LEARNING THROUGH BIKING

by:

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After months of quarantine and lockdown, many people can now enjoy the outdoors since some of the travel restrictions have been lifted. People can now interact with the community through various activities. One of the most popular activities that you can do nowadays is cycling. This activity is being enjoyed by people in different ages. Some goes solo but most travel in groups. Cycling helps teachers and students in many ways.

There are many life changing reasons to go on a bike ride. Riding a bike makes commute more enjoyable. Bike commuting offers a lot of health benefits since it is a form of exercise and avoiding traffic promotes good mental health. It can boost and sharpen your mind. This activity has been found to increase energy and reduce fatigue which improves your reaction time, memory, and creative thinking. It also brings more confidence. For those who are having a hard time losing weight, biking regularly can help reduce overeating. Due to the pandemic, many people have changed their lifestyle even their sleep cycle and most people are spending large amounts of screen time. Through biking, teachers and students can disconnect themselves with their cellphones or laptop. Cycling is a cardiovascular activity which makes it easier to fall asleep and stay asleep. Daily bike rides can make people healthier and happier (O’mara and Nystrom, 2020).

For students, cycling encourages independence which is really needed in distance or remote learning. Students are being taught time management as they build self-confidence and a sense of independence. Finishing a particular distance gives a feeling of achievement. Cycling, specially during the morning provides an active start to the day. It lifts one’s energy that helps to focus or concentrate on things. It also offers an affirmative
beginning in the morning. Students may feel inclined to make healthy and positive choices. Aside from being a form of exercise, it may help improve balance, posture, and coordination (Cronkleton, 2020).

It is important that people who ride bicycles should follow safety protocols implemented by the local and national government. The disadvantage of cycling is the risk of accidents. Kids and young adults should be guided by their parents or guardians during rides. In the Philippines, one of the most common problems with regards to biking is the lack of bicycle lanes. Always stay hydrated and wear proper attire to avoid dehydration and other accidents (Goodman, 2018).

Overall, cycling is enjoyable and fun. It provides many benefits not only limited to the physical body but also the mind. For students, it beats the feeling of boredom and they can explore more places in the community.

References:

