



SUBJECT: Physical Education & Health 4

TOPIC: TREKKING

PREPARED BY: Jevril E. Malbasias

SEMESTER: 2ND

GRADE LEVEL: 12

WEEK: 11

LEARNING COMPETENCY:

Discuss the nature of different recreational activities (PEH12FH-IIa- 20);

What is Trekking?

Trekking is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery. It usually takes place on trails in areas of relatively unspoiled wilderness. "Trekking is another word for walking. However, the word trekking has become better known for the kind of walking, which takes you along trails winding up, down, over and around mountains. Trekking is a way of seeing a mountain, its history, people and nature.



Why trekking?

❖ **There are many reasons why we trek. These are 3 of my motivations:**

1. Nature is beautiful

- You will never see the same scene twice in nature. That is only one reason why nature is beautiful. I also think seeing animals and plants in their natural habitats is priceless.

2. Forced disconnect

- If I had to willingly turn off my phone for days, I could not do it. Thankfully, most treks take you far from civilization and cell towers. I have found there is nothing like a few days off the grid to recharge your energy.

3. The Journey

- Depending on the trek, your adventure may lead you to waterfalls, vistas, or rock sculptures. Even though the destination is beautiful, I believe you truly enjoy your time you must value the journey.

ESSENTIAL GEARS FOR TREKKING

- **Backpacks for Trekking-** Backpacking is a form of low-cost, independent travel, which often includes staying in inexpensive lodgings and carrying all necessary possessions in a backpack. Once seen as a marginal form of travel undertaken only through necessity, it has since become a mainstream form of tourism.
- **First Aid Kit-** First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the

condition from worsening, or to promote recovery

- **Portable Stove-** A portable stove is a cooking stove specially designed to be portable and lightweight, used in camping, picnicking, backpacking, or other use in remote locations where an easily transportable means of cooking or heating is needed.
- **Water filter-** Water filtration is a general term that refers to any system or process that is used to filter out particles and pollutants from water. Anything that removes any amount of particles, sediment, bacteria, and the chlorine taste can be called water filtration. If it has a filter of any type, it's a filtration system.
- **Sleeping bag-** A sleeping bag is an insulated covering for a person, essentially a lightweight quilt that can be closed with a zipper or similar means to form a tube, which functions as lightweight, portable bedding in situations where a person is sleeping outdoors.
- **Head Lamp-** A headlamp is a lamp attached to the front of a vehicle to illuminate the road ahead. Headlamps are also often called headlights, but in the most precise usage, headlamp is the term for the device itself and headlight is the term for the beam of light produced and distributed by the device. It is also use for trekking.
- **Hiking Boots-** Hiking boots are footwear specifically designed for protecting the feet and ankles during outdoor walking activities such as hiking. They are one of the most important items of hiking gear, since their quality and durability can determine a hiker's ability to walk long distances without injury.
- **Map and Compass-** A detailed topo map and a compass are still the primary tools for navigation in the wilderness. A compass helps you orient the map, identify land features and locate your position. You may hike for days on a trail and never even use the compass.

What is the difference between Hiking and Trekking?

Hiking and trekking are outdoor recreational activities that many of us participate in. However, some of us find ourselves interchanging between the two terms.

Hiking involves a long energetic walk in a natural environment on hiking trails or footpaths for a day or overnight. Trekking involves a long vigorous hike in wild natural environment for multiple days. It can be done off hiking trails.

What is the difference between hiking and trekking and camping?

Hiking and **camping** are very tightly related. **Hiking** is a long, vigorous walk, usually on trails or footpaths in the countryside. ... **Camping** is the process of sleeping in the outdoors usually in a tent, camper or RV.

Is trekking more difficult than hiking?

Whereas the definition of **hiking** includes the word “walk”, something typically seen as jovial, easy and pleasant, **trekking** is defined as a “journey”, which is typically something **that is more challenging**, requires **more** effort and that tends to take **more** than one day.

Why is hiking and trekking good for you?

Being in nature can boost your mood and improve mental **health**. Spending quality time in the **great** outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression, according to a study done by researchers at Stanford University.

Types of trekking?

1. Easy **Trekking**:

This **type** of activity is for beginners and basically involves the view of colorful horizons or sight of beautiful nature.

2. Moderate **Trekking**:

Moderate **trekking** is more challenging than easy **trekking**. It is performed on medium to slightly higher altitudes.

What are the benefits of trekking?

Like all physical activities, **trekking** is beneficial for your health: *develop your bones, reduce the risk of osteoporosis, increase your cardiovascular and respiratory capacities, strengthen your immune system, and improve your muscular capacity.*

Mission #1.

Activity 11.1

Test I.

Let's do this!!

Instruction: Illustrate your place where you can do Hiking or trekking with your family. And put your own description about your drawing. (10points)

REMEMBER:

Trekking is usually longer than **hiking**. Like **hiking**, **trekking** does not require technical skills and knowledge. On the other hand, **mountaineering** refers to sports of **mountain climbing**. It requires high technical skills and fitness level.

REFERENCES

- https://www.google.com/search?q=what+is+trekking&sxsrf=ALeKk03qKqDVvovE2y0BUnTm-mVgo0rqyA%3A1610584161640&source=hp&ei=YZD_X-HglviX4-EPgJ6L2Ak&oq=&gs_lcp=CgZwc3ktYWIQEIAAWABg-jhoAHAAeACAAQCIQCSAQCYAQCGAQaAQdnd3Mtd2l6&gs_ivs=1&sclient=psy-ab#tts=0
- <https://www.decathlon.sg/Advices/hiking-trekking-sports-advice/what-is-the-difference-between-hiking-and-trekking>
- <https://www.doubtnut.com/pcmb-questions/what-is-trekking-discuss-various-types-of-trekking-216687>



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____
Yr. & Sec: _____

Quarter: _____
Teacher: _____

ASSESSMENT- WEEK 11

Test I.

Instruction: Read the descriptions below and Write your answer before the number. (5pts)

Note: you can find your answer in your module

- _____ 1. It's a cooking stove specially designed to be portable and lightweight, used in camping, picnicking, backpacking, or other use in remote locations where an easily transportable means of cooking or heating is needed.
- _____ 2. It is a foot wear specifically designed for protecting the feet and ankles during outdoor walking activities such as hiking.
- _____ 3. A lamp attached to the front of a vehicle to illuminate the road ahead.
- _____ 4. It is a general term that refers to any system or process that is used to filter out particles and pollutants from water.
- _____ 5. It's an insulated covering for a person, essentially a lightweight quilt that can be closed with a zipper or similar means to form a tube, which functions as lightweight, portable bedding in situations where a person is sleeping outdoors.

Test II. Enumeration!

1. Give at least 3 essential gears for trekking.
- 1.
- 2.
- 3.
2. What are the types of trekking, give at least 2.
- 1.
- 2