session Objectives:**

- ✓ Identify the two types of body endurance.
- ✓ Differentiate the two types of endurance according to physical activities.



## **Session Objectives:**

- ✓ Provide variety of activities related to physical endurance.
- ✓ Provide sample scoring rubric in grading students' performance.



**Spring Semester 2024**

# Types of Body Endurance

## 1. Cardiovascular Endurance

*Stamina*

*Aerobic Endurance*

## 2. Muscular Endurance



**Cardiovascular Endurance** – the ability of the heart, lungs, and vascular system to supply oxygen and nutrients to muscles during or while performing an activity.

***In what way can we improve CE?***



**Muscular Endurance** – the ability of the muscles to exert force for an extended time.

*Push-up, pull-ups, long runs...*



Activities that can help improve  
both the *cardiovascular and*  
*muscular endurance.*

## Jogging in Place

*-the slower pace of running. Jogging is basically a locomotor movement but this can be help in a stationary place.*

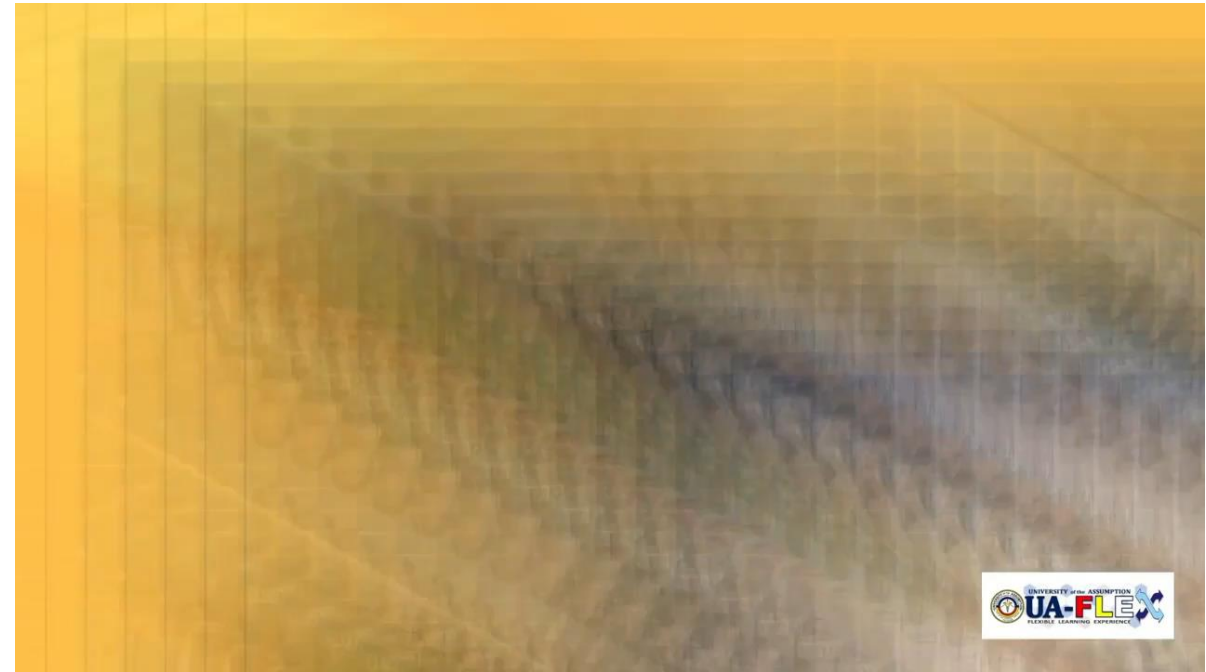


Figure 1: TABATA Exercise Series 3.  
(Source: Madam Coach Youtube Channel. 2021 :Online)

# Jumping Jacks

*- aside from the coordination of body movements, this exercise is one of the simple activity that can develop both muscular and cardiovascular endurance.*



## Butterfly Jacks

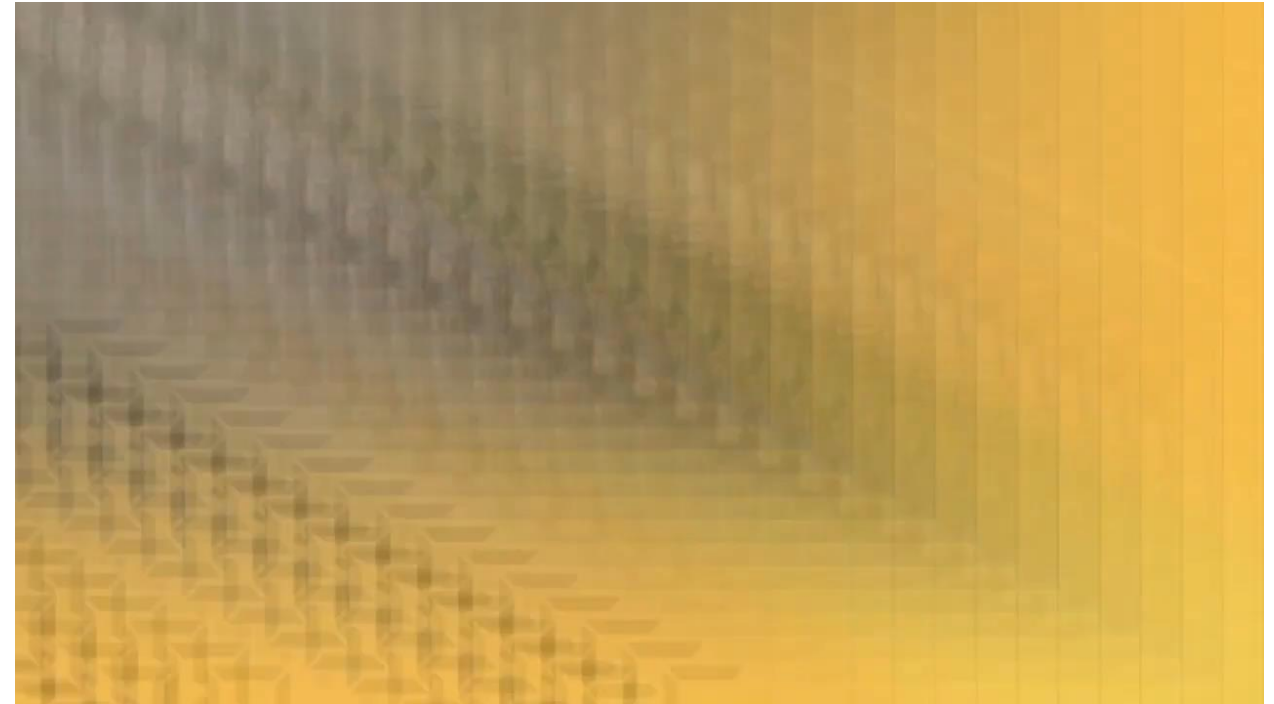
*- this is another variation of jumping jacks where there is additional arm movements.*



Figure 3: TABATA Exercise Series 3.  
(Source: Madam Coach Youtube Channel. 2021 :Online)

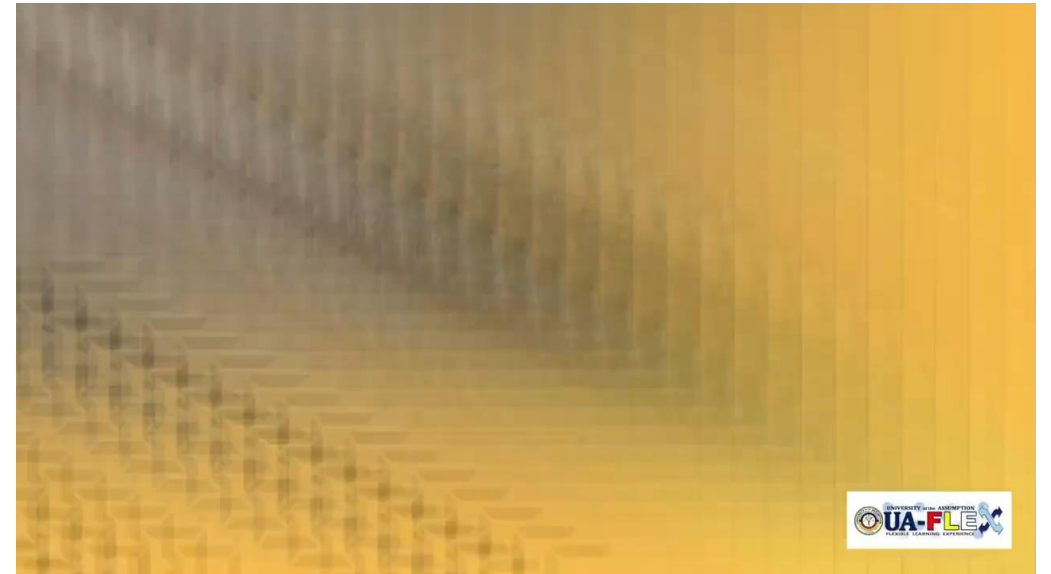
## Double High Knees

*- a double tap movement on the feet to continuously perform the raising on the knee which movement is originated from jog in place.*



## Front to Side Knee Raise

*- another variation of high knee raise. Repetitive execution helps to improve the endurance of the leg muscles.*



## Side Jumps

*-a lateral jumping movement that helps develop endurance on the legs and thighs.*



**Jerking Movement**  
*- the aim of this  
exercise is to mobilize  
the hip region and in  
doing so it also develop  
endurance.*



## Stamping Exercise

*-a series of minced alternate movement of the feet that is usually done to improve muscular endurance of the legs if done in a longer period of time.*

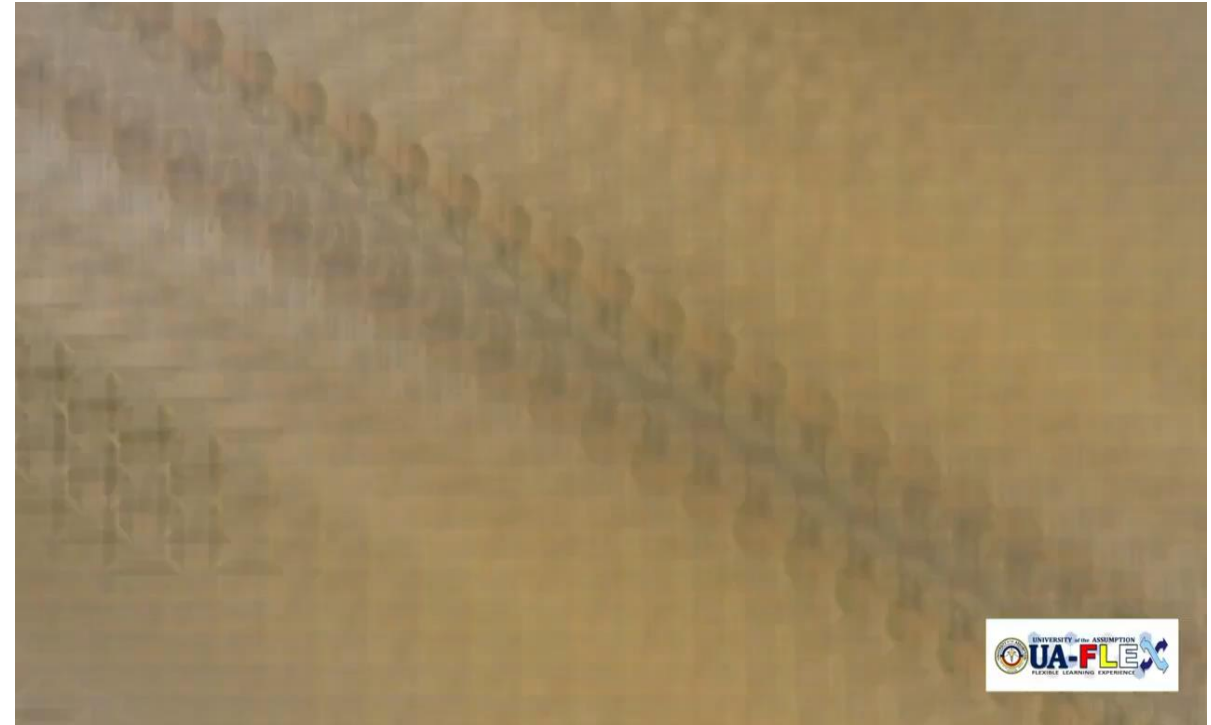


Figure 8: TABATA Exercise Series 3.  
(Source: Madam Coach Youtube Channel. 2021 :Online)

# Lateral Jumping Jacks

*- a combined  
movement activities  
of jumping jacks and  
lateral movement of  
the feet.*

