



# SELF-LEARNING MODULE

**GRADE 9**

**QUARTER 1**

**WEEK 1**  
**P.E.**



**MOST ESSENTIAL LEARNING COMPETENCIES**

- Undertakes physical activity and physical fitness assessments – PE9PF-Ia-h-23
- Performs appropriate First aid for injuries and emergency situations in physical activity and sports settings. PE9PF-Ib-30
- Involves oneself in community service through sports officiating and physical activity programs.
- Officiates practice and competitive games. Code: PE9PF-Ie-h-41

**TOPICS**

IT'S HIP TO BE FIT  
*First Aid for Common Injuries in Sports and Physical Activities*  
SPORTS OFFICIATING BASKETBALL



## EXPECTATION

At the end of this module the learners are expected to understand the significance of physical activities to a person and perform the activities/tests in this module to assess your level of fitness.

you are also expected to identify common injuries that may happen in sports and physical activities, you are expected to understand the significance of basic First-Aid to a person, perform the activities/tests in this module to assess your level of understanding and help you to assess your understanding, knowledge, and to perform basic First-Aid skills.

For basketball games facilitation, you are expected to identify the qualities an officiating official and specify the purpose of hand signals used by the officials in officiating a basketball game.



## BRIEF INTRODUCTION

Today, lifestyle and weight management are an essential part of our life. Due to the overuse of modern technology most people had a sedentary lifestyle which could lead to different types of diseases and death.

**Physical Fitness** is vital for the welfare and active life. The total progress of an individual should be prioritized in terms of physical, mental, emotional, and social aspects and health through a comprehensive physical activity and assessment. Achieving fitness is a continuous process. Physical activity will be a big help to increase your level of fitness.

**Physical activity** is defined as all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being.  
(Manitoba Education, Citizen, and Youth)

## **FIRST AID**

**First aid:** Is immediate and temporary care given to a person who has been injured or suddenly taken ill. It includes self-help and home care if medical assistance is not available or delayed.

### **Objectives of First aid:**

- To alleviate suffering;
- To prevent added/further injury or danger; and
- To prolong life.

### **Common injuries encountered by officiating officials and athletes:**

1. **Sprains** – is caused by torn fibers in a ligament. Swelling and bruising are some signs and symptoms.

#### **First aid:**

- Remove any clothing or jewelry around the joint.
- Apply cold compress at once.
- Elevate the affected joint.
- The victim's physician may recommend an over-the-counter anti-inflammatory medication.

2. **Heat Exhaustion** – is a response to heat characterized by fatigue, weakness, and collapse due to an adequate intake of water to compensate for the loss of fluids during sweating.

#### **First aid:**

- Have the victim lie down with his/her feet elevated.
- Keep the victim cool.
- Give him/her electrolyte beverages to sip or make salted drinks.
- Monitor the victim for signs of shock.
- If the victim starts having seizures, protect him/her from injury, and give first aid for convulsions.
- If the victim loses consciousness, give first aid for unconsciousness.

### **Other serious injuries that require immediate care or first aid include:**

1. **Strains** – is a twist, pull, or tear of a muscle or tendon – a cord of tissue connecting muscle to bone.

#### **First aid:**

- Apply the **R.I.C.E. method\***.
- Do not apply heat during the first two days as this will only increase swelling.

- Use paracetamol for the first day of the injury, to reduce pain without increasing bleeding.
- Apply Arnica oil to reduce swelling.
- Remove rings immediately if the injury is in hand or fingers.
- After 48 hours, start moving the limb gently, but only enough not to cause pain.
- Gradually increase the range of movement – let pain be your guide.

2. **Knee injuries** – it can range from mild to severe. Less severe would be tendinitis, patella, femoral compression syndrome, iliotibial band syndrome, and bursitis. More severe injuries include bone bruises or damage to the cartilage or ligaments. Knee injuries can result from a blow or twist to the knee, from improper landing after a jump or from running too hard, too much, or without a proper warm-up.

**First aid:**

- Stop your activity immediately. Don't 'work through' the pain.
- Rest the joint at first.
- Reduce pain, swelling, and internal bleeding with icepacks applied for 15 minutes every couple of hours.
- Bandage the knee firmly and extend the wrapping down the lower leg.
- Elevate the injured leg.
- Don't apply heat to the joint.
- Avoid alcohol, as this encourages bleeding and swelling.
- Don't massage the joint, as this encourages bleeding and swelling.

