

The impact of Physical Education Curricula is Evaluated by looking at how different Physical Education Programmes Affect student's Motivation, Interest, and Involvement in Physical Activity.

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Abstract:

The goal of physical education (PE), a vital part of the academic program, is to encourage students to engage in physical activity and develop a lifetime interest in leading active, healthy lives. This study investigates how different physical education curriculum affect students' drive, enthusiasm, and participation in physical activity. This study aims to offer insights into the most efficient methods to increase student involvement in physical education by examining several PE programs and their influence on students' attitudes toward physical exercise.

A key factor in encouraging student's physical activity and general wellbeing is physical education (PE). The purpose of this study is to assess how different physical education curricula affect students' motivation, interest, and participation in physical exercise. To determine the elements impacting students' attitudes toward physical activity in diverse school contexts, a thorough evaluation of numerous PE programs was carried out. A mixed-methods technique was used in the research, integrating quantitative data from surveys with qualitative information from interviews and observations. Students from different age groups and institutions with different physical education curricula were among the participants. As potential determinants of students' participation, the motivating climate, curriculum design, teaching methods, and available resources were looked at. The results show that well-designed physical education curricula that prioritize intrinsic motivation, individual goal-setting, and skill development have a favorable effect on students' motivation to engage in physical activity. It has been discovered that programs that provide a wide variety of activities that are catered to kids' interests and skills encourage better levels of interest and engagement. Additionally, there is a correlation between greater student engagement and satisfaction in physical education and helpful and motivating teaching strategies.

On the other hand, it was discovered that curricula with a heavy emphasis on competition, a lack of variation in the activities, or few possibilities for student participation had a detrimental impact on students' motivation and interest in physical activity. Students' views toward physical education were significantly influenced by the availability of a welcoming and supportive learning environment, highlighted by good peer interactions and teacher support.

Keywords: Physical Education (PE) curricula, motivation, interest, involvement, physical activity, student-centered, educational settings, teaching styles, inclusive learning environment.

I. Introduction:

Physical education fosters a good attitude toward physical activity in addition to teaching basic movement abilities. Students' motivation, enthusiasm, and involvement in physical activities can be greatly influenced by the standard and layout of physical education courses. To maximize PE curricula and encourage students to lead physically active lives, educators and policymakers must have a thorough understanding of how various physical education programs impact students' attitudes.

Physical education (PE) is an essential part of the educational system that strives to encourage students' physical activity, the development of their motor skills, and general well-being. The development of students' attitudes about physical exercise, as well as their motivation, interest, and participation in different physical activities, is greatly influenced by the design and implementation of physical education curricula. It is crucial to assess how different physical education programs affect students' attitudes and behaviors linked to physical exercise as schools work to develop a physically active and healthy generation.

The promotion of physical exercise, health, and general well-being among students is greatly aided by physical education (PE). In order to inculcate lifelong habits of active living and healthy behaviors, it is an

essential component of the school curriculum. Students' motivation, enthusiasm, and involvement in physical activity can be strongly influenced by the physical education curricula's design and implementation. For educators and policymakers to enhance physical education and maximize its effectiveness in promoting physical activity participation, it is crucial to comprehend the impact that various PE programs have on students' attitudes.

Numerous studies (Dobbins et al., 2009; Sallis et al., 2012) have emphasized the significance of physical education in increasing physical activity and general health among school-aged children and adolescents. The success of physical education programs, however, differs based on the subject matter, instructional strategies, and general learning environment. According to some physical education programs, children become more motivated and interested in physical exercise, which results in increased participation and better health outcomes (Standage et al., 2012; Ennis, 2013). On the other hand, less successful programs might not be able to keep children interested and might not promote a favorable attitude toward physical activity (Cale & Harris, 2018).

Beyond helping students develop their physical abilities, physical education in schools promotes mental and social health. Students who are successfully engaged and motivated by PE curricula will develop a favorable attitude toward physical activity, which will enhance their health and quality of life in general. However, poorly thought out curricula may cause students to lose interest, participate less, and miss out on opportunities to develop healthy behaviors.

