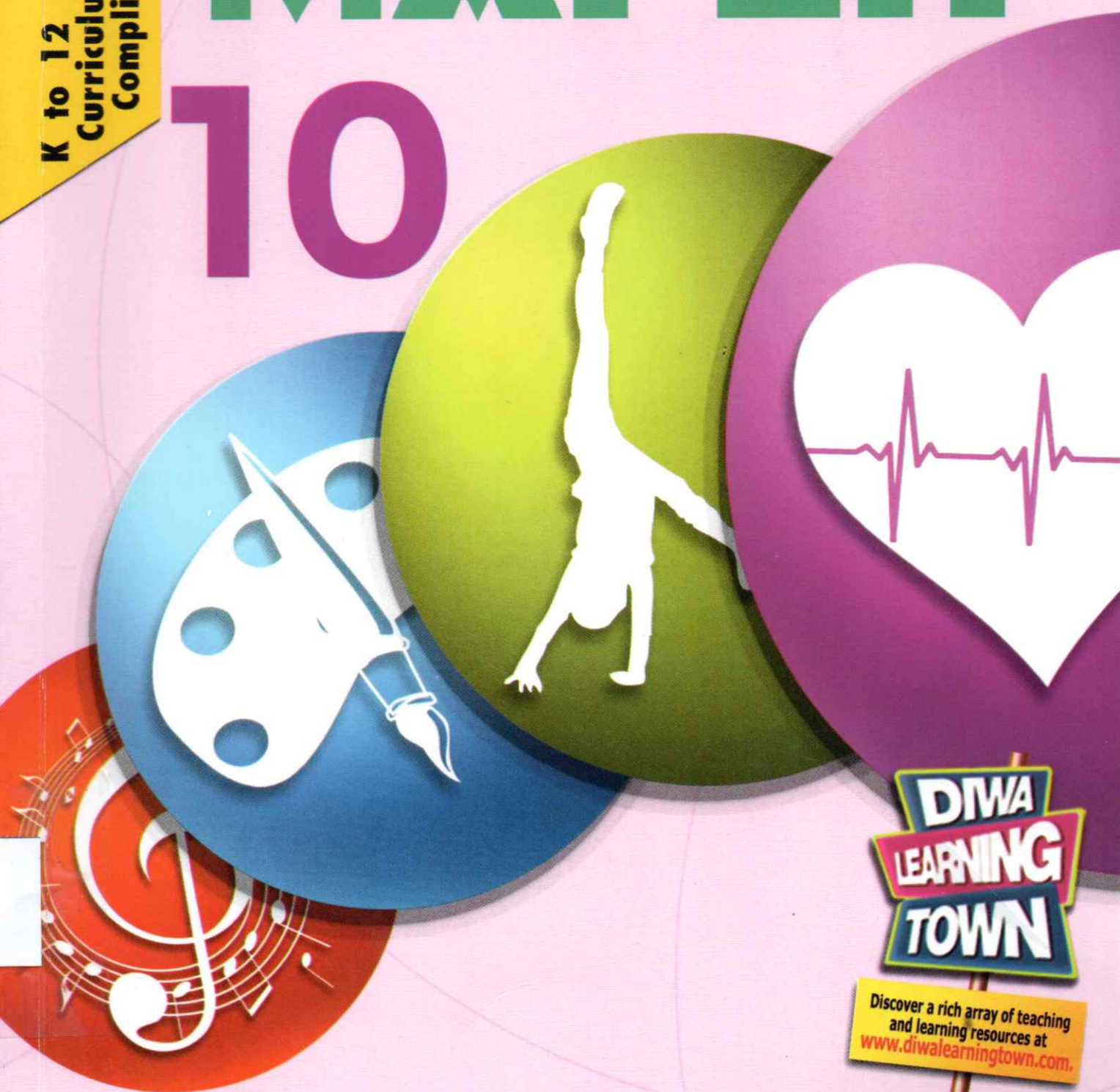


PRACTICAL MAPEH

10



**DIWA
LEARNING
TOWN**

Discover a rich array of teaching
and learning resources at
www.diwalearningtown.com.

TABLE OF CONTENTS

Unit I	World Music	1
Chapter 1	Impressionism	2
Lesson 1	Impressionism: An Introduction	2
Lesson 2	Expressionism	9
Lesson 3	Electronic and Chance Music	15
Chapter 2	Afro-Latin and Popular Music	22
Lesson 1	African-American Music	22
Lesson 2	Latin American Music.....	29
Lesson 3	Popular Music	37
Chapter 3	Contemporary Philippine Music	44
Lesson 1	Composers of Contemporary Philippine Music	44
Lesson 2	New Music Composers	50
Lesson 3	Song Composers.....	56
Chapter 4	20th and 21st Centuries Multimedia Forms	62
Lesson 1	The Opera.....	62
Lesson 2	The Ballet.....	69
Lesson 3	The Musical Play.....	74
Unit Closer	79
Unit II	Modern and Contemporary Art	81
Chapter 5	Modern Art	82
Lesson 1	Artistic Movements from the Industrial Revolution to World War I	82
Lesson 2	Movements in Interwar Modern Art.....	95
Lesson 3	Movements in Postwar Modern and Contemporary Art	102
Lesson 4	Notable Modern Artists.....	112
Lesson 5	Modern Art Techniques.....	125
Chapter 6	Technology-based Art	133
Lesson 1	Introduction to the Digital Arts.....	133
Lesson 2	Computer/Digital Artists and Artworks.....	142
Lesson 3	Evaluating Digital Art.....	150
Chapter 7	Media-based Arts and Design in the Philippines	156
Lesson 1	Photography and Film.....	156
Lesson 2	Animation, Print Media, and Digital Media	168
Lesson 3	Product and Industrial Design.....	178
Chapter 8	Original Performance with the Use of Media	185
Lesson 1	Theater Groups in the Philippines.....	185
Lesson 2	Roles in a Theater Production	193
Lesson 3	Production of an Original Performance	201
Unit Closer	208

Unit III Societal Fitness.....	213
Chapter 9 Continuing the Habit of a Healthy Lifestyle	214
Lesson 1 Your Health Habits and Activities	214
Lesson 2 Dynamic Stretching and Cool Down Exercises.....	223
Lesson 3 The Role of Social Media and Technology in Promoting Fitness and Physical Activity	228
Chapter 10 Active Recreation.....	232
Lesson 1 Yoga.....	232
Lesson 2 Strength Training.....	240
Lesson 3 The Floorball.....	245
Chapter 11 Dances in Different Forms.....	249
Lesson 1 Hip-hop.....	249
Lesson 2 Street Dance.....	253
Lesson 3 Cheer Dance.....	256
Chapter 12 Dance as Recreational Activity.....	265
Lesson 1 Tap Dance.....	265
Lesson 2 Line Dance.....	269
Lesson 3 Contemporary Dance.....	274
Unit Closer	279
Unit IV Understanding Health Concepts toward Global Wellness.....	281
Chapter 13 Consumer Health Education.....	282
Lesson 1 A Conscientious Health Consumer	282
Lesson 2 Efficient Service Providers for a Healthy Filipino.....	288
Lesson 3 Medical Quackery and Its Damaging Effects.....	296
Lesson 4 Alternative Modalities of Care	301
Lesson 5 Consumer Rights and Welfare.....	307
Chapter 14 Key Health Trends and Concerns in the Philippines	310
Lesson 1 Reproductive Health and Responsible Parenthood: A National Policy.....	310
Lesson 2 Smoking and Use of Dangerous Drugs: A National Issue	314
Lesson 3 The Consumer Act of Filipinos.....	319
Lesson 4 Upholding Environmental Awareness in the Philippines	324
Lesson 5 Strengthening Human Rights While Being Concerned with Public Safety	328
Lesson 6 Developing a Safety-conscious Nation.....	334
Lesson 7 Toward a Digital and Child-friendly Philippines.....	338
Chapter 15 Key Health Trends and Concerns on a Global Scale	343
Lesson 1 Millennium Development Goals: A United Nations Initiative	343
Lesson 2 A Global Treaty on Tobacco Smoke and Consumption	350
Lesson 3 A Global Mental Health Action Plan	354
Lesson 4 Alcohol Use: An International Health Burden	359
Lesson 5 An International Coalition of Partners toward World Immunization.....	363
Chapter 16 Pursuing a Career in the Health Sciences	367
Lesson 1 Pathway toward a Health Career.....	367
Lesson 2 Improving the Qualities of Public, Personal, and Community Health in the Country.....	371
Lesson 3 Health Care Career Pathways for Holistic Wellness	375
Lesson 4 Taking the Challenge on Health Care Career Pathways.....	382
Unit Closer	388