3. **Fractures** – is a break in the bone that can occur from either a quick, one-time injury to the bone (acute fracture) or from separated stress to the bone over time (stress fracture).

**First aid:**

- Apply the R.I.C.E. method.
- Keep the limb in the position you found it and place soft padding around the broken bones. Splint the injury with something rigid, such as rolled-up newspapers or magazines, to prevent the bones from shifting. Don't move the broken bones. Splints must be long enough to extend beyond joints above and below the fractures.
- If there is an open fracture, cover it with a clean gauze pad. Apply pressure to control bleeding. Don't try to push the bone back into the wound and don't attempt to clean it.

- Get medical attention immediately. Fractures of the femur and pelvis may cause severe internal bleeding.
  - Don't give a person anything to eat or drink in case surgery is needed.
4. **Dislocations** – When the two bones that come together to form a joint become separated, the joint is described as being dislocated.

**First aid:**

**Call for emergency help if:**

- The person is unresponsive, isn't breathing or isn't moving. Begin CPR if there's no breathing or heartbeat.
- There is heavy bleeding.
- Even gentle pressure or movement causes pain.
- The limb or joint appears deformed.
- The bone has pierced the skin.
- The extremity of the injured arm or leg, such as a toe or finger, is numb or bluish at the tip.
- You suspect a bone is broken in the neck, head or back.
- Don't move the person except if necessary to avoid further injury.

**Take these actions immediately while waiting for medical help:**

- **Stop any bleeding.** Apply pressure to the wound with a sterile bandage, a clean cloth, or a clean piece of clothing.
- **Immobilize the injured area.** Don't try to realign the bone or push a bone that's sticking out back in. If you've been trained in how to splint and professional help isn't readily available, apply a splint to the area above and below the fracture sites. Padding the splints can help reduce discomfort.
- **Apply ice packs to limit swelling and help relieve pain.** Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth, or some other material.
- **Treat for shock.** If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.

**\*R.I.C.E. Method**

- **Rest:** Avoiding the use of the injured area.
- **Ice:** Applying ice packs or bags of frozen vegetables to the area, without them touching the skin directly.
- **Compression:** Wrapping the injured area with an elastic bandage to provide support, reduce blood flow, and limit swelling.

- **Elevation:** Keeping the area raised above the level of the heart to reduce swelling.

## **BASKETBALL**

### **QUALITIES OF AN OFFICIATING OFFICIAL:**

The role of an official is very crucial in a sporting endeavor. He defines the success or failure of a certain physical activity. It is therefore necessary for an aspiring officiating official to possess a number of qualities for him to meet the goal of having a satisfying, complain-free, impartial, and successful game. The following are some of the qualities to be considered:

- Physical Qualities
- Emotional Qualities
- Mental Qualities
- Social Qualities

### **Physical Qualities**

These qualities refer to the physical attributes of an officiating official. Since an officiating official needs to catch up with every detail of what the athletes or players do on court, he needs to have a high level of fitness he or she has to consider the following:

### **Physical Fitness**

As has been defined in preceding modules in Physical Education, physical fitness is the capacity of an individual to perform his or her daily tasks without undue fatigue and still has energy for recreation and emergencies. Physical fitness is not achieved overnight. One must work on with elevating his own level of fitness if he or she has to perform better in his chosen field of endeavor. Several ways to determine one's fitness which are basis in improving it include:

- Body Mass Index
- PHMR and THR ( Personal Maximal Heart Rate and Training Heart Rate )
- Fitness or Exercise Program
- Nutrition and Weight Management

### **Emotional Qualities**

These qualities refer to the emotional readiness of an officiating official to person perform his or her role in a game. He or she might have mastered all the rules and possesses a high level of fitness but if the emotional attributes don't warrant him or her to perform the duties and responsibilities of an officiating official should possess include confidence. It is having belief in oneself. Confidence can be situation-specific, but practicing it through actual game immersions and observations of game officiating activities can help improve it.

