

# My Philosophy on Physical Education

My philosophy on Physical Education starts with its purpose. The purpose of Physical Education is to produce physically educated students. A physically educated student is one who lives a healthy and physically active lifestyle. To produce a physically educated student there are three essential components. First, students should be at some level competent in the basic skills and concepts which relate to physical activity. Knowing the concepts would include knowing the basic rules and objectives of most team and individual sport games as well as knowing how to exercise on their own in a fitness center or at home if they do not have access to a facility. Having the basic skills would mean possessing control level skill (GLSP) in the main, manipulative, non-manipulative and locomotor skill areas. Another reason it is important to have these skills, is because having the skills makes you competent and more importantly confident which is necessary in life.

Secondly, students know and more importantly value the benefits of physical activity. I have found that in some schools student have been drilled with the benefits of physical activity and exercise, but it does not seem clear to me that they really value the importance of physical education. Students need to know that our nation is becoming increasingly sedentary and overweight. With over one third of Americans considered obese and the number one cause of death being heart disease, we need to reverse this trend by attempting to change the unhealthy life styles of our society. This can only be done by developing a desire to engage in physical activity.

This is the third and most vital component of what it means to be physically educated. As physical educators we need to provide an environment and learning experiences which encourage students to develop a positive relationship with physical activity so they have a desire to be physically active. The only way for students to become lifetime movers is if they are internally motivated. Our students will live a much healthier and happier life if they look forward to going to the gym or getting outside rather than forcing themselves to exercise day after day or even worse, to not be physically active at all.

## Bibliography

"Adult Obesity Facts." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 28 Mar. 2014. Web. 10 May 2014.

*Moving into the Future: National Standards for Physical Education*. Reston, VA: NASPE Publications, 2004. Print.