Literature Review
Volume 13:1, 2025

Journal of Health Education Research & Development

ISSN: 2380-5439 Open Access

Background to the Study

Chinenye Iwuchukwu*

Department of Health, University of Ibadan, Ibadan, Oyo, Nigeria

Abstract

Physical education is a course taught in school that focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. We also develop skills necessary to participate in a wide range of activities, such as soccer, basketball or swimming. Regular physical education classes prepare one to be physically and mentally active, fit and healthy. Physical education helps students develop physical skills and confidence. For example, skills like; soccer, baseball, volleyball or karate. Balancing skills could be applied to dance or gymnastics. Physical education develops fitness and fosters the desire for lifelong participation in physical activity. Physical education classes teach the health benefits of regular exercise and healthy food choices along with the risks of inactivity and poor diet. Physical education also helps students develop social skills. For example, team sports help them learn to respect others, contribute to a team goal and socialize them as productive member of a team.

Keywords: Physical fitness • Exercise • Physiological attributes • Goal

Introduction

A study by Dishman, cited in Augusto, stated that physical activity is bodily movement produced by skeletal muscles that results in varying amounts and rates of energy expenditure that are positively related to physical fitness depending on the stimulus features of physical activity such as type, intensity, regularity and timing of the activity. Physical activity can occur in short bursts of low to high intensity or long, sustained periods of lower intensity. Exercise is a specific form of physical activity that is structured and repetitive, with the goal of improving or maintaining physical fitness, function or health. 'Physical activity,' 'exercise' and 'physical fitness' are terms that describe different concepts. However, they are often confused with one another and the terms are sometimes used interchangeably. Physical activity in daily life can be categorized into occupational, sports, conditioning, household or other activities. Exercise is a subset of physical activity that is planned, structured and repetitive and has a final or an intermediate objective, the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health or skills related. The degree to which people have these attributes can be measured with specific tests [1].

Some researchers and policy makers have differentiated physical activity from non-activity and "purposeful" activity. Physical activity is seen as behavior that drives "human movement"; human movement, in turn, results in change in physiological attributes such as greater "energy expenditure" and improved "physical fitness." sedentary behavior, meanwhile, produces little or no human movement resulting in minimal physiological gain. Health-enhancing physical activity is movement that, when added to normal daily (usually light intensity) activities, produces health benefits [2]. To help the public make good decisions about their participation in physical activity and to integrate scientific conceptualizations, health and human services secretary, Mike Leavitt, formed a scientific advisory committee, comprised primarily of physical activity researchers to discuss appropriate participation in physical activity. This committee work culminated in a set of guidelines regarding physical activity. Hagstromer and bowles, said that the guidelines are organized around a number of dimensions: Type of activity (e.g., aerobic, anaerobic); frequency of participation; intensity of participation; duration of participation; appropriate participation across age groups; and by other targeted groupings (e.g., pregnant women).

Literature Review

According to the government of the Hong Kong special administrative region, Physical Education (PE) is education through the physical. It aims to develop students' physical competence and knowledge of movement and safety and their ability to use these to perform in a wide range of activities associated with the development

***Address for Correspondence:** Chinenye Iwuchukwu, Department of Health, University of Ibadan, Ibadan, Oyo, Nigeria, Tel: +234 8130717514; E-mail: iwuchukwuchinenye2@gmail.com*

Received: 11 March, 2024, Manuscript No. JBHE-24-129226; **Editor assigned:** 14 March, 2024, PreQC No. JBHE-24-129226 (PQ); **Reviewed:** 29 March, 2024, QC No. JBHE-24-129226; **Revised:** 07 January, 2025, Manuscript No. JBHE-24-129226 (R); **Published:** 14 January, 2025, DOI: 10.37421/2380-5439.2025.13.172

of an active and healthy lifestyle. It also develops student's confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes, provide a good foundation for students' lifelong and life-wide learning.

Health and physical education provides students with the knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, not only during their time in school but for a lifetime. Health and physical education are integral components of a balanced educational program. Children who are healthy and physically active increase their chances of achieving to their highest academic potential and are better able to handle the demands of today's hectic schedules [3].

