

Importance of Implementing Physical Education Since Childhood and Its Scope

Liu Genping^{1*}, Yudi Fernando²

¹Department. Faculty of Education and Liberal Studies, City University Malaysia, Petaling Jala, Selangor, 46100, Malaysia

²Department.Faculty of Industrial Management,University Malaysia Pahang, Pahang 26300,Malaysia
Corresponding Author: Physical Education Institute, Yi chun University, Yichun city, 336000, China
Email: 1351581509@qq.com

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ABSTRACT:

Children's health issues have always been a focus of concern for schools, families, and society. Unfortunately, children are currently facing some potential health threats. For example, obesity caused by imbalanced diet and high calorie diet, sedentary behaviour caused by spending too much time in front of mobile phones or computer screens, and immune decline caused by insufficient physical activity. This study analysed the impact and scope of physical education activities on children and found that physical activities can improve overall quality of life by promoting a healthy lifestyle. Physical activities can help improve muscle strength and protect bones from fractures. Research has found that people engaged in physical education are healthier and more likely to break unhealthy eating habits than others. The importance of physical education is also reflected in its ability to cultivate children's cognitive abilities and improve their personality. It is recommended that schools, society, and families collaborate to promote children's comprehensive development and healthy growth through physical education.

Keywords: Children's Sports; physical education; Sports implementation; wellbeing; diseases

I. INTRODUCTION

Physical education is an important part that helps to improve the health of children. To eradicate the causes of obesity, it is important to implement physical education in children in schools. In most of the regions, it has been identified that several norms have been passed which support the idea of implementing physical education among children. Moreover, this is also helpful to build the children mentally and physically stronger. With the support of physical education, diseases about idleness can also be reduced. Hence, there lie numerous important aspects that can be calculated that help to improve the implementation of physical education.

Bailey (2018) argues that though physical education holds some of the high-risk factors, it is still important for further learning of academic value. Hereby, it is an important part that aims

to improve the overall analysis of growth. On the other hand, there lies a strong need for motivation for the teachers. Therefore, it is also important that the teachers are motivated to deliver the optimum quality of service accordingly. It helps to improve the physical activities of children. There have been rising concerns that children are facing health issues. Thus, it is important to maintain physical education among the students in schools. This is an important part that helps to lower the chances of health issues. This would also restrict non-communicable diseases. Thus, it is an important part that aims to improve the overall health condition of the students and develop their cognitive abilities.

Sufficient research has not been provided on the importance of implementing physical education since childhood and its scope. Most of the research carried out was on the improvement of physical education and its impact on wellbeing. The investigation on the implementation of physical education from childhood and determining the scope of physical education has not explicitly investigated. Thus, this study seeks to investigate the importance of implementing physical education from childhood and determining the scope of physical education.

The study intends to achieve its goal through the following objectives:

- i. To investigate the potential implementation of physical education since childhood and determine the scope of physical education.*
- ii. To investigate the impact of implementing physical education since childhood and its scope on students' wellbeing.*

To this end, the following research questions were generated:

- i. How can physical education be implemented since childhood?*
- ii. How can the scope of physical education be implemented from childhood?*
- iii. What is the impact of implementing physical education since childhood and its scope on students' wellbeing?*

This study is intended to contribute to the body of physical education through the implementation of physical education curricula from childhood and the implementation of the scope of physical education right from childhood and the impact of these implementation the wellbeing of the children.

The study commenced by highlighting the background of the study in the introduction section which is section 1. Section 2 outlined the literature review on the topic wherein section 3 gave the methodology adopted in conducting the study. Thereafter, section 4 discussed the results arrived at and section 5 discussed the findings and suggested future research directions.

