THE IMPORTANCE OF PHYSICAL EDUCATION TO THE STUDENTS

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Physical education defines as a course of progression imparted in school that main focus is on the development on the physical aptnessness of the students. It is also concerned with the ability of the students to execute an enjoyable physical exercises with comfort. Physical education offers health aids in doing proper and regular exercises, these benefits include sturdier bones and muscles, improved bodily coordination, increased energy and low percentage of having diseases like diabetes. It is very significant to the growth and progress of the students.

Children who are attending regular exercise and sports are most likely to develop skills that are essential to various activities such as basketball, gymnastics, swimming and other sports. Physical education gets the students ready to be bodily and intellectually active and healthy adult. It also helps students to gain confidence as they developed skills needed in the area of their interest. Physical education tackles not only the exercises but also the proper diet or food needed by the body to perform its task in a healthy way.

Aside from the mentioned significance of Physical education to the performance of the students in school, there are more advantages of studying or inclusion of the said subject to the welfare of the students. These advantages are stated below:

1. Healthy Lifestyle

Healthy lifestyle is one of the best outcomes of Physical education. A regular fitness exercise cultivates strengths to the muscular system of the body and enhances
proper function of the heart. It also promotes healthy digestive activities, proper absorption of the nutrients from the food and improves bodily processes.

2. It helps in building self-confidence.

Physical education class serves as an avenue for the students to develop strong character and personality; it also builds self-esteem that is very necessary for the students who are inclined in sports. Students learn the importance of teamwork and exercise good communication.

3. Physical education improves motor skills.

Students must develop good motor skills and reflexes especially if they are participating in a sports. Bodily movements such as eye coordination and having a good posture are the positive effects of attending Physical education.

4. It promotes healthy eating habits.

Physical education educates students about the proper diet. It promotes good eating habit and gives the students the important guidelines to attain good nourishment.

5. Physical education serves a stress reliever.

Due to heavy workloads in school, attending Physical education relieves students from stress.

Teachers may encourage students to join in the sports that they are inclined with because it may help them to be a better person. Support them with the love and care they need to accomplish their goals.

References: