

**K to 12 BASIC EDUCATION CURRICULUM
TECHNOLOGY LIVELIHOOD EDUCATION
INFORMATION AND COMMUNICATIONS TECHNOLOGY - COMPUTER HARDWARE SERVICING
GRADE 7/8 (Exploratory)**

Course Description:

This is an exploratory and introductory course which leads to a **Computer Hardware Servicing** National Certificate Level II (NC II). It covers **five** common competencies that a **Grade 7/Grade 8** Technology and Livelihood Education (TLE) student ought to possess: 1) use of tools; 2) maintaining tools, equipment and paraphernalia; 3) performing mensuration and calculation; 4) interpreting technical drawing and plans; and 5) practicing Occupational Health and Safety (OHS) procedures.

The preliminaries of this exploratory course include the following: 1) discussion on the relevance of the course; 2) explanation of key concepts relative to the course; and 3) exploration of career opportunities.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODES
Introduction 1. Relevance of the course 2. Basic concepts in Computer Hardware Servicing 3. Career opportunities	The learner demonstrates understanding basic concepts and underlying theories of computer hardware servicing.	The learner independently demonstrates common competencies in computer hardware servicing as prescribed by TESDA Training Regulations.	1. Discuss the relevance of the course 2. Explain basic concepts in computer hardware servicing 3. Explore opportunities in computer hardware servicing as a career	
LESSON 1: PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Entrepreneurial Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur/ employer's 1.1 Characteristics 1.2 Attributes 1.3 Lifestyle 1.4 Skills 1.5 Traits 2. Analysis of PECs in relation to a practitioner's	The learner demonstrates understanding of one's PECs in relation to computer hardware servicing.	The learner recognizes his/her PECs and prepares an activity plan that aligns with the PECs of a practitioner/entrepreneur's in computer hardware servicing.	LO 1. Recognize PECs needed in Computer Hardware Servicing 1.1 Assess one's PECs: characteristics, attributes, lifestyle, skills, traits 1.2 Assess practitioner's PECs: characteristics, attributes, lifestyle, skills, traits 1.3 Compare one's PECs with that of a practitioner/ entrepreneur's 1.4 Align one's PECs with those of a practitioner/entrepreneur's	TLE_PECs7/8-00-1
LESSON 2: ENVIRONMENT AND MARKET (EH)				
1. Key concepts of Environment and Market 2. Products and services available in the market 3. Differentiation of products and services 4. Customers and their buying	The learner demonstrates understanding of the concepts of environment and market that relate with a career choice in computer hardware servicing.	The learner independently generates a business idea based on the analysis of environment and market in computer hardware servicing.	LO 1. Generate a business idea that relates with a career choice in Computer Hardware Servicing 1.1 Conduct SWOT analysis 1.2 Identify the different products/services available in the market	TLE_EH7/8-00-1

Cross Fit Curriculum Guide

CrossFit Inc



Cross Fit Curriculum Guide:

