MAPEH: ITS IMPORTANCE TO ACADEMIC INSTITUTIONS

by:

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In a new era where gadgets are inevitably growing popular among all ages, people tend to throw much attention to browsing on the internet, watch online, download music, look for online news, and click whatever caught their interest. With students’ case, they search answers through different search engines, leave questions on their blogs, twitters, facebook accounts and instagarms. In an instant, they got to have the answers for their researches, assignments, and unending pursuits. Those are possibly the reasons why it is said that everything is at the tip of this generations’ finger.

Unending innovations and technologies are really helpful to rise the education and knowledge of everyone. On the other hand, does only knowledge matter without consideration of health at large?

In the Philippine Constitution, it was stipulated in section of Article XIV that sports programs are encouraged because of its good outcomes. The article shows how important MAPEH is to academic institutions. As a four-component subject in the Philippine educational system, it deals with the desired learning competencies in each component. Also, Physical education as one of the components of MAPEH, improves one’s health by dealing with physical activities and related academic tasks.

Furthermore, according to Abcalen (2015), Music and Arts program exposes students to different cultures (Philippine, Asian, and Western) and appreciate its music. Through those components, students do not only learn its theoretical framework but learns how to play the musical instruments, create their own composition, sing different songs by which some were written in the history, and experience how much these MAPEH components contribute to their development.
With much of that saying, it clearly shows that MAPEH imposes holistic development towards students. It does not only stimulate their brain process through different performing arts which requires their creativity, but also develops their sportsmanship through sports. MAPEH does not limit their learning in the four corners of their rooms. Students do not have to confine themselves inside the classrooms as they get to learn from their academics alone. MAPEH activates their senses and strengthens their body to better learn from their other more academic subjects.

There were several studies that showed how MAPEH can improve the mental activity which makes them more active in classroom and vigorous to learning.

In the end, this article would only want to give a full view with regards to the importance of MAPEH to academic institutions.

References:
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