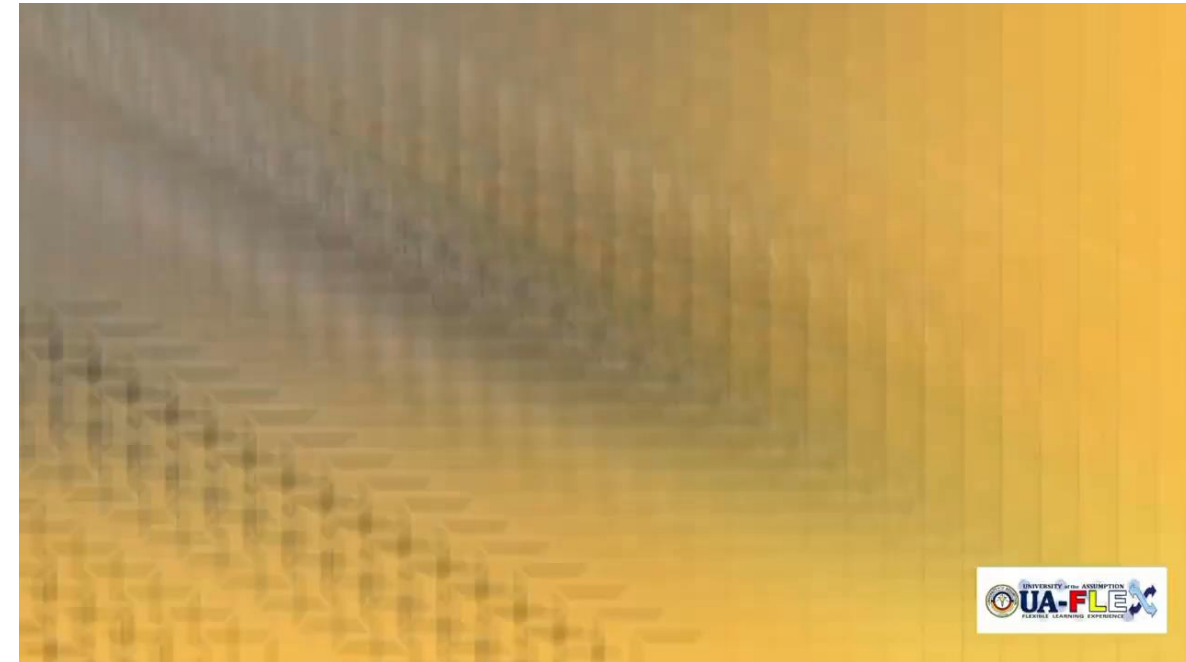


Figure 9: TABATA Exercise Series 3.  
(Source: Madam Coach Youtube Channel. 2021 :Online)

**Lateral High Knees**  
*- alternate execution  
of high knee raise and  
lateral movement of  
the feet.*



Figure 10: TABATA Exercise Series 3.  
(Source: Madam Coach Youtube Channel. 2021 :Online)



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**Sample Scoring  
Rubric**

| Criteria          | Points   |  |  |  |  |
|-------------------|--|--|--|--|--|
|                   | 10   | 8  | 6  | 4  | 2  |
| <b>Discipline</b> | Manifest consistent appropriate learning behavior on the entire performance. | Manifest appropriate learning behavior almost all the time.              | Manifest appropriate learning behavior most of the time.                 | Manifest inconsistency in appropriate learning behavior.                 | Manifest inappropriate learning behavior.    |
|                   | 10   | 8  | 6  | 4  | 2  |
| <b>Execution</b>  | Properly executed arms and feet movements with 90-100% range of accuracy.    | Properly executed arms and feet movements with 80-90% range of accuracy. | Properly executed arms and feet movements with 70-80% range of accuracy. | Properly executed arms and feet movements with 60-70% range of accuracy. | Performance is below 60% range of accuracy.. |
|                   |  |  |  |  |  |



# TAE BO

Tae Bo is a form of high impact aerobic and anaerobic activity that combines the basic movements of Tae Kwon Do, Karate, Boxing, and Dance.



## Benefits from participation in *Tae Bo Activity:*

provide an excellent cardiovascular workout  
improve balance, coordination, and flexibility  
tone and define muscles  
great loss of weight

## Disadvantages:

➤ when it is not correctly  
performed:

*places stress on the body*  
*damage the muscles*

## Spring Semester 2024

# Basic Movements

### A. Stances



Four Point Stand



Iron Horse Stand



Iron Horse Guard Stand

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# Basic Movements



Left/Right Fighting Stand



Walking Stand



Hour Glass Stand

# Basic Movements

## A. Punches

1. Jab – extended knuckles and punch return.



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# Basic Movements

Lecturer:

**May S. Flores, LPT, Ed.D.**  
Professor, School of Education  
University of the Assumption  
The Philippines

## 1. Cross



Figure 14: Female boxing silhouette.  
(Source: Vector Image. ND :Online)