CrossFit Training Greg Glassman, 2019 The CrossFit Level 1 Training Guide is the essential resource for anyone who is interested in improving health and fitness. Written primarily by CrossFit Inc founder Greg Glassman beginning in 2002, this bible of functional training explains exactly how CrossFit movements and methodologies can help you or your clients dramatically improve health and become measurably fitter. Fitness professionals will find proven teaching progressions, detailed programming guidance, and precise coaching strategies in addition to extensive discussion about the responsible and successful application of the CrossFit methodology with clients of any level. Athletes of all abilities will learn how to move properly and safely, how to start training, how to create and modify workouts and movements appropriately, and how to eat to achieve fitness and aesthetic goals. Movements covered in detail with full color photos and learning progressions: Squat, front squat, overhead squat, press, push press, jerk, deadlift, sumo deadlift, high pull, medicine ball clean, snatch, GHD sit up, hip and back extension, pull up, thruster, muscle up, snatch. Supported by decades of research, this manual contains a detailed lifestyle plan that has been used by both coaches and individuals to Gain muscle and improve bone density, Lose fat, Improve body composition, Improve and optimize nutrition, Lower blood pressure, Reduce symptoms of chronic disease, Improve strength and conditioning, Improve overall athletic performance and general physical preparedness, Improve sport specific performance, Improve performance in CrossFit. The Sport of Fitness. Avoid injury, Improve each of CrossFit's 10 General Physical Skills: cardiovascular, respiratory, endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This guide is designed for use in conjunction with the two day CrossFit Level 1 Trainer Course that is a prerequisite to opening a CrossFit affiliate, but this guide can also be used as a standalone resource by coaches and fitness enthusiasts alike. The CrossFit Level 1 Training Guide is the key to a lifetime of health and fitness. *Crossfit: Your Complete Step-by-step Guide to Crossfit Training for Older Adults for Improved Posture (Techniques, Strength and Endurance for Explosive Performance)* Sean Mann, 101-01-01 Take your CrossFit training to the next level with this comprehensive guide to essential CrossFit movements. Whether you're a beginner eager to learn the basics or an experienced athlete aiming to refine your technique, this ebook guides you step by step toward achieving your fitness goals. Discover the secrets behind key movements from weightlifting to gymnastics, as well as essential mobility and metabolic exercises, all designed to maximize your performance. This book covers everything you need to know to progress effectively in CrossFit. Here Is A Preview Of What You'll Learn Inside: Valuable training insights from sports science and elite coaches, Effective warm up, cool down, and mobilization techniques, Frameworks and improvement tips for the three key training areas, Unbiased tips for programming an effective training routine, How to eat optimally for CrossFit training, Practical methods to transition to a healthier lifestyle. This book isn't just about exercise; it's about reclaiming your independence, improving your health, and igniting your confidence through achievable, science-backed fitness methods. Ultimate Guide on Crossfit Zach Wilson, 2019-04-06 If you want to build

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Power Speed ENDURANCE is a highly effective training system that has catapulted thousands of endurance athletes to the next level. Developed by CrossFit Endurance founder Brian MacKenzie and featuring instruction from some of the world's top endurance and CrossFit coaches, Power Speed ENDURANCE unveils techniques, drills, and training strategies that will optimize your performance and overall work capacity while decreasing your susceptibility to injury. Through thousands of step-by-step color photographs and detailed narrative, Power Speed ENDURANCE breaks down proper running, cycling, and swimming mechanics like never before. MacKenzie's unique system of building strength, speed, and power is aimed at reaping continual results without injury. In fact, he devotes an entire chapter to the broken-down athlete, equipping you with the knowledge to prevent, repair, and treat injuries brought on by poor mechanics and tight, overworked muscles. In addition, MacKenzie outlines a straightforward approach to nutrition, hydration, and electrolyte balance that will increase your energy, boost your performance, and accelerate your recovery. Whether you're a self-trained athlete looking to compete in your first endurance event, a seasoned competitor looking to reach your highest potential, or a CrossFit athlete looking to increase stamina, Power Speed ENDURANCE will help you reach your goal. In this book, you will learn how to develop proper running technique using the Pose Method, properly fit yourself on a bike, improve cycling mechanics on a road time trial, and mountain bike, swim effortlessly, and improve freestyle stroke mechanics through skill-based drills and exercises that accelerate work capacity and minimize fatigue by building muscle speed and power. Incorporate a CrossFit Endurance strength and conditioning program into your training routine, maximize nutrition, hydration, and electrolyte balance to improve performance and body composition, prevent, repair, and treat nagging injuries associated with endurance sports, and improve range of motion using Starrett's Movement and Mobility Method.

Down and Dirty Matt Davis, 2014-07-01. Obstacle course races and mud runs such as Tough Mudder, Spartan Race, Warrior Dash, Rugged Maniac, and Muddy Buddy are all waiting for you to get Down and Dirty. Author Matt B. Davis offers an overview of the most popular races before tackling the most important concerns for any racer: preparation and training. Each obstacle-focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race, whether it's your first or you're a recent devotee who wants to try them all. Because each race is different, this book will supply training advice for a variety of obstacles and races.

Social Innovation in Sport Anne Tjønnndal, 2021-02-15. This book provides fresh insights on how social innovations are utilized as strategies to make sport more accessible and inclusive. It does so by bringing together theoretical insights and empirical studies from Norway, Sweden, Denmark, the United States, Australia, Turkey, and Belgium. Within the overarching topic of social innovation in sport, this book covers contemporary themes such as digitalization, urban planning, gender equality, and innovation in sport policy and practice. It will be of interest to researchers and students in the fields of sociology of sport, sport management, sport science, and sociology.

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