SPORTS PROGRAM AT SCHOOLS

by:
Linda R. Destura
Teacher III, E.C Bernabe, National High School, Bagac, Bataan

Sports is evidently best with its contribution to the players’ development. According to an American, Morgan Rush, from his article entitled Importance of Sports to health which was published in December 2018, “Playing sports contribute to muscle development, coordination, cardiovascular health and numerous other benefits associated with disease prevention; physical activity can help ward of chronic diseases including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis.”

Moreover, the goodness of sports is not only seen by the Sports specialist and enthusiasts, but also by national authorities. All good possible effects of sports were also seen by the Philippine educational institutions. In section of Article XIV of Philippine Constitution, it was stipulated that sports programs are encouraged because of its good outcomes. The constitution has also invigorated that all sports institutions must have conducted sports activities for students’ growth.

Likewise, Sports is incorporated in the Philippine Educational System from basic education to tertiary level. The Philippine has learned the good effect of sports into students, and that perhaps, is the reason why Physical Education is still in the curriculum of Commission on Higher Education (CHED). Aside from learning the different types of sports and its know-how, it also improves ones’ mental activity. This promotes more active brain activity to learn the tasks, lessons, and discussions being delivered in school.

Students are made active through sports because it allows better blood circulation in the body.
Furthermore, from an article released in 2017 entitled MAPEH: Its Importance to Academic Institutions, Sports teaches emotional and social health. Aside from reducing risky behaviors, sports motivate students to improve and maintain their health and prevent disease.

All in all, sports, being included in the education curricula, help students healthy, fit, and active while enjoying the wheel of the game. Sports play a vital role in educational institutions.

References:

http://hnupe.weebly.com/school-sports-program.html