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# Basic Movements

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## 1. Hook

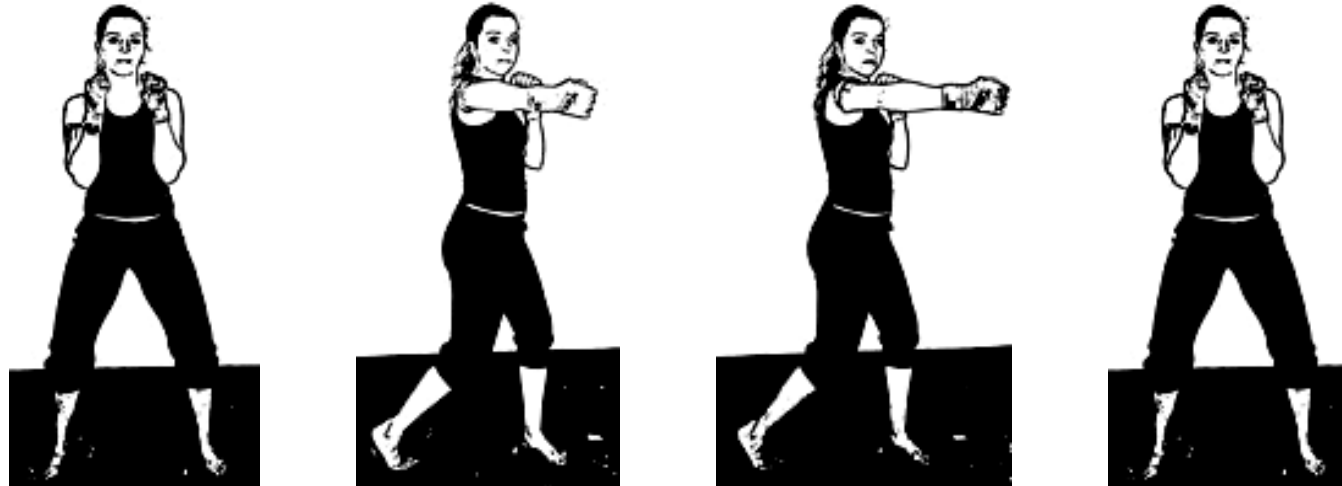


Figure 15: Female boxing silhouette.  
(Source: Vector Image. ND :Online)

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# Basic Movements

### 1. Upper Cut



Figure 16: Female boxing silhouette.  
(Source: Vector Image. ND :Online)

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# Basic Movements

## A. Kicks

### 1. Front Kick



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# Basic Movements

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## 1. Roundhouse Kick



Figure 17: Female boxing silhouette.  
(Source: Vector Image. ND :Online)

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# Basic Movements

1. Side Kick



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## Spring Semester 2024

# Basic Movements

### 1. Back Kick





### Suggested Learning Activity/Routine in Tae Bo (Punches)

- Figure 1      Position: Four point stand
- a. Execute right and left Jab alternately .....      16 cts.
  - b. Execute two right Jabs and two left jabs alternately.....      16 cts.
- Figure 2      Position: Four point stand
- a. Execute Cross punch right and left alternately.....      16 cts.
  - b. Execute two right cross punch and  
two left cross punch alternately.....      16 cts.



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- Figure 3      Position: Four point stand
- a. Execute Hook punch right and left alternately.....      16 cts.
  - b. Execute two right hook punch and  
two left hook punch alternately.....      16 cts.
- Figure 4      Position: Four point stand
- a. Execute Upper Cut right and left alternately.....      16 cts.
  - b. Execute two right upper cut and  
two left upper cut alternately.....      16 cts.
- Figure 5      a. Repeat (a) of figures 1 to 5 with 4 counts each.....      16 cts.
- b. Repeat (a) of this figure.....      16 cts.



# C-PE2: Physical Activities Toward Health and Fitness 2

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| Criteria                       | Points  |  |   |   |
|--------------------------------|---|--|---|---|
|                                | 10  | 8  | 6   | 4   |
| <b>Composition</b>             | The presentation consists of 9-10 figures of Low Impact Aerobic Exercises.              | The presentation consists of 7-8 figures of Low Impact Aerobic Exercises.                      | The presentation consists of 5-6 figures of Low Impact Aerobic Exercises.           | The presentation consists of 4 figures or less of Low Impact Aerobic Exercises.             |
| <b>Mastery</b>                 | All the members of the group are able to execute the routine orderly.                   | 75% of the members of the group are able to execute the routine orderly.                       | 50% of the members of the group are able to execute the routine orderly.            | 25% of the members of the group are able to execute the routine orderly.                    |
| <b>Timing and Coordination</b> | Majority of the group members was able to adopt the movements to the beat of the music. | Almost majority of the group members was able to adopt the movements to the beat of the music. | Most of the group members was able to adopt the movements to the beat of the music. | Majority of the group members was not able to adopt the movements to the beat of the music. |



## References:

Female boxing silhouette set vector image. (N.D.) [Online Image] [Accessed on April 20, 2024]  
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