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Original Article

Educating For Lifelong Well-Being through Inclusive Physical Education

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Abstract

Physical education is a developing discipline which includes the investigation of psychomotor abilities and the processes of the body associated with functioning in movements and play. Concerning physical activity, safety, health and well being. This discipline includes a wide range of activities, including sports and dance, strength and conditioning training. Schools and colleges have made a point of highlighting the importance of a properly managed PE programme, which is rooted in a good PE curriculum. Many of these programs are used as a stepping stone to many strenuous physical activities and careers in the future. This article highlights different modern career opportunities in fitness, sports and yoga to give PE students some flexibility in selecting subjects that will complement their personal interests and skills. In conclusion, physical education and sport are critical in the modern world and are currently in a good state. This article covered the importance of exercise for health and the quality of exercise – an essential part of physical education and sport. Physical education is one of the emerging areas of education and profession. Exercises is a research of Physical Motion, Safety and well being and Wellness. Physical education includes a variety of activities such as sports, dance and strength training.

Keywords: *Physical education, sports, yoga, motor learning, exercise, well being*

Introduction

The knowledge of current research, education theory and scientifically validated practices are essential in the design of an effective physical fitness program. Physical education is a multi-dimensional field, combining concepts from exercise physiology, psychology, motor development, motor learning, pedagogy and other related areas. These areas of knowledge can be used to guide educators in designing instructional approaches that will support students' physical and psychosocial growth. Practical component of movement-based activities is especially beneficial due to the fact that it offers the teachers opportunities to witness aspects of individual development that otherwise might not be noticed in traditional classroom activities. These observations can be about the level of physical competence, confidence, motivation, social behaviour or responses to challenges a learner displays. Special attention should be paid to children with motor problems. If learners experience failure over and over again in some physical activity, it can result in a tendency to become frustrated, anxious, embarrassed or feel a loss of confidence in their ability to carry out the task. When these experiences happen repeatedly over time, they may not want to participate anymore and can even lead to avoidance of physical activities over time. The role of the teacher is not only one of physical demonstration but also one of providing conditions for progressive learning and successful participation. Complex movements could be put in smaller, more manageable steps, and feedback, encouragement and individual guidance can help learners identify movement progress. Multiple opportunities for exciting success might be related to motor skill improvement, self-confidence and physical self-awareness. Physical education therefore must be seen as an integral part of school education and not simply as an extra recreational activity. The structured physical activity experienced throughout childhood can play a role in developing behaviors that will continue in the future. Therefore, the approach of designing instructional programs should be done taking into account the student's age, developmental characteristics, physical capabilities, interests, and learning needs.

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Learning goals for PE should not be limited to learning skills related to specific sports and games. A wider approach to education focuses on physical literacy, which is the ability to move well to gain knowledge, confidence, motivation and positive attitudes towards being physically active. Physical literacy offers an overarching understanding of movement-related development. Competence in physical activity is much more than simply the mechanical skill of the basic skills. Skills like running, jumping, throwing, catching, balancing and changing direction are important building blocks, but pupils should also be taught about movement, identifying their own abilities and increasing their confidence with using movement skills in various situations. Children can learn that physical activity is enjoyable, rewarding and meaningful through a variety of experiences. With the accumulation of these experiences, learners can come to see the value and fun in moving more, as a part of their daily routines, and not just as an activity associated with formal sport.

Regular exercise also has health benefits which further underscore its importance in childhood and adolescence. Regular involvement in movement and exercise can help maintain health and prevent and manage a number of non-communicable health issues. They range from cardiovascular problems, diabetes, excess weight gain, and some cancers. Exercise can also help to maintain a healthy body composition and different physiological functions related to health. The results of being active go beyond the physical though: The provision of appropriate physical activity can have a positive psychological impact on children's emotional regulation, attention, self-perception, confidence and resilience. If children feel good about themselves when they are enjoying the movement they may be more willing to stay positive about movement as they grow! The school setting is an especially important setting for the development of these behaviors, as children spend a significant part of their formative years in the school environment. Formal physical education, active classroom, recreation, organized sports, and extra-curricular activities are all ways that schools can provide opportunities for movement. These opportunities help pupils to develop their coordination, balance, strength, stamina and basic movement skills in a progressive manner and often in a repeated fashion, offering further practice of physical activity. The benefits of participation can also include attributes like perseverance, teamwork, self-management and self-assurance. Therefore, a positive school culture around physical activity can play a role in shaping attitudes toward ongoing involvement in active behaviors as well as in the actual participation. It is also important that an effective physical education system takes into account the high level of diversity amongst learners. Activities designed to one standard of performance may create barriers for students with disabilities, developmental variations, and difficulties affecting motor performance. Creating inclusive physical education environments means that physical education teachers need to adjust learning activities to the capacities of each individual learner, not to ask all learners to engage in the same activity in exactly the same way. This may include modifying tasks, changing machines, slowing down or speeding up an activity, changing the group, giving more demonstrations, changing the setting, using alternative communication methods, and so on. Such changes are intended to enable meaningful participation with suitable learning goals. The inclusive approach may also have significant social and emotional consequences. If students don't successfully interact with peers over and over again, they can feel embarrassed, dismal or unwilling to do things with the group. Appropriate adaptations enable students with varied abilities to be more involved in class and feel like they fit into the class atmosphere. Setting achievable targets can boost motivation and self-belief, and group activity can foster a sense of working together and positive peer relationships. This means that inclusion in physical education is not just about access to physical activity, but opportunities to learn, achieve, interact and grow in a fair and equitable way. Physical education encompasses more than just playing a game or taking part in organized sporting events; it has also educational value. Its overall goal is to build individuals that are physically able, knowledgeable, confident, motivated and gain positive attitudes to stay active at all ages. Suitable planning of a physical education programme can fulfil the objectives of physical fitness, motor development, psychological health and wellbeing, social participation and healthy lifestyles formation. If the developmentally appropriate, engaging, and inclusive movement experiences offered in the educational setting are seen as positive, they can impact the way children relate to physical activity and can have a positive influence beyond the school setting. Physical education can thus be used to provide an important base for a merry life, active living and whole human development.

