

## TIKTOK: A PLATFORM FOR TEACHING PHYSICAL EDUCATION AND HEALTH

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TikTok, the popular short-form video app, has recently been gaining attention as a potential platform for teaching Physical Education and Health. With its emphasis on creativity, fun, and engagement, TikTok has the potential to make learning about physical fitness and wellness more engaging and accessible for students of all ages.

Physical Education, or PE, is critical to a student's education. It helps students develop the knowledge, skills, and attitudes they need to lead active, healthy lives. PE classes traditionally focus on physical fitness, sports, and other activities that promote physical activity and health. However, students often see these classes as boring and unengaging.

According to Larson, N., Chen, L. H., Wang, Q., & Yu, Q. (2021), TikTok challenges and trends can be leveraged to promote healthy behaviors and lifestyles, such as encouraging people to eat more fruits and vegetables or to take daily walks. In addition, TikTok, with its emphasis on creativity and fun, has the potential to change this perception. By using TikTok, teachers can create engaging and interactive lessons that focus on physical fitness and wellness. For example, they can create videos that demonstrate different exercises and workouts or use TikTok's popular "challenge" feature to encourage students to participate in physical activity.

One of the key benefits of using TikTok for PE is that it allows teachers to reach students where they are. Many students today are highly engaged with social media and are already spending a lot of time on platforms like TikTok. By using this platform, teachers can tap into this existing engagement and interest to make learning about physical fitness and wellness more relevant and meaningful for students.

Another advantage of using TikTok for PE is that it allows for a more personalized approach to learning. With TikTok, teachers can create lessons that are tailored to the individual needs and interests of their students. For example, they can create videos that demonstrate exercises and workouts that are appropriate for different fitness levels and abilities. They can also use the platform to create lessons that focus on specific areas of physical fitness, such as cardiovascular health or strength training.

TikTok also offers an opportunity for students to take an active role in their own learning and development. They can use the platform to create their own videos demonstrating exercises and workouts or use it to share their progress and achievements with others. This can help to build a sense of community and accountability among students, which can be an important motivator for staying active and healthy.

In addition to its potential as a tool for teaching PE, TikTok also has applications in the broader field of health education. For example, it can be used to teach students about nutrition, mental health, and other aspects of wellness. By using the platform to create engaging and interactive lessons, teachers can help students develop the knowledge and skills they need to make informed decisions about their own health and well-being.

Overall, TikTok has the potential to be a powerful tool for teaching Physical Education and Health. Its emphasis on creativity, fun, and engagement makes it a valuable resource for reaching students where they are, and its personalized approach to learning can help teachers create lessons that are designed to the demands and advantages of their learners. With its ability to build community and accountability among students, TikTok can also be an important motivator for staying active and healthy.

However, as with any social media platform, it is important to be aware of the potential risks associated with TikTok, such as cyberbullying, and to use the platform safely. Teachers should be aware of their school's policies and guidelines for using social media in the classroom, and they should always prioritize the safety and well-being of their students. With the right approach, TikTok can effectively teach Physical Education and Health and promote student wellness.

*References:*

Larson, N., Chen, L. H., Wang, Q., & Yu, Q. (2021). Social media engagement and dietary behaviors among adolescents: A study of Chinese high school students. *Journal of Nutrition Education and Behavior*, 53(6), 504-511.