NATURE AND IMPORTANCE OF MAPEH

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Music, Arts, Physical Education and Health (MAPEH) is one of the subject areas that we can find in the field of education in our country. Let us rediscover the meaning and significance of its components.

Music as a component of MAPEH, entails a lot of things to offer. Through Music the learner is provided with the knowledge and skills on songs and instruments. It also cultivates the musical talents of the students most especially in singing. It makes one to be more inclined in dealing with cultural and contemporary masterpieces which have meanings to their existence not only as learner but also as human being as well. The Music component familiarizes the learners with the icons in Music not only in the Philippines but also around the world as well.

Art as another component of MAPEH is the initial training ground training ground for future artists. Teaching Arts to students is truly advantageous. Through this, the students are equipped with the rudiments and background on Art. The Art component helps students to learn the elements and compositions of Art works. It also leads them to the necessary materials and techniques as used in Art. Just like in the field of Music, the lessons in Art may also feature great artists whose masterpieces are well-renowned.

Physical Education is the most active side of MAPEH subject for it does not only teach lessons or skills but the PE class actualizes them. The learners are able to enjoy much through physical activities as being given in their PE classes. Connectedly, sports are also given emphasis in PE classes that is why the students truly enjoy every moment in it. Various challenging activities including sports are instrumental in honing the mental and physical powers of the students.

Education brought by MAPEH is truly exceptional and remarkable for it also teaches the proper attitude and discipline in performing various tasks. The student being the center of the educative process is endowed with learning and at the same time given a chance to practice the learning. Considering Music, Art and Physical Education would satisfy the needs of the students in artistic and physical learning.
Health is another important component of MAPEH. Through the so called Health the physical well-being of the student is being taken care of. The love for life is also emphasized in this area. One can move strongly and freely if Health is given importance.

They say that ‘Health is wealth’ and this is truly realized in MAPEH subject. Health constitutes the maintenance and the protection of one’s life and body.

Citations/Reference: