ROLE OF SPORT EDUCATION IN THE YOUNG GENERATION

by:
Eulalio L. Agano Jr.
Head Teacher III

There is a clear distinction between Physical and Sport Education. According to Siedentop, as cited in Durden-Myers (2019), Sports Education (SE) as a specific physical education program aims to give more realistic sports experiences to different students in various age groups. Thus, it is designed to provide the individual with a more active role in a particular sport an individual wishes to attend or to participate in. Moreover, it permits more hands-on activity and usually has a longer duration than the traditional course. The prime goal of this educational program is to promote competent, literate, and enthusiastic individuals that are considered significant factors in learning development.

SE teachers give direct instructions to their students on what to do and facilitate the learner’s construction of their learning. SE as an educative program shapes individuals into more experienced, intelligent, and sports-minded people. It adheres to self-management, which makes the students take responsibility for their own decision. Thus, it makes them more matured individuals. Aside from it, they develop their problem-solving skills as they encounter challenging situations providing them with enormous motivation to achieve something. They become more critical in every situation they face and search for favorable answers or responses. These traits are the components that help the younger generation to face the odds and setbacks that they might face in the future.

Furthermore, it enables them to acquire necessary skills and character that can help them to overcome problems (Pedagoo, 2016). It includes perseverance enabling them to strive more in their lives. It inspires them to seek a better and favorable situation continuously. Nonetheless, it cannot be denied that students benefit from playing sports.
It makes them healthier and provides them extrinsic motivation to perform well academically (Coledam & Ferraiol, 2017). Furthermore, they can find the encouragement to try even more complex and be involved in any academic activities.

Sports participation is not all about winning games. Nevertheless, it teaches students essential life skills that are the value of teamwork. Through this skill, the student learns to work with other players. A strong sense of teamwork and collaboration transcends to accomplishing more things faster. Hence, it hones their narrow to a broader vision wherein they treat life as an enormous sports arena wherein collaboration of members is essential. This skill also applies in the future workplace. The skills they acquired and mastered in sports will be their credential in their workplace (Bailey et al., 2015).

Sports Education plays a significant role, especially for the younger generation. Many parents and students as well consider this as a non-essential course in the curriculum. However, it is undeniable that studies and various literature supports and promotes its value. Critical thinking, perseverance, and teamwork are just some developed skills as students engage in sports. It can also teach them life values such as accountability, sacrifice, discipline, self-confidence, and responsibility. Internet, television, and radio may be the most influential tool today, but students cannot obtain these core values in life through technology. Thus, SE makes students a better person. It helps them to develop and instill positive qualities essential for their future.

References:


