THE SIGNIFICANCE OF MAPEH IN 21ST CENTURY LEARNING
“STUDENTS COPING WITH THE RAPID ADVANCEMENT OF LEARNING.”

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We cannot deny the fact that we are already in the 21st century of learning. Technology is developing faster than we thought. People are coping with the advancement it brings us with many things to learn and the advantages it provides. Although technology had been a huge help in our everyday lives, we also need to consider our well-being, not only that it is important but it is also a must to be able to maintain what we already have in the first place.

MAPEH is a subject known for its four important components which involves Music, Arts, Physical Education and Health. Some students tend to misunderstood the significance of this subject by treating it as a minor one that does not need time for studying, that they only need to pass it and it is done. Little did they know that every subject that they study has an important use in their learning. MAPEH has components which involves not only the basic senses in a student, but it also makes use of different skills, talents and knowledge. This subject can easily unlock students hidden uniqueness and even develop them to unleash their full potential if exposed in activities related to their talents. Here are some reasons to consider:

• Music

Music helps to showcase students’ interests in singing, playing instruments and even composing simple songs which is a very good thing that they can practice at an early age. It also gives relaxation to students whenever they are studying, most especially those who are learning more when listening to songs
For teachers to be able to use a different way in engaging students to their lesson and activity, some of them substitute music in exercises. For example, instead of just giving students a quiz right after the lesson, they will instruct them to have an activity composing a song about what they have discussed. Most of the students enjoy this kind of activity and make them more interested to the lesson.

This also makes students more collaborative with their classmates, improves their social relationship with each other while enjoying the activity most especially when it is aligned to their list of interest.

- Arts

Arts brings out the best in a creative person, a big factor in showing talents related to craftsmanship, acting or even dancing. Imaginative students with an extensive knowledge, unending ideas and endless ways in everything that they do. It is a way of letting students exhibit virtuosity of their talents so that they learn academically and improve their skills in a certain aspect at the same time.

For example, instead of giving paper-and-pencil test for their periodical examination, teachers can make use of different approach to make it more interesting and meaningful to students. Musical play is one of the most known strategy used in substituting for a final exam. This kind of play requires students to act, sing and dance but most especially bigger responsibilities are along the way. Roles are assigned according to their line of interests, skills, background about the activity and the commitment they could offer to the role that they would be chosen to.

This gives the students the urge to create something without the help and supervision of the teacher. It is a good start to help the students be responsible, cooperative and committed to the character or role that they have. This will also serve as a reminder that learning may rapidly become advance as time goes by, students can and
will cope with it as long as teachers will entrust and give them the opportunity to showcase their hidden talents and uniqueness.

• Physical Education

Physical Education is one of the great components of MAPEH subject that students are fond of. This aims to develop a students’ physical capability and understanding about their movement and own safety, ability to make use of these to manifest it in various types of activities associated with the enhancement and improvement of a healthy and active lifestyle. This helps maintain a person’s body to be physically healthy using exercises.

Not only that it includes proper care for oneself, it also reminds people to take care of its foundation of strength, skill and expertise. It is also a good reminder that amidst the popularity of technology specifically the gadgets, some kids and teenagers are still interested in playing outdoor games. This simply shows that students are still fascinated with the joy and excitement that sports provide for them.

For example, there are still students who are varsity players and manage to study at the same time. They balance their schedule for their academic activities while maintaining a good spot in a sports team. Many of them represent their schools in Division, Nationals or even play for the country itself. Advisers, teachers or trainers can recognize the willingness and perseverance of a devoted sports-lover and committed player along the way. It is the same with other students who joins in physical activities not only to know their physical capability but also to enjoy the lesson while studying and learning simultaneously.

• Health

Health covers lessons about being cautious of the concern and issues when it comes to our body and lifestyle. The good things to do for the sake of oneself and to avoid the bad ones to prevent from causing any harm to everyone. This component also helps
students to be informative in terms of providing lessons about what really happens in real-life situations. Students would be aware of the things that they should be doing and those which they have to stop from committing.

Students would also be exposed with the things going on in an environment, in their society and even with their own family. Also, this component includes Wellness, which refers to an active process of being aware of and making decisions towards a healthy and fulfilling life. It is more than being untied from illness, a positive procedure of change that includes a person’s positive outlook of his own life.

This also includes some guide for students to choose what career they would pick. Giving students varieties of options and be able to relate their skills and knowledge with the designated career to choose from. It would be a huge help for students most especially when medical-related careers are being considered.

For example, teachers discuss lessons about communicable and non-communicable diseases which helps students be enlightened and to avoid it in the first place. They will also be grateful in learning preventions from various types of illnesses. They would also be concern on taking good care of themselves, being able to process and establish things related to well-being. Thus making students more involved in the teaching and learning process and be able to cope with the necessities it requires. It shows that the more that a student is emotional, spiritual, mental and physically healthy, they will manifest qualities a student should preserve.
References:

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