MAPEH A DIFFICULT SUBJECT?

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MAPEH is non-academic subject with four (4) different components. It is usually taken for granted. It is more of skills, not theories nor computations. But it is also difficult, like the rest of academic subjects.

Music is an interesting subject, especially for the musically inclined people, however, learning the basic, like elements of music ranging from identifying notes to other elements such as dynamics, rhythm, tempos, etc. is not easy. Students hardly understand it well.

Arts is another component, is also difficult to student’s view. They could hardly identify different elements in a given specific art because, in general, it is very broad and complex. Visual arts alone, like paintings and sculptures, requires an enormous learning. What more with other subjects, like dance, cinema or opera?

Physical Education, on the other hand is more of physical performance. It is an active participation rather than mental. Today, a person hardly moves due to advance technology. It makes a person become idle. Everything is made with push buttons like remote controls, timers etc. They need to be physically active hence, they can move freely without problems of getting fatigued or getting sick.

It is necessary for all students to be informed about the importance of mobility, and Physical Education, is the best subject, to offer necessary pieces of information about physical activities that the body is required to be able to move freely so, to avoid getting hurt or difficulty while moving.
Health is another important component in MAPEH, which is not so difficult, but this could give students informative ideas about good health. It teaches students how to adopt healthy living and how to prevent diseases. Health Education also involves teaching community, health and health problems that occur worldwide.

In conclusion, MAPEH is not only a difficult subject but significant as well just like any other subjects.

Reference:
<Ref> http://educationasprofession.wordpress.com