The online teacher resource, further stated that physical education is a course that focuses on developing physical fitness in the youth, same as music, gymnastic and mathematics. Most of the time, it is required in college. To understand what physical education is, we must understand physical fitness which it intends to promote. Physical fitness comprised of the following:

Cardiovascular fitness: This is the ability of your heart and lungs to deliver the oxygen your body needs for its daily tasks. This is the fitness component that is addressed by such aerobic activities as brisk walking, jogging, running, dancing and swimming.

Strength: This is the amount physical power that a muscle or group of muscles can use against a weight or resistance. This is addressed by such activities as weight lifting and body weight training.

Endurance: This is the ability of a muscle or group of muscles to repeat movements or hold a position over a certain period of time. Long-distance running is an activity that helps to develop endurance.

Flexibility: This refers to the body's range of movement. Pilates, yoga and gymnastics help promote this particular fitness component.

Body composition: This refers to the ratio of the body's fat component *vs.* its lean mass. Exercises that address cardiovascular fitness, strength, endurance and flexibility also promote the reduction of fat and the build-up of muscle [4].

Health benefits from regular exercise include: Stronger muscles and bones, increased coordination and energy and decreased risk of developing chronic diseases such as type 2 diabetes. For most individual, exercise means being physically active during play, recess and physical education class, also known as Physical education which contributes to total growth and development [5].

Patterning the physical education program after health programs: To a whole variety of activities that can only make Physical Education more fun. The combination of cardio and strength training activities also promote overall fitness. Adopting a sports league model-In this scenario, the physical education class is run like a sports league. Students take turns playing the roles of referees, players, scorers and coaches. This aims to develop the students into better-rounded, balanced individuals. Including martial arts and self-defense: Not only do these activities capture the interest of the students they also promote their safety and well-being. This is a practical improvement on the usual physical education program. inclusions of health and nutrition topics: Most physical education programs in the US include health and nutrition topics such as the following: Hygiene, stress and anger management, self-esteem and bullying [6].

If you are regularly physically active, you may benefit from the following: Reduce the risk of a heart attack, manage the weight better, Have a lower blood cholesterol level, lower the risk of type 2 diabetes and some cancers, Have lower blood pressure, Have stronger bones, muscles and joints and lower risk of developing osteoporosis, lower your risk of falls, recover better from periods of hospitalization or bed rest and make you feel better with more energy, a better mood, feel more relaxed and sleep better. A healthier state of mind includes the following: Exercise may block negative thoughts or distract individual from daily worries. Exercising with others provides an opportunity for increased social contact. Increased fitness may lift the mood and improve your sleep patterns. Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones [7].

Coleyon explained the following as the reasons swimming is good for the health and well-being: Toning up or full body workout is not only being it a brilliant way to lose weight, it's also a great way of getting a full body work out. Swimming is a great way of toning the body and all of the muscles. It's a great mixture of both cardio and strength, plus it really improves the endurance level. Improved flexibility: The range of motion that is involved when swimming allows one to work most of the muscles in the body. This means that muscles get lengthened which allows the joints to become more flexible. Better mental Health and stress relief- Swimming is a great way to have a bit of 'me time' and take some time off. It allows to get away from the stress of life and focus on something completely different. Boosts your mood: As with most forms of exercise, swimming helps with the production of endorphins and the release of serotonin. Both endorphins and serotonin are known to help boost your mood. Swimming has been found to help people relax because of the sound of the water and the rhythmic strokes.