This study aims to assess how alternative physical education curriculum affect students' drive, interest, and participation in physical exercise. This study tries to pinpoint the critical elements that affect students' attitudes about physical education and physical exercise by analyzing the various methodologies used in PE programs.

The impact of Physical Education:

A critical field of research that aims to comprehend how various PE programs affect students' attitudes and actions towards physical activity is the influence of physical education curricula on students' motivation, enthusiasm, and involvement in physical exercise. This in-depth analysis looks at a number of physical education curriculum components and how they affect students' motivation, engagement, and overall physical activity participation. The study takes into account a variety of elements, such as curriculum design, instructional techniques, activity choice, peer relationships, and the learning environment. In order to increase student engagement in physical education and foster a lifetime interest in physical activity, researchers want to uncover effective strategies for doing so.

- **Design and Content of the Curriculum:** The physical education curriculum's design and content have a big impact on how motivated and interested pupils are to engage in physical exercise. Students are more likely to be engaged and retain their interest in physical education when curricula provide a variety of activities, cater to their interests and talents, and match their developmental phases.
- **Intrinsic and Extrinsic Motivation:** Different physical education programs may have an impact on students' intrinsic and extrinsic desire to engage in physical activity. Programs that encourage intrinsic motivation—the practice of students participating in activities purely out of pleasure and satisfaction—are more likely to result in long-term commitment to physical activity outside of the classroom.
- **Teaching strategies and a supportive learning environment:** Student's attitudes toward physical activity can be greatly influenced by the physical education teachers' methods of instruction and the general learning environment. Positive reinforcement and encouragement combined with supportive and inspiring teaching strategies can increase students' motivation and interest in engaging in physical education programs.
- **Individual Differences:** Factors including gender, age, degree of fitness, and personal preferences might affect a student's motivation for, interest in, and involvement in physical activity. It is crucial to comprehend how these elements affect student participation if physical education programs are to be customized to meet the varied requirements of children.
- **Peer Interactions and Social Support:** Peer interactions and social support are two examples of how the social dynamics in physical education classrooms can affect students' attitudes toward physical exercise. A sense of belonging and drive to engage can be fostered by constructive peer interactions and a supportive learning environment.
- **Physical Activity Levels:** When evaluating the effects of various physical education programs, it is important to take into account how these curricula affect students' general levels of physical activity both inside and outside of the classroom.

Researchers and educators can optimize physical education curricula, increase student motivation and interest, and encourage increased involvement in physical exercise by looking at the aforementioned factors. In order to cultivate a lifetime enjoyment for physical activity and to encourage a future generation that is healthier and more active, it is essential to comprehend how different physical education programs affect students' views. The

results of this study can also help with the creation of evidence-based practices and policies aimed at enhancing school physical education programs. The influence of physical education curricula on students' motivation, enthusiasm, and involvement in physical exercise can be maximized for the benefit of students' general well-being through cooperative efforts by researchers, educators, and policymakers.

Effects of Physical Education, Fitness, and Physical Activity on Academic Performance:

- There is evidence that supports increased physical activity and physical fitness may enhance academic achievement, and that allocating time to physical education classes, recess, and in-class physical activity may also help academic success.
- The research that is currently available indicates that reading and mathematics are the academic subjects that are most influenced by physical activity. Executive function, which has been connected to physical exercise and physical health, is essential to these themes.
- The foundation of academic performance is executive function and brain health. Learning is facilitated by fundamental cognitive processes related to attention and memory, which are improved by exercise and greater cardiovascular fitness.
- Physical activity both in short bursts and over time enhances mental function and brain health. The greatest benefits come from children who engage in vigorous or moderate-intensity physical activity.
- Students should be given frequent, developmentally appropriate breaks for physical activity given the significance of time on task to learning.
- Physically active classroom activities may boost student's time on task and attention to task, despite the fact that they are currently understudied.

