



**SUBJECT:** Physical Education & Health 4

**TOPIC:**     HIKING

**PREPARED BY:** Jevril E. Malbasias

**GRADE LEVEL:** 12

**SEMESTER:** 2<sup>nd</sup>

**WEEK:** 8

**LEARNING COMPETENCY:**

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

**Mission #1**

**Activity 8.1**

➤ *In three sentences, describe the picture below.*



Answer: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What is hiking?**

Hiking is a long, vigorous walk, usually on trails or footpaths in the countryside. Walking for pleasure developed in Europe during the eighteenth century. Religious pilgrimages have existed much longer but they involve walking long distances for a spiritual purpose associated with specific religions.

Hiking is healthy not only for your body, but also your mind and spirit. “When you’re dressed for success, hiking is a great total-body workout,” says Michael Bednarz, DPM, FACFAS, a podiatric surgeon at Piedmont. “It strengthens the large muscles in your body, while stimulating the feel-good chemical hormones of adrenaline and endorphins that boost your mood and energy levels.”

**What hike means?**

: To walk a long distance especially for pleasure or exercise: to go on a **hike**. : To suddenly increase the cost, amount, or level of (something) : to pull or lift (something, such as yourself or part of your clothing) with a quick movement. <https://www.merriam-webster.com/dictionary/hike>

What kind of exercise is hiking?

Going up and down hills gets the heart pumping, creating a great **cardio** workout. Like most **cardio** exercises, hiking helps reduce your risk of heart disease, stroke, high blood pressure, high cholesterol and even some cancers. Hiking is a weight-bearing exercise, which **builds muscle mass** and helps prevent osteoporosis.

What is the purpose of hiking?

**Hiking** has long been an important outdoor activity, whether as a means of exploration, exercise or reflection. The act of setting foot down a path through natural areas provides an unparalleled opportunity to build the human spirit, improve physical fitness, and increase environmental awareness. <https://americanhiking.org/policy-positions/hiking-trails-policy/>

TEN ESSENTIAL GEARS CHECKLIST FOR BACKPACKERS

❖ NAVIGATION	<ul style="list-style-type: none"><li>• Compass</li><li>• GPS tracker</li><li>• Map</li></ul>
❖ SUN PROTECTION	<ul style="list-style-type: none"><li>• Sun screen lotion</li><li>• Lip balm</li><li>• Sun glass</li></ul>
❖ INSULATION	<ul style="list-style-type: none"><li>• Rain Jacket</li></ul>
❖ ILLUMINATIONS	<ul style="list-style-type: none"><li>• Head lamp</li><li>• Extra Batteries</li></ul>
❖ FIRST AID KIT	<ul style="list-style-type: none"><li>• 2-3 antiseptic wipes.</li><li>• 2-3 butterfly bandages.</li><li>• Tweezers.</li><li>• Adhesive bandages</li></ul>
❖ FIRE	<ul style="list-style-type: none"><li>• Match</li><li>• Water container</li></ul>
❖ REPAIR KIT AND TOOLS	<ul style="list-style-type: none"><li>• Kit stove</li><li>• Mattress</li><li>• Duct tape</li></ul>
❖ <u>NUTRITION</u>	<ul style="list-style-type: none"><li>• Extra food supplies</li></ul>
❖ <u>HYDRATION</u>	<ul style="list-style-type: none"><li>• Water bottles</li><li>• Water filters</li></ul>
❖ <u>EMERGENCY SHELTER</u>	<ul style="list-style-type: none"><li>• Tent</li><li>• Reflective blanket</li></ul>

**Benefits of Hiking**

The warm sunshine on your face, the sound of the wind rushing through the trees overhead, and the soft earthy feel of the trail under your boots. Not only are these experiences enjoyable to have, but they’re good for you, too.

Hiking is proven to have many health benefits, ranging from physical exercise you get when out on the trail, to emotional or mental relief that comes from being in nature.

Hiking in Canyon lands National Park

NPS Photo / M. Reed

**Physical Exercise**

Hiking is one of the best ways to get exercise. No matter what **type of trail** you find yourself on, hiking is a great whole-body workout—from head to toe and everything in between.

Check out all of these physical benefits of hiking:

- Building stronger muscles and bones
- Improving your sense of balance
- Improving your heart health
- Decreasing the risk of certain respiratory problems



Whether you find yourself scrambling up a steep incline or walking on a winding dirt path, hiking in our national parks is the perfect opportunity to get a work out!

Hiking at Wrangell St. Elias Park & Preserve

NPS Photo



**Mental Health**

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**. In addition to having mental health benefits, being outdoors opens up your senses to your surroundings and improves your sensory perception. Taking in the sights, smells, and feelings of nature has so many health benefits it can even be prescribed by a doctor.

Hiking in Guadalupe Mountains National Park

NPS Photo / Jackson



**Ralational Health**

You don’t have to go it alone next time you lace up your hiking boots. Grab a friend, neighbour, or family member for more fun on the trail. Hiking with a partner, or even in a group, can improve the strength and health of your relationships. Because hiking ranges in difficulty from an extremely challenging climb to a casual way of spending time outside, it’s a great way to strengthen the friendships or bonds you have with your companions. Whether it’s with a younger sibling, neighbourhood friend, or even a grandparent, hiking a trail together can bring you closer and help build a healthy relationship.

Hiking in Rocky Mountain National Park  
Photo courtesy of Hilary Terrell



**Take a Hike**

National parks and their many health benefits are open to anyone, no matter whom you are and where you come from. There are more than 400 national parks for you explore across the country, and each one presents its own unique opportunities for experiencing nature. Don't be afraid to lace up your boots and grab a walking stick. The opportunities and benefits of hiking are waiting for you, all you have to do is go. <https://www.nps.gov/subjects/trails/benefits-of-hiking.htm>

**Mission #2**

**ACTIVITY 8.2 Easy!**

**Instructions:** Answer the question below. (10points)

1. What is the impact of Hiking in your mental and physical aspect?

**REFERENCES:**

- <https://www.britannica.com/sports/hiking>
- <https://www.rei.com/learn/expert-advice/backpacking-checklist.html>
- <https://www.piedmont.org/living-better/8-reasons-why-hiking-is-great-exercise#:~:text=Going%20up%20and%20down%20hills,mass%20and%20helps%20prevent%20osteoporosis.>
- <https://www.nps.gov/subjects/trails/benefits-of-hiking.htm>
- <https://www.merriam-webster.com/dictionary/hike>
- <https://americanhiking.org/policy-positions/hiking-trails-policy/>



**PHYSICAL EDUCATION AND HEALTH 4**

**S.Y 2023-2024**

**Name:** \_\_\_\_\_  
**Yr. & Sec:** \_\_\_\_\_

**Quarter:** \_\_\_\_\_  
**Teacher:** \_\_\_\_\_

**ASSESSMENT- WEEK 8**

**Test I. Enumeration**

**Insruction:** List down what is ask below.

- 1. List down at least 5 benefits of hiking.
- 2. List at list 5 essential gears check list for back packers.

**Test 2. Essay**

- 1. What is navigation's function in hiking?

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(Write your answers below)