You're unlucky to injure yourself: There is a very small chance of being injured in the pool as swimming doesn't put stress on the skeletal system. It's also great if one is recovering from an injury, as it's one of the only forms of non-weight-bearing exercise. Sweat free: If you don't like the idea of getting sweaty when you work out then swimming could be for you. When you swim you won't feel sweaty or overheated as the water is constantly cooling you down. Almost anyone can do it from 3+ months to over 65's, disabled and non-disabled people of any age can take up swimming with the reassurance of knowing that it has great health benefits. One can set its own pace and intensity which makes it easy for anyone to pick up. Lowers the risk of illnesses: Swimming has been found to lower blood pressure, reduce joint pain, improve lung capacity, improve heart health and increase bone strength. These all help with lowering the risk of disease. It can boost life expectancy-Not exercising is one of the biggest factors in causing ill health and early death. According to the Swimming and Health commission, swimmers have a 28% lower risk of early death and 41% lower risk of death caused by heart disease and stroke. Burns more calories than other forms of doing just 30 minutes of breaststroke can burn up to 367 calories. When you compare this to running (300 kcal per 30 mins) and cycling (180 kcal per 30 mins), swimming is the best exercise to do if you want to burn those extra calories [8].

The benefits of regular participation in athletics have been clearly set out across the life course, regular activity can: Prevent ill health and reduce the number of people dying prematurely. Enhance mental health, quality of life and self-reported wellbeing. Delay the need for care in older adults (age 65+). Reduce health inequalities and improve wider factors influencing health and wellbeing [9]. Sports are beneficial to the physical health. In recent years, research has also found that sport participation can positively affect the mental health. Here's how: Sports improve your mood: Involving in a physical activity. Whether playing soccer, working out at a gym or taking a brisk walk, physical activity triggers brain chemicals that make us feel happier and more relaxed. Team sports in particular provide a chance to unwind and engage in a satisfying challenge that improves the fitness. They also provide social benefits by allowing to connect with teammates and friends in a recreational setting. Sports improves concentration: Regular physical activity helps keep the key mental skills sharp as we grow older. This includes critical thinking, learning and using good judgment. Research has shown that doing a mix of aerobic and muscle-strengthening activities is especially helpful. Participating in this kind of activity three to five times a week for at least 30 minutes can provide these mental health benefits. Sports reduce stress and depression [10].

When you are physically active, your mind is distracted from daily stressors. This can help to avoid getting bogged down by negative thoughts. Exercise reduces the levels of stress hormones in the body. At the same time, it stimulates production of endorphins. These are natural mood lifters that can keep stress and depression at bay. Endorphins may even leave you feeling more relaxed and optimistic after a hard workout.

Experts agree that more quality research is needed to determine the relationship between sports and depression. Sports improve sleep habits: Sports and other forms of physical activity improve the quality of sleep. They do this by helping you fall asleep faster and deepening the sleep. Sleeping better can improve the mental outlook the next day, as well as improve the mood. Just be careful not to engage in sports too late in the day. Evening practices within a few hours of bedtime may leave you too energized to sleep. Sports help you maintain a healthy weight: The Centers for Disease Control and Prevention (CDC) recommend sports participation as a healthy way to maintain weight. Individual sports, such as running, cycling and weightlifting, are all particularly effective ways to burn calories and/or build muscle. Staying within a recommended weight range reduces the likelihood of developing diabetes, high cholesterol and hypertension. Sports boost the self-confidence-The regular exercise that comes with playing sports can boost the confidence and improve the self-esteem. As the strength, skills and stamina increase through playing sports, the self-image will improve as well. With the renewed vigor and energy that comes from physical activity, one may be more likely to succeed in tasks off the playing field as well as on it. Sports have been linked to leadership traits: Team sports such as soccer, baseball and basketball are breeding grounds for leadership traits. Studies done in high schools reveal a correlation between sports participation and leadership qualities. Because of the opportunity to train, try, win or lose together, people involved in sports are naturally more inclined to adopt a "team mindset" in the workplace and in social situations. The team mindset leads to strong leadership qualities over time. Benefits for children: Sports can benefit children in many of the same ways that they benefit adults. The biggest difference is that when children start participating in sports at a young age, they are far more likely to stay active as they grow older. The same source suggests that participating in a team sport improves academic performance and results in more after-school participation. What to keep in mind: Some popular team sports, including American football and ice hockey, commonly result in injuries. Frequently reported sports injuries include sprains, contusions and broken limbs.