II. LITERATURE REVIEW

A. Contribution of Physical Activity in Improving Physical Fitness

Physical education significantly increases physical activity by providing the knowledge of remaining active and its health benefits and developing motor skills. Physical activity has immense health benefits for people of any age, but the habit of meeting PA goals gets built at a younger age and persists in adulthood. Physical activity reduces the chance of getting affected with chronic diseases like cardiovascular disease and the premature mortality percentage (Warburton and Bredin, 2016). According to World Health Organization, the risk factor to health gets increases as 80% of people do not meet the recommended level of

physical activity per day. The World Health Organization recommends 60 minutes of moderate-to-vigorous physical activity per day for health benefits and reduction in diseases. There is a significant link between Physical Activity (PA) dose, sedentary behaviour, and non-communicable diseases. Physical inactivity is one of the leading causes of increasing mortality rates globally. The rate of mortality and the condition of suffering from chronic illnesses (morbidity) can be decreased to an extent with cardiorespiratory fitness, abbreviated as CRF. CRF is the condition of adequate oxygen supply to the muscles while being physically active by the respiratory and circulatory systems of the body. Physical exercise has a great role in increasing the cardiorespiratory fitness of an individual (Kumar et al., 2015). As per the study of Kumar et al. (2015), the individuals who are obese but still meet the guidelines of physical activity are at 50% less risk of morbidity than the individuals who are not obese and physically inactive. It shows that physical activity is vital for every individual to increase the CRF level and decrease the risk of morbidity and early mortality. Therefore, the increase in physical activity associated with an increased level of CRF is essential for reducing the negative effect of sedentary behaviour and obesity on physical health. The most adverse issue is the condition of being obese and inactive at the same time, and most of the young adults do not meet the levels of PA which emphasizes there is an utmost need of mitigating the risk factor of chronic disease by promoting physical activity.

B. Sedentary Lifestyle and Health Risk

One of the most common and harmful risk factors for health is the sedentary lifestyle of young people (Konevic et al., 2015). A sedentary lifestyle is characterized by very little bodily movement and low energy expenditure. The prevalence of sedentary behaviour in the digital world is significant, where technology has reduced hard work. The time spent by young people in front of a screen that can be any device like mobile, television or computer, has increased with advanced technology. The increase in sedentary behaviour resulted in overweight and cardiovascular disease (Konevic et al., 2015). Research in this field shows that sedentary behaviour has more health risks than obesity. Excessive sedentary behaviour is associated with the highest risk of being affected by adverse health conditions. More specifically, sitting for a long period is harmful and is recommended to be avoided by health professionals. An individual can have high levels of physical activity and sedentary behaviour at the same time. Thus, increasing levels of PA should be combined with a reduction in sedentary behaviour, to get health benefits. The reduction in screen time seemed to be challenging and impractical in the present days, rather technology can also be used for promoting physical activity by using devices that can be used to track levels of physical activity per day.

C. Health Benefits of Physical Activity

There are potential health benefits of physical activity. At first, it is convenient to start with moderate physical activity that means PA of less intensity like jogging, walking, or running. This can be combined with reduction in screen time as much as possible and sedentary behaviour so that results can be more positive. Moderate physical activity is even safe for diabetic patients or people with any chronic disease. But the research of Poitras et al. (2016), shows that PA of higher intensity is more effective in promoting health than PA of less intensity. Though the intensity of PA for patients is better recommended by physicians, in many cases, PA of less intensity showed positive results. Physical activity works effectively and promotes a healthy lifestyle for adolescents. The awareness of the health benefits of PA is not enough to increase the PA levels, rather people need the opportunity to remain active; thus, physical activity interventions are required in this context.

The physical activity enables weight control as energy expenditure increases with bodily movement that helps in maintaining body composition and mass index. It is evident that physical activity helps to control obesity issues (Belton et al., 2014). Physical exercise has a great role in making people active and promoting muscle development along with increasing bone density that helps to make young people physically fit. Physical exercises enable the development of healthy habits and increase physical activity levels (Pavani et al., 2021). Physical fitness at a young age is helpful for keeping a healthy lifestyle in later life. Moreover, blood circulation is maintained by physical activity. The levels of endorphins are also regulated by proper levels of PA which further helps in cognition and skill development. Moreover, positive behaviour is promoted in adolescents by physical activity which helps in creating a healthy lifestyle. Physical activity is also associated with stress responses, in particular, physiological adaptations are emerged as a stress response due to physical activity which further improves health conditions (Cairney et al., 2019).

Healthcare professionals play an accountable role in encouraging people to remain active and reduce obesity, cardiovascular disease, injuries from falls, and sedentary behaviour by meeting the levels of PA. Professionals encourage families, schools, and communities to provide young people with the necessary support and suitable environment to promote physical wellbeing. Like any other medicine, there is a dose of physical activity per day which when exceeds can give rise to negative results (Warburton and Bredin, 2016). Regular physical activity act as a remedy to prevent almost 25 adverse health conditions. Research shows that physical activity can reduce 50% chances of getting affected by health hazards. It is a vital public health policy to make people aware of the health benefits of regular physical activity. Physical activity improves the overall quality of life by elevating a healthy lifestyle.

D. Strengthen Bones and Muscles

Physical activity helps to improve muscular strength and protect bones from fracture. It is mainly important for adults to keep muscles and bones stronger as chances of injury increase with age. Studies show that people who are physically active have fewer chances to have a bone injury and less risk of fractures. Bone growth is facilitated by moderate physical activity like walking, running, and jumping that increases bone strength. Musculoskeletal fitness is a result of physical activity, which refers to the muscle strength and power for the ability to carry out daily activities. People who have the required level of musculoskeletal fitness are at less risk of osteoporosis and coronary diseases. The quality of life is elevated by musculoskeletal fitness (Warburton and Bredin, 2016). It is evident that the daily activity of human requires a great extent of muscular strength and flexibility which make it obvious that musculoskeletal fitness can facilitate daily activities and provide health benefits. The reduction in musculoskeletal fitness can result in increasing the risks of injury from falls, early death, and suffering from chronic diseases. And the positive outcome of musculoskeletal fitness is healthy bones and muscles, proper mass index, regulated body composition, and mental well-being as well.

E. Importance of a Healthy Life

A healthy life is sought by everyone. Therefore, an individual needs to strive to maintain a healthy life. In association with it, it can be identified that the best quality of health service is to be provided to sell that would be supportive to improve the overall quality of health. It can be found out that the role of physical health is the key factor that supports the growth of a person. It is important to raise public awareness towards a healthy lifestyle. Many people have realized the idea of living a healthy lifestyle. This improves the quality of life and hence reduces

the chances of health issues. The health condition of people is the key part that helps to improve the functioning of the body. This is possible with the help of physical education. Hence, with the help of physical education, non-communicable diseases can be avoided. Awareness must be raised among the people.

Though there has been a real number of health campaigns, there were still people who were still not convinced. This gave rise to few people that subscribe to physical education. Therefore, the people who have been into physical education are prone to building stronger health than others. It is an important part that helps the people improve their lifestyle. It is important to leave the old unhealthy eating habits. Therefore, it is a highly important thing that requires it to be rectified. A healthy food habit is to be incorporated into the lives of people. This will help to improve the health of the people and develop a better lifestyle. Moreover, the food habit can also be improved to reduce diseases from occurring.

F. Role of Physical Education in Promoting a Healthy Life

Physical education plays an immensely important role in our lives. A healthy life is a crisis among people nowadays, therefore, it is important to maintain a strong and developed means to attain the best quality of lifestyle that aims to improve the health of the people. As per the lifestyle of today, it is identified that people require to go ahead and maintain the overall essence of a better life. The best quality of support is to provide to the people what helps them to improve their lifestyle and health. Therefore, the role of physical education is an important one that helps to improve the quality management of lifestyle. In addition to this, the importance of physical education is to develop cognitive ability among people. Thus, the role of physical education is to improve the health and lifestyle of people. An individual requires enough exercise that help them to improve their body. This can be attained with the support of physical education. Hence, the lifestyle of people improves with the improvement in the actions that are done. Therefore, with the support of optimum quality measurement, physical education is to be implemented among people. Here lies several interventions that are to be taken into consideration that helps to improve health. In the first place, people's health should be analyzed and thus, this builds strong data of the current health condition of the people.

