

## OVERCOMING CHALLENGES: THE REAL-WORLD EXPERIENCES OF MAPEH HIGH SCHOOL TEACHERS

*by:*

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The real-world experiences of secondary school teachers in music, arts, physical education, and health (MAPEH) in areas of teaching reflect the different challenges and struggles, and coping mechanisms for perceived teaching barriers. Teachers that are committed to their work and their profession discover strategies to overcome any pedagogical hurdles or difficulties that may arise. They create contextualization and localization techniques to deal with difficult conditions in a challenging work environment.

The lack of proficiency in the specializations of teachers teaching MAPEH was evident. Programs in a graduate school must address the necessary teacher competencies. Teachers of MAPEH are in need of 21st-century abilities. Teachers' knowledge, skills, and competencies in MAPEH could not be strengthened effectively and efficiently through seminars and workshops alone. The programs offered by the Commission on Higher Education (CHED) in the Bachelor of Culture and Arts Education program and the Special Program in the Arts tract in the K-12 Curriculum could help to prepare these teachers by offering advanced degree programs that are in line with their needs, particularly in terms of teaching methods, instructional materials, content knowledge, and assessment in different specializations in MAPEH.

Additionally, teachers must possess the background knowledge required to successfully administer the K-12 Curriculum (DepEd Order 42, s.2017). According to Pabiona (2006), PEHM teachers instructing MAPEH were capable in terms of content. Salingay (2014), however, found that some concepts in the field, particularly those related

to music, were not adequately applied during undergraduate studies, and were not entirely absorbed by the teachers. Samillano (2007) also found that most teachers who are not MAPEH graduates struggled to teach the topic due to a lack of teaching resources such as facilities, equipment, and teaching aids. Lynch (2015) stated that when teachers' prior knowledge was no longer in line with the new curriculum, there was a misunderstanding over the content knowledge. This will have an impact on every step of the teaching and learning process. Since higher education institutions are dedicated to creating high-caliber graduates for good instruction, intervention from these institutions must be implemented.

Teaching can be difficult and challenging at times, but it can also be highly gratifying if you genuinely care about your students and want to support them in both their academic and extracurricular struggles for them to understand and realize the true value of education and the benefits it can offer them.

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