



PATHFIT 1:

MOVEMENT COMPETENCY TRAINING



CHAPTER 1

Introduction to Physical Education (PATHFIT I)



Learning Objectives

At the end of the lesson, students should be able to:

- a. analyze how historical influences impact current physical education practices;
- b. explain the legal bases of physical education and
- c. explain the objectives and benefits of physical education and its relevance.

Introduction to Physical Education

Physical education provides students with a planned, sequential K-12 curriculum aimed at developing motor skills, physical fitness, sportsmanship, emotional intelligence, and self-efficacy. It demands the same rigor as traditional academic subjects, emphasizing active engagement, self-management, and lifelong physical activity.

History of Physical Education

Physical Education (PE) has a rich history, evolving alongside human civilization. Early forms of physical activity were intrinsically linked to survival, including hunting, gathering, and warfare. Ancient civilizations like the Greeks and Romans recognized the importance of physical training for both military prowess and overall well-being. The Greeks, in particular, emphasized the harmonious development of mind and body, leading to the establishment of the Olympic Games. During the Middle Ages, physical activity largely revolved around knightly training and jousting. The Renaissance saw a renewed interest in classical ideals, including physical culture. Modern physical education began to take shape in the 18th and 19th centuries with the rise of structured exercise systems and the inclusion of physical training in school curricula, driven by figures like Pehr Henrik Ling in Sweden and Friedrich Ludwig Jahn in Germany. In the 20th century, PE became more formalized, incorporating scientific principles of exercise, sports, and health, and expanding its scope to include a wider range of activities and address diverse populations.

Legal Bases of Physical Education

Article XIV, Section 19 of the 1987 Philippine Constitution explicitly mandates the State to promote physical education and encourage sports programs. It states:

- The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions.
- The purpose is to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry.
- All educational institutions are required to undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors

Republic Acts and Policies

- **Republic Act No. 5708** (Schools Physical Education and Sports Development Act of 1969). This law provides for an integrated physical education and sports development program in all schools across the Philippines. It aims to instill in young citizens a proper appreciation of the importance of physical and mental development, emphasizing physical growth, social training, and personal discipline alongside superior athletic achievement.
- **Republic Act No. 9163** (National Service Training Program Act of 2001). While primarily a civic and defense preparedness program, this law also promotes physical fitness among tertiary students as part of the development of their physical, civic, and defense preparedness. The NSTP includes components that contribute indirectly to physical education through promoting physical health and fitness.
- **CHED Memorandum Order No. 39, Series of 2021. PATHFIT, or Physical Activity Towards Health and Fitness**, is a tertiary Physical Education program established by the Commission on Higher Education (CHED) through CHED Memorandum Order No. 39, Series of 2021. It was developed to strengthen Physical Education in higher education by promoting lifelong physical activity, health, fitness, and movement competency among college students. Unlike traditional PE programs that often focus primarily on sports participation, PATHFIT emphasizes the development of fundamental movement skills, physical fitness, exercise habits, dance, sports, and active lifestyles that students can apply beyond their college years.

Benefits of Physical Education

Physical Education offers a multitude of benefits that extend beyond mere physical fitness. These benefits can be categorized as follows:

1. Physical Benefits

Improved cardiovascular health, increased muscular strength and endurance, enhanced flexibility, better coordination and balance, weight management, reduced risk of chronic diseases (e.g., heart disease, diabetes), improved bone density, and enhanced motor skills.

2. Mental and Emotional Benefits

Stress reduction, improved mood, enhanced self-esteem and body image, increased cognitive function (e.g., concentration, memory), better sleep quality, and a reduction in symptoms of anxiety and depression.

3. Social Benefits

Development of teamwork and cooperation skills, improved communication, fostering of leadership qualities, learning to respect rules and fair play, building social connections, and promoting cultural understanding through sports.

4. Academic Benefits

Studies have shown a positive correlation between physical activity and academic performance, including improved concentration, reduced disruptive behavior, and better overall academic achievement.

5. Life Skills

Development of discipline, perseverance, goal setting, problem-solving skills, and a lifelong appreciation for physical activity and healthy living.

Objectives of Physical Education

The primary objectives of Physical Education are to foster the holistic development of individuals through engaging and well-structured physical activities. These objectives include:

1. Physical Development

To enhance students' physical fitness components such as cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. This also includes the development of fundamental motor skills (e.g., running, jumping, throwing, catching) and specialized sport-specific skills, leading to improved coordination, balance, agility, and overall physical prowess.

2. Psychological Development

To promote positive mental and emotional well-being. This involves fostering self-esteem, self-confidence, and a positive body image; reducing stress and anxiety; developing emotional regulation and resilience; cultivating perseverance and goal-setting abilities; and encouraging a positive attitude towards physical activity and lifelong health.

3. Social Development

To cultivate essential social skills and promote positive interpersonal relationships. This includes teaching teamwork, cooperation, and communication; fostering respect for rules, officials, and opponents (fair play); developing leadership and followership skills; encouraging empathy and understanding of diverse backgrounds; and promoting responsible group behavior.

4. Moral Development

To instill strong ethical principles and values through physical activity. This involves promoting honesty, integrity, and sportsmanship; teaching accountability and responsibility for one's actions; encouraging respect for oneself and others; and fostering a sense of discipline and self-control.

5. Improvement in Knowledge

To equip students with a comprehensive understanding of health, fitness, and sports-related concepts. This includes knowledge of exercise physiology, nutrition, safety practices, rules and strategies of various sports, the benefits of physical activity, and the importance of a healthy lifestyle. This objective aims to empower individuals to make informed decisions about their own health and well-being throughout their lives.