It is presented by Vasconcellos et al., (2020) that maintenance of health and an active lifestyle is one of the most important purposes of one's life. This helps to bring in the idea that people are required to eradicate the negative health condition and hence, improve the functioning of the body. With The support of overall health conditions, the policies are to be designed. The health data is to be undertaken with the help of a survey. Hence, it is an important factor that as per the health condition of the nation, the policies regarding physical education are to be made. The physical activities should be made in which the institutions can support them with the help of resources. In alliance with it, it can also be helpful to build a strong relationship with the people of governance. REPOPA (Research into Policy to enhance Physical Activity) will help to enhance the understanding of research evidence in different contexts. Thus, the research must be conducted with the support of scientific tools. In association with it, this will help to promote the lifestyle of people to a better level. Therefore, it is important to spread the right awareness among people and hence, this will be helpful to develop a better growth of health accordingly.

III. Methodology

The study adopted a narrative analysis after generating the relevant documents from the Scopus database. The Scopus database is one of the reliable databases research documents

are generated. The study identified 172 relevant documents in the Scopus database. The filtration approach proposed by Scopus in their database was utilised with promising results. The refinement process began by the identification of 172 documents in the Scopus. Year of publication, Subject area, document types, language and keywords were all considered before arriving at 49 relevant articles that are eventually available to carry out the research. The 49 articles that were finally identified for the conduct of the research were later studied and analysed to establish a meaning from them. These articles were relevant to the study at hand and various insights were generated during the narrative analysis that was carried out. Most of the papers discussed the significance of physical education in Primary schools and secondary schools. The importance of introducing educational activities to children at early age and the scope of physical education. Other articles were basically on the methods of early education and the process of it to achieve the best results. The components that make up physical education were extensively discussed. The narrative analysis made has brought to the fore many details that will be pivotal in arriving at meaningful and insightful results from the study.

IV. Results

Findings from the research carried out emphasized the importance of implementing physical education (PE) programs from the early stage which is from the childhood and highlight the inherent benefits associated with such initiatives. Studies consistently indicate that early exposure to PE not only promotes physical health but also enhances cognitive development, social skills, and overall well-being among children. For instance, research suggests that regular participation in PE activities improves cardiovascular health, muscular strength, coordination, and flexibility, thus reducing the risk of obesity, diabetes, and other chronic diseases later in life. Additionally, PE interventions have been shown to improve academic performance by enhancing attention, concentration, memory, and problem-solving skills, ultimately contributing to better educational outcomes for children.

Moreover, the scope of PE extends beyond physical health to encompass social and emotional development, as well as the cultivation of essential life skills. Research indicates that PE programs provide opportunities for children to develop teamwork, communication, leadership, and conflict resolution skills through cooperative games, team sports, and group activities. Furthermore, PE promotes positive social interactions, respect for diversity, and empathy among children, fostering a sense of belonging and inclusion within the school community. Additionally, PE serves as a platform for promoting mental health and well-being by reducing stress, anxiety, and depressive symptoms among children, while also promoting self-esteem, resilience, and a positive body image.

Furthermore, research underscores the long-term benefits of implementing PE programs since childhood for public health and societal well-being. Studies show that children who engage in regular physical activity are more likely to adopt healthy lifestyle behaviours and habits that persist into adulthood, leading to reduced healthcare costs, increased productivity, and improved quality of life in later years. Additionally, PE interventions targeting underserved and marginalized populations have the potential to reduce health disparities and inequalities by promoting equitable access to physical activity opportunities and resources for all children, regardless of socioeconomic status or background. Overall, the findings highlight the critical role of PE in promoting holistic development and laying the foundation for a healthier, more active future generation.

