ATTAINING PHYSICAL FITNESS THROUGH MAPEH

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The teacher is instrumental in promoting physical fitness among the students. Through Physical Education, a teacher can share the means to make one’s mind and body become stronger and be more resistant to environmental hazards.

In doing so, a teacher who is teaching Physical Education should promote the following to students in achieving better physical well-being, stronger body and sound health.

Love for life. The Physical Education may advocate the love for life among students by means of stressing the importance of health and safety. Having protected one’s body is one philosophy that the teacher may instill among the students.

Have proper diet. We are what we eat so therefore the MAPEH teachers through the Health component of the subject may introduce proper food in maintaining good bodily health condition which is contributory in achieving physical fitness.

Conduct daily exercise. The proper movements of one’s body as instructed by the teacher may lead to physical fitness. Having frequent body exercise is a way to achieve an active body. Teachers of MAPEH may always tell the benefits that exercise can do to the physical aspect of an individual.

Attain enough sleep. The MAPEH teachers should emphasize the advantages of having enough hours of sleep. They should encourage the students to spend normal hours in sleeping helping them achieve physical fitness.
Be away from vices. The MAPEH teachers must be comprehensive in teaching other important matters which are relevant to the youth. Informing them of the dangers that vices may bring is truly significant. They should tell that these vices are hindrances in achieving physical well-being.

Savor the benefits of physical activities. The fun of being indulged in various physical activities in the school like sports may bring benefits to the students. These physical activities are the sources of strength and dynamism if the MAPEH teachers will let the students experience in the school.

Be away from worries. The MAPEH teacher must be the one to initiate happiness among the students by leading them to healthy fun. Having no burdens will be advantageous in attaining physical fitness.

Have a positive outlook. Teachers should also enlighten the hearts of students in teaching them the positive side of life. Having good feelings inside may push a sound mind and body.

References:


https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/