

## VIRTUAL REALITY: AID IN TEACHING PHYSICAL EDUCATION

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Virtual reality is a pixelated technology support system which utilizes various simulation tools such as hologram, video reality, and three-dimensional screens that enable humans to explore different experiences such as visiting other countries, operating on human body, or even travelling outside the planet. With the help of the green screens or other graphic edition of reality, the imagination of humans can be extended where anyone can experience the created reality without engaging in physical scenarios and fields.

Aside from travelling, healthcare, and astronomy, virtual reality is also highly deemed useful to education. For instance, augmented and virtual realities are utilized for students to be involved in engaging and meaningful learning through a smart device to project a layer of educational text and lesson-appropriate content on top of the user's actual surroundings. Virtual reality creates a full digital environment, a fully immersive, 360-degree user experience that seems real. Students can engage with what they observe in a VR environment as if they were actually there.

In addition, virtual reality in the classroom can also encourage students' imaginations and foster their creativity in addition to offering them immersive learning opportunities. They may be inspired to pursue new academic pursuits as a result.

On the other hand, Physical Education is one of the subject areas where virtual reality is seen to be effective and beneficial. People with disability, pregnant, and injured students are the individuals that may experience difficulties in learning because unlike the normal students they cannot perform the actual demonstration to the fullest. We all

know that physical education includes physical movements such as dancing and playing sports. Unfortunately, students who experience the said special conditions cannot maximize the learning opportunities of Physical Education. Therefore, virtual reality may be one of the best interventions and appropriate tools that can support their learning despite their movement limitations.

Furthermore, through virtual reality, sports coaches tend to analyze and repeatedly observe various teams specially their opponents to construct appropriate strategies that may lead their team to winning. After the coach formulated the techniques that may improve the team's performance, the athlete does various trainings and drills that will establish needed skills for them to win. With that so, virtual reality is deemed as an effective tool that aids athletes to visualize game situations. Additionally, simulations are used such as application of the prepared strategies, initializing the possible problem which will eventually lead to the formulation of a solution. Another example of virtual reality are video tutorials that is a very effective reference in obtaining a complete routine for dancers.

The Official Website of DepED Division of Bataan

To conclude, virtual reality truly makes our life easier, as it enables us to try different experiences instantly. It is also a big help for the learning process because humans learn best through experience. With that, understanding the actual exposure of the performance is a lot easier to access. Indeed, virtual reality is one of the proofs to say that technology is made to make the human work easier simply. Through this, hindrances, issues, and problems can be addressed properly without sacrificing the quality of the result.

*References:*

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