**[Physical](http://en.wikipedia.org/wiki/Health" \o "Health)** [**education**](http://en.wikipedia.org/wiki/Education) (often abbreviated **Phys. Ed.** or **P.E.**) or [**gymnastics**](http://en.wikipedia.org/wiki/Gymnastics) ([**gym**](http://en.wikipedia.org/wiki/Gym) or **gym class**) is a course taken during primary and [secondary education](http://en.wikipedia.org/wiki/Secondary_education) that encourages [psychomotor learning](http://en.wikipedia.org/wiki/Psychomotor_learning) in a play or movement exploration setting.

**Objectives of Physical Education**

1. to bring in this element of joy to the academic orientation of schools.
2. aims at dedicating a daily time for some physical activity for the students. The physical training class, as it is also called, involves sports, games, exercise and most importantly, a break from the sedentary learning indoors.
3. to instill in students the values and skills of maintaining a healthy lifestyle. Daily physical activity promotes an awareness of health and well-being among students. It boosts them to engage in physical activities on a daily basis. It promotes them to lead a healthy life in adulthood.

**Physical fitness** comprises two related concepts: general fitness (a state of [health](http://en.wikipedia.org/wiki/Health) and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of [sports](http://en.wikipedia.org/wiki/Outline_of_sports) or occupations). Physical fitness is generally achieved through correct [nutrition](http://en.wikipedia.org/wiki/Nutrition), [exercise](http://en.wikipedia.org/wiki/Physical_exercise), and enough [rest](http://en.wikipedia.org/wiki/Rest).

**Components of Physical Fitness:**

* [**Strength**](http://www.brianmac.co.uk/strength.htm) - the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person)
* [**Power**](http://www.brianmac.co.uk/power.htm) - the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start)
* [**Agility**](http://www.brianmac.co.uk/agility.htm) - the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. ZigZag running or cutting movements)
* [**Balance**](http://www.brianmac.co.uk/agility.htm) - the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt)
* [**Flexibility**](http://www.brianmac.co.uk/mobility.htm) - the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split)
* [**Local Muscle Endurance**](http://www.brianmac.co.uk/enduranc.htm) - a single muscle's ability to perform sustained work (e.g. rowing or cycling)
* [**Cardiovascular Endurance**](http://www.brianmac.co.uk/enduranc.htm) - the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances)
* [**Strength Endurance**](http://www.brianmac.co.uk/enduranc.htm) - a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive rebounding through an entire basketball game)
* [**Co-ordination**](http://www.brianmac.co.uk/coord.htm)- the ability to integrate the above listed components so that effective movements are achieved.

**Values of Physical Fitness**

Contributes positively to maintaining a healthy weight - being at the proper weight and maintaining a good muscle-to-fat ratio (high % of muscle and low % of fat) helps us reduce risk for heart disease and allows for better mobility, agility and sets the stage for improved cardiovascular health.

Builds and maintains healthy bone density - having a stronger "frame" benefits us in many ways and allows for better motor function and resistance to physical stress.

Increases muscle strength - more muscle strength translates into being able to perform everyday chores with much less stress to our system.

Improves muscle endurance - this allows our muscles to resist muscle fatigue when we are exposed to prolonged physical activity.

Improving joint mobility - if we do not perform any exercise over time our joints will have a reduced range of motion. Thus, exercise will keep them flexible.

Promotes physiological well-being - this is a state of mind in which you alter your perception of self and your environment in a positive way. Well-being is a broad concept that includes any and all positive effects that you will "feel" as a result of physical fitness.

Reduces surgical risks - if a person is fit, undergoing any surgical procedure(s) improves chances of going through surgery with minimal risk. A strong body, strong heart and good cardio vascular system will help in lowering risk during surgery.

Strengthens the immune system - if the immune system is stronger we are able to resist diseases and other toxins that attack our body. Even our resistance to a common cold increases.

Improves metabolism - the ability to digest food better and easier helps our system in becoming more efficient at utilizing all the calories we ingest. For example, those who perform regular exercise will elevate their metabolism and be more efficient at fat-burning compared to those that don't do any type of physical exercise.

Slows down the ageing process - physical fitness can shave off years from our appearance. Maintaining a smaller, youthful looking waistline, increased muscle tone and strong and proper posture are only some of the resulting factors of physical fitness that will make you look younger than your age.

Improves cardiovascular endurance - cardio endurance is very important. If we are "cardio-fit" we are more resistant to fatigue and we are able to perform any and all activities without getting winded or excessively tired. Cardio fitness will increase our lung capacity and strengthen our heart so that we are able to raise our endurance levels.

**MMSU HYMM**

**MMSU dear, Alma Mater beloved**

**To You we promise our never-ending love**

**Though faith may bring us**

**To other lands afar**

**Our hearts and thoughts will always be with you**

**Wherever we are.**

**Hold high the green and gold.**

**Waving with pride and hope.**

**Inspiring us to rise,**

**To reach the greatest heights.**

**With your kind guiding hands,**

**We know we'll never fail**

**To reap success**

**And give the best**

**For you and our Fatherland.**

**MMSU...**

**National Service Training Program (NSTP)”** is a program aimed at  enhancing civic   
consciousness and defense preparedness in the youth by developing the ethics of service and   
patriotism while undergoing training in any of its three (3) program components.  Its various   
components are specially designed to enhance the youth’s active contribution to the general   
welfare.

**Republic Act 9163 (National Service Training Program Act of 2001)  
  
AN ACT ESTABLISHING THE NATIONAL SERVICE TRAINING PROGRAM (NSTP) FOR TERTIARY LEVEL STUDENTS, AMENDING FOR THE PURPOSE REPUBLIC ACT NO. 7077 AND PRESIDENTIAL DECREE NO. 1706, AND FOR OTHER PURPOSES**

On January 23, 2002 the National Service Training Program was signed by President Gloria Macapagal   
Arroyo into law.  Republic Act 9163, the National Service Training Program (NSTP) Act of 2001is aimed at   
enhancing civic consciousness and defense preparedness in the youth by developing the ethics of   
service and patriotism while undergoing training in any of its three program components: the Reserve   
Officers’ Training Corps, the Civic Welfare Training Service, and the Literacy Training Service.  According   
to RA 9163, these three components are specially designed to enhance the youth’s active contribution to the general welfare.

**Constitution** is a set of fundamental principles or established precedents according to which a [state](http://en.wikipedia.org/wiki/State_%28polity%29) or other organization is governed.[[1]](http://en.wikipedia.org/wiki/Constitution#cite_note-0) These rules together make up, i.e. *constitute*, what the entity is. When these principles are written down into a single collection or set of legal documents, those documents may be said to comprise a *written* constitution.

**Preamble**

We, the sovereign Filipino people, imploring the aid of Almighty God, in order to build a just and humane society and establish a Government that shall embody our ideals and aspirations, promote the common good, conserve and develop our patrimony, and secure to ourselves and our posterity the blessings of independence and democracy under the rule of law and a regime of truth, justice, freedom, love, equality, and peace, do ordain and promulgate this Constitution.

**Different Computer System**  
**System Box**

* The computer case is what we normally think of when they talk about a computer. This box contains, at minimum, the CPU (Central Processing Unit), a collection of electronic circuits that act as the brain. It can also house RAM (Random Access Memory), which stores temporary information as you operate the computer.

**Hard Drive**

* The hard drive is a long-term storage device that preserves information on a disk even when the computer is turned off. Though typically stored within the system box, a hard drive can also be external and attached via cable.

**Input Devices**

* Input devices let you enter information into the system. Common examples include a keyboard, for entering text, and a mouse, for moving and activating icons in a graphical environment. Other devices include: for multimedia, a webcam for captures of still and moving images, and a microphone for transmitting audio communications.

**DVD/CD Drives**

* CD and DVD drives are typically built into the system box, and allow the transfer of information through the use of hard media.

**Monitor**

* A monitor is how we receive information in a visual form, which can consist of text, images and video. Though these display devices used to consist of bulky CRTs (Cathode Ray Tubes), they now appear as compact, energy-saving LCDs (Liquid Crystal Displays). This external device is controlled by video card, which is located inside the system box.

**Speakers**

* Speakers deliver audio information such as music from CDs, sound from games or voice from Internet chat. Though they may be built into the box or monitor, the best ones typically stand alone and may consist of an amplifier, multiple speakers and a subwoofer. They require an audio card that is located inside the system box.

**Printer**

* A printer produces hard copy versions of computer information in color, and black and white. This information can consist of text from word-processing documents, photographs from digital cameras or artwork from graphics programs. Inkjet printers are initially cheap, but use expensive inks. Laser printers are faster and initially expensive, but their long-lasting cartridges produce cheaper printouts.