

COGNITIVE DISCOURSES

INTERNATIONAL MULTIDISCIPLINARY JOURNAL

ISSN 2321-1075 ISSN 2347-5692

VOLUME 11

ISSUE 1

JULY 2023

cdimj.naspublishers.com

Published Since 2013

Parent Orientation and Community Engagement in Physical Education

Abhinand K
Assistant professor in Physical Education
SUM College of Teacher Education
Muzhappala, Kannur

Abstract

A holistic education must include physical education (PE), which not only encourages physical fitness but also makes a substantial contribution to mental, social, and emotional health. Acknowledging the significance of parental engagement in cultivating a constructive and encouraging atmosphere for pupils, this parent orientation seeks to offer insightful information on the function of physical education in a child's holistic growth. The orientation session will cover various aspects, including the significance of physical activity, the curriculum's goals and objectives, and the positive impact of an active lifestyle on academic performance. Parents will gain a deeper understanding of the diverse range of activities incorporated into the PE curriculum and how these activities contribute to the physical, mental, and social growth of their children. The programme takes a multipronged approach, including collaborative community activities, teacher training sessions, and incorporating physical activity into the larger educational framework. To improve their knowledge of the advantages of physical activity and its effects on cognitive, social, and emotional development, teachers will undergo specialized training. Armed with this knowledge, instructors will be able to encourage kids and their families to pursue healthier, more active lifestyles by setting an example. In this, major problem is said to be that people do not get proper sports training from childhood to old age. The reason for that is that there are no physical education teachers everywhere. To solve this problem is to appoint physical education teacher in all educational institutions

Keywords: non-communicable diseases (NCDS), lifestyle diseases (LDS), physical

education teachers, physical education (PE).

Introduction

It is believed that the expanding next generation of children has a significant role in the development of a society. But what we can see is that most of the children are addicted to various lifestyle disease and various addictive product. Every human being, including those with special needs, has the right to and the hope of leading a healthy lifestyle. The contribution of education to preparing a physically fit generation and wholesome spiritually. Students participating in sports can significantly solve a lot of issues like this. Children working in the field of sports are freed from various lifestyle diseases and drug addiction. Both parents and teachers contribute to getting their kids involved in sports. Typically, we see students concentrating entirely on their education. Today's students are only concerned with their external looks and exam results, and we all forget that children have great life outside of that. The fact that everyone is bound to their books, smartphones, and computers is causing a significant issue that teachers, parents, and children are unaware of. If we talk about schools, one of the reasons is the lack of physical education teachers everywhere, as well as not being able to provide the conditions for playing, it can be said that parents are limited. However, it is clear that few teachers and parents are encouraging their students to participate in sports with a focus toward their future health.

Several authors have documented the effects of parental involvement in their child's sport and athletic career development. (e.g., Brustad, 1993, Brustad, 1996, Greendorfer, Lewko and Rosengren, 1996, Salmela, 1994, Scanlan and Lewthwaite, 1988, Taylor, Baranowski and Sallis, 1994, Weiss and Hayashi, 1995). Some parents are spending more money and time to develop their child's sports carrier and sports performance and also, they act as a first coach of their child

The number of sports events dedicated to the public at large is growing every day (Hallman & Breuer, 2010). Sports fairs held by governments like panchayats or municipalities, as well as those held by local and foreign clubs, are examples of mass sports programs that have a significant impact on society's growth. Sports participation helps everyone in society develop physically and psychologically while also helping them solve numerous difficulties in their own unique way. That is why everyone from the government is looking at the mass sports program with great importance and trying to implement it to the best of their ability. Sporting activities are a great way to become involved in your community and meet new people during free time. The social environment is an intertwinement of social, cultural, political and economic circumstances. Circles of friends, relatives and acquaintances as well as school, societies, clubs and different organizations shape one's views on sport activity. Personality traits largely define one's attitude to practicing sport (Year, 1990).

Objectives

1. Find out what are the major problems raised by the absence of sports.
2. Find out the remedy for the issue raised by the absence of sports.