V. Discussion and Future Research Directions

Research findings established in section 4 underscore the importance of implementing physical education (PE) programs since childhood and elucidate the vast scope of benefits associated with such initiatives. Early exposure to PE not only fosters physical health but also enhances cognitive development, social skills, and overall well-being among children. Numerous studies have demonstrated that regular participation in PE activities improves cardiovascular fitness, muscular strength, coordination, and flexibility, consequently reducing the risk of obesity, diabetes, and other chronic diseases later in life. Moreover, PE interventions have been shown to positively impact academic performance by enhancing attention, concentration, memory, and problem-solving skills, thereby contributing to better educational outcomes for children.

Furthermore, the scope of PE extends beyond physical health to encompass social and emotional development, as well as the cultivation of essential life skills. PE programs provide valuable opportunities for children to develop teamwork, communication, leadership, and conflict resolution skills through cooperative games, team sports, and group activities. Additionally, PE fosters positive social interactions, respect for diversity, and empathy among children, thereby promoting a sense of belonging and inclusivity within the school community. Moreover, PE serves as a crucial platform for nurturing mental health and well-being by alleviating stress, anxiety, and depressive symptoms among children, while also enhancing self-esteem, resilience, and a positive body image.

However, to prove the health of children, certain interventions must be undertaken that would help the children to improve their health condition. In the first place, health analysis of the children is to be done, secondly, policies are to be set that would be according to the health condition of the children. By it, the availability of resources among the people is also to be checked. Other than that, brisk walks, games, meditation are the key interventions that can be applied. They can be spread to the children through their schools at the early stage. Apart from the health analysis, cognitive skills are also to be improved with the help of physical education. It is a crucial aspect of school readiness and academic performance (Singh, 2019). This is an important part that would be helpful to make the children feel better. Hence it is highly required that the best quality of intervention is provided to the children so that they can improve their lifestyle. However, there still lies some of the people who will remain reluctant to undertake the right measures accordingly. Therefore, extra support and advantages are to be highlighted for those who would be able to handle the overall requirement. This is an achievement that would be helpful to build a better life for children. The structural and functional organization of the brain can be positively influenced by enriched environmental conditions like that of physical activity.

In conclusion, research findings highlight the enduring benefits of implementing PE programs since childhood for public health and societal well-being. Children who engage in regular physical activity are more likely to adopt healthy lifestyle behaviours and habits that persist into adulthood, resulting in reduced healthcare costs, increased productivity, and improved quality of life in later years. Furthermore, PE interventions targeted at underserved and marginalized populations have the potential to mitigate health disparities and inequities by promoting equitable access to physical activity opportunities and resources for all children, irrespective of socioeconomic status or background. Overall, the research underscores the

critical role of PE in promoting holistic development and laying the foundation for a healthier, more active future generation.

Future research directions on this study could explore innovative strategies to enhance the effectiveness and inclusivity of PE programs. One potential avenue for research is the development and implementation of evidence-based interventions aimed at addressing barriers to PE participation, particularly among underserved and marginalized populations. By identifying and addressing factors such as access to facilities, equipment, and qualified instructors, as well as cultural and socioeconomic barriers, future research can help ensure that all children have equitable opportunities to engage in regular physical activity and reap the associated health and developmental benefits.

Moreover, future research could focus on evaluating the long-term impact of PE interventions on children's health outcomes, academic achievement, and overall well-being. Longitudinal studies tracking participants from childhood through adolescence and into adulthood can provide valuable insights into the sustained effects of early exposure to PE on various aspects of physical, cognitive, social, and emotional development. Additionally, research could examine the potential synergistic effects of combining PE with other health promotion initiatives, such as nutrition education, mental health support, and community-based programs, to optimize outcomes and promote holistic wellness among children and youth. By addressing these research directions, scholars can advance knowledge and inform evidence-based practices aimed at maximizing the benefits of implementing PE since childhood for individuals and societies alike.

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