Review of Literature

In his studies, "Studies on Student Physical Education Motivation and Attitude in Taiwan", student physical education is brought into the movement and cultivates the concept of independent health care. What do Taiwanese students learn in PE?How do Taiwanese students have a learning attitude in PE? What motivates the student to have an attitude towards physical education? What is its meaning? All of the above is the purpose of this study. Data collection technique is survey research technique and data analysis technique is descriptive statistics, independent sample t test, one factor analysis of variance, LSD post test and typical correlation analysis in the survey data. Research findings: 1. The main motivation of Taiwanese male and female college students to study physical education is mainly "physical health". Mazlan Abdul Razak et al. al.(2018) "Readiness of physical education teachers to improve the teaching and

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learning process" says in their study that the purpose of this study is to find out if there are significant differences in the readiness of health-based physical fitness and educational levels. management content of physical education subject among teachers in Kuala Muda Yan district based on gender. The sample size is 200 secondary school teachers who teach physical education. There were 50 female teachers and 200 male teachers. The method then uses a static group comparison using the "Prudential Fitnessgram" battery of tests. Data from the descriptive analysis indicates satisfactory and high level of readiness for health-based physical fitness and content control at all levels.

Aim of the study:

The prime purpose of the above analysis is, to analyse the career aspect and health in the world of sports.

Methodology:

The above study was conducted to gather and understand the influence of trends to sports. To this purpose the research was conducted, data was collected and selected from the different resources. Also the offline search procedure was done and came to know the various positive impacts. Online search (Google, Google Advance Search) was also used to analyse the paper. As more and more governments, public agencies and private organisations turn to the fitness industry for skilled trainers, there is an increasing demand for fitness trainers with competitive wages and benefits. The successful candidates in this area will need to have a range of skills such as mobility, health and fitness knowledge, specialised course knowledge, a general understanding of health and movement sciences, a drive to teach and train, critical thinking, communication, management and analytical skills.

Wellness and Health

Obesity is linked to a wide variety of poor health outcomes and it is a significant risk factor for a variety of chronic illnesses. Body weight has been linked to a higher risk for cardiovascular disease, type 2 diabetes, some types of cancer and early death. As obesity becomes more severe, so does the risk of health consequences associated with obesity. People with overweight may be at significantly higher risk for cardiovascular problems than those who are at a healthy weight, and those with severe obesity may be at significantly higher risks. These relationships underscore the need for proactive measures to keep body weight healthy and decrease the risk of chronic effects of obesity. Physical activity is a key element of strategies to tackle obesity and associated chronic health issues. Regular exercise helps to regulate energy, enhance fitness and aid in managing weight, diabetes, and cardiovascular disease. Randomized clinical trials have shown that lifestyle interventions aimed at incorporating suitable physical activity and careful nutrition have shown to yield significant improvements in cardiovascular health. This will be particularly important for people with high risk for chronic disease. Physical activity should thus be seen not just as a way to enhance physical fitness but also as a valuable part of preventive health care and chronic disease management. Exercise has a positive effect on the physiology of several systems in the human body. Frequent aerobic exercises can benefit the function of the respiratory system and promote cardiorespiratory fitness. They can involve long-term aerobic exercise, like swimming, and help to enhance the endurance of the respiratory system and general cardiovascular fitness. Besides these effects, exercise has an interaction effect on the immune system. Single bouts of exercise and repeated exercise can affect the immune response; but the type and intensity of the response varies with the type of activity. How the body reacts to exercise depends on different factors including frequency, intensity, duration and modality. Therefore, the health impact of physical activity should be evaluated in the context of the overall design and suitability of an individual's programme of physical activity, not in terms of all physical activity being physiologically similar.

Conclusion

Physical activity is a key element in health promotion and it is an integral part of physical education and sports science. Physical education is not just about the games and competitive sports; it also involves developing and understanding physical, physiological and psychomotor abilities. Appropriately designed movement experiences can provide the learner with information on bodily function, physical performance, safety, fitness and healthy living. Physical education is an emerging academic and professional field which uses a variety of movement and exercise to facilitate whole-person development. It encompasses sports, dance, strength and conditioning training, fitness training and other structured physical activity. A good PE therefore can therefore be used as a means to enable learners to acquire not only skills at moving but also knowledge of the connection between exercise and health. Physical education has the potential to affect an individual's physical fitness, prevention of disease, psychological health and the formation of healthy lifestyle habits through regular involvement and positive attitudes towards physical activity. Therefore, quality physical education education plays an important part in the preparation of people to be physically active and safe in their participation, throughout their lives.

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