"HEALTHY MIND & BODY: THE LEVER TO SUCCESS"

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“A healthy body means a healthy mind. You get your heart rate up and you get the blood flowing through your body to your brain.” (Steve Carell)

How many have thought of physical education as extraneous in a child’s learning process? How many believed that it is part of the learning curriculum so students may have a short break from their tiring classroom routines? How many have conceived it as irrelevant compared to English, Mathematics, and Science? How many of those who have been taking this subject knew its usefulness?

As defined by the Wikipedia, Physical Education is an educational course related of maintaining the human body through physical exercises (i.e. calisthenics). It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health. Promotion of health is very important in order for a person to become functional. There are many things that one can accomplish having the adequate amount of energy needed to finish important tasks. The healthier a person, the more effective he/she can become.

Many students in school are idle to finish tasks simply because they do not have enough vigor and the possible cause of this is the lack of physical exercises. It is not always the mind that needs to work. In fact, the mind fails to function when our body does. Over centuries, scientists have reflected on the connection of the mind and the body. There were cases in which people who had been diagnosed with mental illness were advised to do relaxing activities like hypnosis, medication, and yoga. On the other hand, physical illness like arthritis and chronic pain conditions were treated through mind-
body therapies. These only proved the link that has between our mind and our body that makes Physical Education as paramount to student’s academic success.

In addition, Physical Education can provide countless contributions towards the holistic development of students. It boosts their self-esteem and develops character whenever they will need to participate in the activities and interact with their colleagues. Without them knowing it, camaraderie is easily established. It also helps develop motor skills necessary in working out for a perfect posture. Nutrition is also one of the things Physical Education can address. Thus, this helps students to cope with the problems of obesity and other eating disorders if they will learn the essence of physical exercise to balance eating.

These are only some of the number of benefits that Physical Education can provide for the learners. So, it is necessary for us, especially for them to realize why this has been part of the curriculum. We have to recognize its influence towards life-long learning. We also have to accept that it is crucial so our students regardless of their status will tend to be responsible adults in the future. And, this will only be possible if we will raise them to be rounded individuals who are not just mentally competent but physically capable as well.

References:

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