### **Mental Qualities**

Just as physical and emotional qualities are essential, mental characteristics are also equally necessary. Mental toughness is the term used to refer to all of the qualities pertaining to one's mental preparations in officiating a game. To be mentally tough requires one to stay focused, regulate one's performance, ability to handle pressure, awareness and control of thoughts and feelings and one's command and control of the environment. This can be achieved by having a thorough knowledge on the rules of the game, alertness, vigilance which result to timely, decisive, honest and impartial judgment. Decisiveness

results to integrity of the result of the game leading to satisfying result and acceptance of success and failure for both competing teams or players.

### Social Qualities

Social qualities refer to the ability to deal with others at any given situation. Complaints are inevitable in a game. It is the ability of an officiating official to settle disputes without sacrificing the integrity of a game and the officiating team. To develop such qualities requires practice just as the emotional qualities do. Surrounding oneself with people who make wise decisions especially in officiating endeavors might help one improve his or her decision-making skills.

## **ACTIVITY 1**

### Activity 2: Let's Get Physical!

**Direction:** List all the physical activities that you are currently involved in. Some activities can be repeated.

I am currently involved with the following physical activities that help me a lot to achieve a physically fit body and a healthy social life.		
Individual	With my friends	With my family

### Guide questions:

1. What do you feel while performing a physical activity with yourself? With your friends and family?

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2. Are these activities similar to the physical fitness test? Does it improve your level of fitness?

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3. Do these physical activities help you in terms of socializing with other people? How?

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 **ACTIVITY 2**

**Find the cause!**

**Direction:** Fill the table with the required information.

Injuries	Factors that can cause injuries
Ex.: Sprain ankle	Walking/running on an uneven surface
1.	
2.	
3.	

**Guide Questions:**

1. Explain how to prevent this?

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2. How important is knowledge and skills in applying appropriate first aid techniques to an injured officiating official or athlete?

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## **ACTIVITY 3**

**SITUATIONAL ANALYSIS:** Assuming that you are a licensed official, choose one quality you have to apply on the following situations. Suggest also a way how will you as an official fix the problems of the given situation. The first answer is given to you as an example.

1. One coach of a basketball team is stressing that his own rules must be applied in the tournament. The rules he is stressing is not stated on the handbook and the rules and regulations of the sport.

Answer: Mental qualities. A good official must know the rules and regulations of the sport by heart. The knowledge must be applied both on his mind and heart so that his decision making may not be easily affected by other people's opinion.

2. The players in a basketball game are running on the court all throughout the game.

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3. A player in a basketball game shows his attitude by cursing on the referee every time a call on his violation is given to him.

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4. The game is crucial and both coaches are stressed. In so much stress, one coach of the team is provoking the other coach to a physical fight by throwing towels and shouting bad words.

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## REMEMBER

- Fitness is defined as the condition in which an individual has enough energy to avoid fatigue and enjoy life. You can improve your level of fitness by motivating yourself to do exercises and having a healthy lifestyle.
- Physical activity can help you to improve your level of fitness.
- First Aid knowledge is invaluable for both you as the individual and your community. **It enables you to assist persons who become injured in the event of an accident or emergency until help arrives.** First Aid skills can be applied in the home, the workplace, or public locations, therefore the more First Aid certified people there are in a community the safer that community becomes.
- **Physical Qualities** refer to the physical attributes of an officiating official
- **Emotional Qualities** refer to the emotional readiness of an officiating official to person perform his or her role in a game.
- **Mental Qualities** refer to all of the qualities pertaining to one's mental preparations in officiating a game.
- **Social Qualities** refer to the ability to deal with others at any given situation. Complaints are inevitable in a game. It is the ability of an officiating official to settle disputes without sacrificing the integrity of a game and the officiating team.



## CHECK YOUR UNDERSTANDING

**Direction:** Complete the following sentences.

1. I can have a physically fit body through \_\_\_\_\_.
2. Physical activities can help me to \_\_\_\_\_.
3. My body can be more flexible if I will \_\_\_\_\_.
4. I can do a physical activity in a prolonged time if I will \_\_\_\_\_.
5. I can encourage other people to be fit through \_\_\_\_\_.

**Direction:** Write TRUE if the statement is correct, FALSE if not. Write your answer on the space before the number.

1. Injuries may happen anytime.
2. Injuries may worsen if we didn't perform first aid.
3. First aid can worsen an injury.
4. A strain is the same as a sprain.
5. We need to have basic knowledge in performing first aid.

**Finish the following statement:**

- *In this module, I have learned that...*

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- *It is important to participate in community activities such as sports and officiating because...*

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