Reasons

Social Problems

Sports play a big part in many facets of society; hence their absence or restricted access can cause a number of societal issues. The following social problems may become more severe if there aren't enough sports:

1. **Physical health issues:** Sports are essential for fostering physical fitness and well health in general. Without sports, sedentary lives might become more prevalent, which could result in obesity, cardiovascular troubles, and other health problems.
2. **Mental health challenges:** Sports offer a venue for stress alleviation, interpersonal engagement, and endorphin release. Without sports, people could feel more stressed out, anxious, or depressed.
3. **Community engagement and social bond:** Sports frequently serve as a social glue, uniting localities. Lack of participation in sports can have a negative impact on social interaction, sense of belonging, and community involvement.
4. **Youth development:** Sports participation promotes healthy youth development by instilling characteristics like leadership, discipline, and teamwork. Opportunities for character growth and life skill acquisition may be limited without sports.
5. **Social inclusion and diversity:** Sports have the ability to unite people from all origins, fostering diversity and social inclusion. Without sports, there might be fewer chances for interaction between individuals from different social, cultural, and economic backgrounds.
6. **Education and discipline:** By teaching discipline and time management skills, sports can help students perform better academically. Without sports, children can find it difficult to develop these skills, which could have an impact on their academic progress.

Life Style Diseases

Non-communicable diseases (NCDs), commonly referred to as lifestyle diseases (LDs), are frequently connected to sedentary habits, poor eating habits, and other features of contemporary living. Although physical activity and sports can be extremely important in avoiding and

controlling lifestyle disorders, their absence may increase the prevalence of these conditions.

Following are some lifestyle conditions that can be aggravated by a lack of exercise or sports:

1. **Obesity:** Obesity is significantly impacted by physical inactivity. Without exercise, people may find it difficult to maintain a healthy weight, which increases their risk of developing obesity-related conditions like diabetes, heart disease, and some types of cancer.
2. **Cardiovascular diseases:** A key risk factor for cardiovascular conditions like heart disease and stroke is physical inactivity. By strengthening the heart and enhancing blood circulation, participating in sports helps to promote cardiovascular health.
3. **Mental health disorder:** A lack of physical activity is linked to an increased risk of mental health disorders like depression and anxiety, despite the fact that sports have good impacts on mental health, including lower stress and enhanced mood.
4. **Digestive disorder:** Healthy digestion is supported by regular exercise. Without sports, people might be more susceptible to gastrointestinal issues like constipation and irritable bowel syndrome (IBS).
5. **Sleep disorder:** Lack of exercise may increase sleep issues including insomnia. Exercise and sports have been shown to improve sleep quality.
6. **Respiratory issue:** Better respiratory health is a result of exercise. Without sports, people may be more likely to experience respiratory problems, especially if they lead sedentary lifestyles.

Action Plan

A variety of duties are involved in teaching physical education at various grade levels, from preschool to high school and even in colleges. Here are some broad pointers and things to keep in mind for each level of physical education teachers:

Pre-Primary

1. Motor Skills Development
 - Prioritize developing your basic motor abilities, such as running, jumping, and throwing.
 - To make learning fun, use age-appropriate games and activities
2. Play-based Learning
 - Incorporate play and fun activities to engage young children.
 - Introduce basic concepts of teamwork and cooperation through simple games.
3. Safety First
 - Establish a secure setting for physical activity.
 - Teach fundamental safety principles in an approachable and straightforward way.

Primary

1. Skill Progression
 - Enhance the foundational motor abilities you learnt in pre-primary.
 - To promote the growth of particular skills, introduce more organized games and sports.
2. Team Sports
 - Introduce basic team games like basketball, volleyball, or soccer.
 - Put a focus on sportsmanship, fair play, and teamwork.
3. Inclusive Activities
 - Offer exercises that may be done at various ability levels.
 - Promote diversity and create a welcoming atmosphere where everyone can participate.

Upper Primary (UP) and High School (HS)

1. Specialization in Sports
 - If pupils express an interest, let them explore and pursue specialization in a particular sport.
 - Hold interschool competitions to encourage healthy rivalry.

2. Fitness Education

- Include instruction on total fitness, emphasizing the value of flexibility, strength training, and cardiovascular health.
- Share the advantages of leading a healthy lifestyle.

3. Sportsmanship and Leadership

- Focus on good sportsmanship, fair play, and consideration for your opponents.
- Give students the chance of taking leadership positions in sporting events.

Higher Secondary (HSS) and College

1. Advanced Skills

- For individuals interested in pursuing a particular sport further, develop advanced talents in it.
- Increase the complexity of your conditioning and training regimens.

2. Competition and Tournaments

- Prepare students for competitions between schools and colleges.
- Promote participation in competitions and activities above the high school or college level.

3. Fitness Programming

- Introduce students to a range of fitness activities and programs that they can engage in well into adulthood.

4. Professional Development

- Keep up with the most recent physical education trends, studies, and instructional techniques.
- To improve your talents, go to conferences and workshops.