Affect student's Motivation, Interest, and Involvement in Physical Activity:

Individual, societal, and environmental factors all interact to affect people's motivation for, interest in, and involvement in physical activity. The following are some important variables that can have an impact on students' drive, enthusiasm, and involvement in physical activity:

- **Physical Education Curriculum:** The planning and execution of the physical education curriculum can have a big impact on how motivated the students are. Students' attention and excitement can be piqued by a curriculum that is interesting, well-organized, and filled with a variety of tasks and challenges.
- **Competency and excitement of the Instructor:** Students can be significantly impacted by the teacher or instructor's knowledge, competency, and excitement for physical activity. Students might be motivated to join and remain involved in the activities by an enthusiastic and knowledgeable teacher.
- **Inclusive Environment:** In physical education classrooms, an inclusive and friendly atmosphere enables all students to engage fully, regardless of their ability level. Promoting a positive experience and fostering motivation requires the creation of a safe, judgment-free environment.
- **Choice and Autonomy:** Giving pupils some discretion over the physical activities they participate in might boost their enthusiasm. It is possible to increase students' interest and involvement by providing a variety of activities and letting them select the ones they enjoy the most.
- **Social Support:** Motivating students to engage in physical activity requires strong peer relationships and social support. Physical activity can become more pleasurable and help create a sense of community when classmates and friends encourage you to do it.
- **Relevance and Meaningfulness:** Making physical activity meaningful and relevant to students' lives and interests can increase their motivation. It can be more engaging if students can relate physical education to their own objectives, interests, or hobbies.
- **Recognition and Achievement:** Recognizing students' efforts and successes in physical activities, whether through compliments, prizes, or awards, might increase their desire to keep taking part.
- **Facilities and Resources:** Access to properly maintained sports facilities and useful tools can have a favorable impact on students' participation in physical exercise. Students may be deterred from engaging if there are inadequate resources or facilities.
- **Support from parents and family:** Family support is essential for encouraging students to exercise. Children's interest and involvement in physical activities can be positively influenced by parents who support and engage in such activities with their offspring.
- **Technology Integration:** Using interactive games or fitness monitoring applications, for example, might make physical activity more enticing to kids who are familiar with technology.
- **Time Restrictions:** Students' motivation and commitment may be affected if they are overburdened with academic and extracurricular obligations, which may leave little time for physical activity.

- **Perceived Competence:** Students' motivation is influenced by how confident they are in their capacity to carry out physical exercises. Their self-confidence and desire to participate may rise as a result of positive experiences and skill improvement.

II. Conclusion:

The results of this study will help clarify the significance of creating thorough, student-centered physical education curriculum that promote a favorable attitude toward physical activity. The study's ultimate goal is to influence educational policies and procedures that encourage students to develop lifetime physical activity habits that will improve their general health and wellbeing. The influence of physical education curricula on students' drive, enthusiasm, and participation in physical exercise is complex and influenced by a number of variables. It has been demonstrated that student-centered curricula that emphasize fun activities, internal motivation, and autonomous support increase students' involvement and interest in physical education. A supportive learning environment and effective teaching methods are essential for developing a good attitude toward physical activity.

Teachers and policymakers may optimize physical education curricula to raise students' motivation, enthusiasm, and involvement in physical exercise by taking these characteristics into account and putting evidence-based approaches into practice. Students' overall well-being and the development of physical activity habits that last a lifetime can both benefit from the school environment's promotion of a positive attitude toward physical activity.

The physical education curriculum's design, the instructors' competence and enthusiasm, the presence of an inclusive and supportive environment, the availability of choice and autonomy in activity selection, social support from peers and family, the relevance and meaningfulness of physical activities to students' lives, and recognition of their efforts and accomplishments are some important factors that can affect students' motivation, interest, and involvement in physical activity.

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