

HEALTHY FUTURE STRATEGIES FOR TEACHING PHYSICAL HEALTH IN PUBLIC HIGH SCHOOLS

by:

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In public high schools, teaching physical health goes beyond nutrition and exercise; it encompasses mental, emotional, and social well-being. By adopting a holistic approach, students can understand the interplay of these elements in their overall health.

Teachers can enhance the implementation of the curriculum by integrating practical, real-world lessons into physical health education (Rice, 2021). Beyond theoretical knowledge, students should be taught how to apply what they have learned daily (Wrenn & Wrenn, 2009). For instance, lessons on budget-friendly meal planning and the art of deciphering food labels are highly beneficial. These practical skills empower students to make healthier dietary choices aligned with their financial constraints. This practical knowledge is not just academic; it is a life skill they can use immediately and throughout their lives.

Also, peer education programs are an effective way to foster a culture of health in high schools. Older students can mentor younger peers in various aspects of physical health, providing guidance and support. This peer-driven approach creates a supportive environment where students learn from their peers, who serve as role models. Younger students are more likely to be influenced positively by their peers, making these programs a valuable tool in promoting healthier habits among the student body. By promoting peer involvement in health education, high schools can encourage a sense of collective responsibility for well-being.

Moreover, incorporating technology into physical health education can make learning more interactive and engaging for high school students. Interactive apps, online resources, and fitness trackers not only keep students interested but also provide tools for setting and monitoring fitness goals. By using technology, students can better understand their progress, encouraging them to participate in their health and well-being actively. These tools enable students to track their physical activity, nutrition, and other health-related metrics, fostering a sense of ownership over their health.

Indeed, schools and teachers can strengthen their physical health education by engaging with the local community. Collaborating with health professionals, dietitians, and fitness trainers offers students real-world insights. It allows them to see how the concepts they learn in the classroom are applied in practice. Organizing health fairs and community events, where students can access resources and experts, not only reinforces classroom learning but also encourages students to be more aware of their health and the support available within their community. Community involvement extends the reach of health education, making it a collective effort that benefits both students and the broader community.

References:

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