Instilling key values in kids, cultivating a lifetime enjoyment of physical activity, and encouraging health and wellness are all important aspects of being a physical education teacher.

Teachers of physical education are key to the growth and welfare of people of all ages, from young people to middle-aged people to senior citizens. They have an impact on many facets of social, emotional, and physical health in addition to training certain physical abilities.

Youth

1. Physical Development

Physical education teachers help youth to grow physically by introducing them to a variety of sports, workouts, and hobbies. They support the growth of core motor abilities, agility, and coordination.

2. Healthy Lifestyle Habits

Physical education teachers have the ability to impart the value of a healthy lifestyle and frequent physical activity. They inform young people about the advantages of physical activity in reducing obesity and enhancing general health.

3. Social Skills

Physical education teachers help young people develop social skills like leadership, teamwork, and communication by including them in team sports and group activities.

4. Lifelong Habits

Good physical education (PE) experiences can help children develop lifelong habits of being active and leading healthy lifestyles.

Middle-aged

1. Physical Fitness Maintenance

Middle-aged people can maintain their physical health with the assistance of physical education teachers and appropriate exercise regimens. They might offer advice on how to modify workout regimens in response to shifting health and fitness levels.

2. Stress Reduction

Regular physical activity has stress-reducing benefits, and physical education teachers can guide middle-aged individuals in choosing activities that promote mental well-being.

3. Preventive Health Measures

At this point, educating people about the value of exercise in preventing chronic illnesses becomes essential. Teachers of physical education can support initiatives for preventative healthcare.

4. Community Building

Group fitness classes or community sports leagues organized by physical education teachers can foster a sense of community and social connection among middle-aged individuals.

Old Age

1. Functional Independence

Physical education teachers can design programs that focus on maintaining or improving functional abilities, promoting independence in activities of daily living among older individuals

2. Fall Prevention

Exercise regimens that are specifically designed for senior citizens can improve balance and coordination and reduce the risk of falls.

3. Social Engagement

Physical education teachers facilitate social interaction through group activities, which helps older people feel less alone and isolated.

4. Cognitive Benefits

Physical education teachers can add exercises that promote mental health and cognitive function in older adults. Physical activity has been shown to provide cognitive benefits.

5. Adapted Physical Activity

Understanding the special requirements and limits of senior citizens, physical education instructors can adapt exercises to fit their needs and ensure a fun and safe environment.

Children will have a good physical and mental growth if teachers provide accurate knowledge, if the kids are brought down to the playground, or if they participate in the appropriate sports activity. It is the responsibility of educators to recognize that academic performance can be improved and extracurricular activities properly participated in by a student with both physical and mental development. In the PTA meeting, bring up this topic and provide an explanation. Additionally, schools provide children with brief sports and fitness programs so that parents can observe the positive changes in their children when they participate in sports and exercise.

Apart from this, it is the duty of a teacher to go out into the society and give proper information to the young, middle-aged and old people in public places about how to do sports activities in a scientific manner. A teacher can properly convey the problems of lack of sports activities to the people when they go to public places. A group of teachers or an organization can

engage the public in sports activities by organizing small games and exercises that are suitable for them to participate in and creating opportunities to ensure their participation in it.

Implementation

In any case, if these things are to be implemented, the physical education teacher is also an essential element in schools. But at present there are no physical education teachers in pre-primary and primary schools, appoint qualified physical education teachers. Also ensure the services of sports teachers at up, hss, and college levels. Only then can children and the general public understand the benefits of sports activities and bring them to it. Recruiting qualified physical education teachers and engaging with other teachers and government or management to ensure that the quality of sports activities reaches everyone.

Conclusion

In today's society it is said that lifestyle diseases, physical problems, mental problems are the problems that affect the growth of young people in all areas. It can be seen that these problems affect every phase of a person's life. Children are given sports activities at the right time and in a scientific manner. It can also be seen that the main reason for not being able to give is the lack of physical education teachers

References

- Leff, R. H. (1997). *The Role Of Parental Involvement In Youth Sports Participation and Performance*. Libra Publishers.
- Nurhidayat, R. K. (2003). The Role of Sports Teacher and Parents in Adaptive Physical Education Learning in Children with Special Neess: Case study. *Jurnal Ilmiah Pendidikan Jasmani* 7(2).

- Raga Kusuma Atmaja, n. (2023). The role of sports teacher and parent in adaptive physical education learning in children with special needs:case study. *Ilmiah Pendidikan Jamani*, 7(3).
- Rauter, S. (2014, January). Mass Sports Events As A Way of Life(Differences Between The Participants In a Cycling and a Running Events).