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PHYSICAL EDUCATION TEACHERS' READINESS IN THE IMPLEMENTATION OF PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS (PATHFit) COURSE ACROSS ALL ACADEMIC PROGRAMS

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Physical education (PE) teachers faced new challenges in the field of exercise and health promotion, as a nationwide application of Physical Activities toward Health and Fitness (PATHFit) in physical education towards improving health outcomes through movement competency. The researcher believes that through PATHFit as a new platform in teaching physical education focusing on health and fitness as integration for the improvement and expanding the scope and content of the curriculum. The readiness of the physical education teachers on the implementation of PATHFit as the new trend in teaching physical education (PE) across all courses.

The study used quantitative and qualitative; descriptive research design focusing on the implementation of PATHFit as the new platform of instruction in physical education as an advocacy for health and fitness. The study was conducted among selected HEI's schools at the Province of Tawi-Tawi, BARMM. The researcher utilized the probability sampling technique. The sampling method that involves randomly selecting a sample, or a part of the population (physical education teachers) to determine the impact of PATHFit as new platform towards maintain health and fitness. Hence, the use of Pearson r (Product Moment Correlation) was utilize to determine the relationship on the implementation of PATHFit and the Teacher's readiness to integrate PATH-Fit into the curriculum.

It was concluded that, varied approach to increase teachers' competencies and literacy on the increasing prominence of PATHFit in physical education that serves as an avenue to promote the importance of physical fitness and its impact to health maintenance and lifestyle change. The implementation of the PATHFit is crucial towards providing lifelong learning skills both teachers and students that transcend the importance of physical activity and its effects towards health and fitness. The teachers must be equip with the right competencies, literacies and training towards effectively integrate PATHFit not limited to physical education but encourage as a health intervention plan throughout the program.

It was recommended for teachers to be open to change and not resistant to embrace the principles of PATHFit as a tool towards promoting healthier lifestyle Teachers were suggested to put emphasis on strengthening the core curriculum and training involving well –organize seminar and training for teachers to improve the implementation of PATHFit. Consequently, access opportunities like training/s to improve on his or her own professional practice were highly recommended with strong collaboration among schools domestic and abroad.

Keywords: Physical Education, Physical Activity, Health, Fitness, Lifelong Learning Skills

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