

THE ART OF QUESTIONING IN PHYSICAL AND HEALTH EDUCATION

by:

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Physical and Health Education classes are about more than just physical activity and theoretical knowledge; they also provide a unique opportunity for students to reflect on their health choices and develop critical thinking skills. One of the essential tools in achieving these goals is the art of questioning.

The art of questioning is not just about soliciting answers; it's about fostering critical thinking (The Alberta Teachers' Association, 2022). Thought-provoking questions challenge students to analyze, evaluate, and synthesize information about health, fitness, and physical activities. This process encourages them to form informed opinions and make healthier life choices.

Questions are a valuable teacher assessment tool (Tofade et al., 2013). By asking students to explain concepts or demonstrate their knowledge, teachers can gauge the depth of understanding and identify areas that need further exploration. This information allows teachers to tailor their lessons to address specific student needs.

Engagement is critical in any educational setting, and Physical and Health Education is no exception. Thoughtful and engaging questions can captivate students' interest and curiosity, making the learning experience more enjoyable and effective. Students are more likely to participate when challenged to think and apply their knowledge actively.

Physical and Health Education classes offer a unique platform for discussing topics related to health, fitness, and well-being. Open-ended questions can spark discussions

and encourage students to express their thoughts, share experiences, and learn from one another. This not only deepens their understanding but also improves their communication skills.

Effective questioning goes beyond theoretical knowledge. It challenges students to apply what they've learned to real-life situations. For example, asking how they can apply principles of nutrition to their daily meals or incorporate physical fitness routines into their routines encourages practical application.

Questioning in Physical and Health Education classes is not only about seeking immediate answers but also about encouraging reflection. Thoughtful questions prompt students to consider their health choices, habits, and lifestyles. This reflection can lead to long-lasting changes in behavior and a more health-conscious attitude.

The art of questioning allows teachers to tailor their instruction to meet individual student needs. By asking questions and listening to responses, teachers can identify areas where students may need additional support, providing personalized guidance to enhance their learning experience.

When Physical and Health Education teachers use questions to foster a growth mindset, students are more likely to embrace challenges and view setbacks as opportunities for growth. Questions encouraging students to reflect on their progress and set achievable goals promote a mindset that values effort and perseverance.

Indeed, the art of questioning in Physical and Health Education classes is a powerful tool that empowers students to think critically, engage actively, communicate effectively, and apply their knowledge to real-life situations. It encourages reflection and the development of a health-conscious attitude. Physical and Health Education teachers play a crucial role in creating an environment where questions are not just asked but celebrated as a means of deepening understanding and fostering lifelong well-being. By embracing the art of questioning, PHE classes become transformative spaces where

students not only learn about health and fitness but also develop the skills and mindset to lead healthier, more fulfilled lives.

References:

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