Most sports injuries will result in a complete recovery if there is proper medical attention. However, some injuries, such as brain trauma and concussion, can cause permanent, lifelong damage to the athlete. Concussions have gotten more attention from the sports community in recent years as their occurrence has increased. The Source has specific guidelines about how to avoid and recover from concussions related to sports. Repeated head trauma can completely reverse the benefits of sports participation, leading to depression, reduced cognitive function and suicidal tendencies. Exercises induced asthma-is another condition reported by many athletes. If you are practicing a sport several times a week and begin to develop asthma symptoms, it's important to pay attention. Ask the doctor or a training specialist about breathing exercises and practice them. They may help you avoid developing chronic asthma. The doctor may suggest taking medications prior to exercise to help reduce asthma symptoms as well. Bottom line-The pros of participating in sports are plentiful from the advantages they provide to young children, to the proven link to mental health and happiness and of course the endorphins they trigger. There is no shortage of reasons to find a sport to get involved in. Pick one and get moving. Speak to your doctor before beginning any sports activity. Make sure that your heart is healthy enough for strenuous exercise. Keep in mind the possibility of serious injury and exercise-induced asthma. Though there are hazards to participating in sports, there are some that are safer than others. If you are worried about injury, consider a low-impact sport such as swimming.

Therefore, this study examined physical education practicals as correlates of health and well-being of students in human kinetics and health education department, university of Ibadan.

Discussion

The findings of the study from the first research question indicated that respondents engages actively in practical classes. They demonstrated sound knowledge of the health benefit, including physical, mental and social health. Practical aspect of physical education confers a whole lot of health and emotional benefits on teachers and learners. This is in line with the opinion of Coleyon who reported the benefits of swimming as at follows: Improve flexibility, toning up the body, helps to relax and also boost life expectancy.

The second research shows that students participation in physical education helps in stress reduction. A study by anxiety and depression association of America states that it's impossible to eliminate stress but you can learn to manage stress.

According to ADAA online poll, some 14 percent of people make use of regular exercise to cope with stress. In this aspects of participation in physical activities, students find it easier to rest, get enough sleep and feel refreshed after a hard day in school. For instance, physical activity helps improve metabolism and ensure that the students are very healthy and in healthy condition.

The results of the study also show that participation in physical education practicals has a reduction in the risk of obesity in the university of Ibadan. When the students are actively involved in the practical, they will find it easier to shed off the accumulated fats in their bodies. By so doing, it'll reduce their risk of being diabetic, which is an incurable disease but can also be controlled by participation in physical activities. Being obsessed has many terrible effect on a person's health and well-being. That is: It will lead to not being able to do a lots of things you desire to do, restriction of foods in the case of trying to lose all that weight, not being able to catch your breath after walking for a short period of time and lastly, not being able to fit into the clothes that they love to wear.

The findings of this study also shows that regular physical exercises improve the physiques of the students, it gives the students the desired shape and weight that they always wanted and it helps them to fit into the dresses that they sole desires to wear, participation in physical activities, gives them energy to perform effectively in rigorous activities and help them to rest and sleep better.

Mandolesi, et al., also points out that participation in PE practicals improves their cognitive functions, increased gray matter volume in frontal and hippocampal regions, increasing in academic achievement (especially children). Improvements in cognitive decline and reduced risk of developing dementia (especially in the elders). The students finds it easier to recall faster what they've learnt, it also improves their memory on recognizing and identifying people faster and easier. It also improves their academics, they perform better in the exams and it also gives them the zeal to acquire more knowledge in that required field of study.

This study shows participation in PE practicals and substances use rehabilitation in the University of Ibadan. The National Institute on Drug Abuse (NIDA) maintains a list of evidence based principles of effective treatment, they stated that the foundation of any approach to addiction is detox, then moves into therapy at a rehabilitation program and finishes with an exercise. Solutions recovery. Exercise helps in recovery from addiction towards drug and help promote healthy living amongst the students.

Summary of findings

The respondents were sampled from the entire population of undergraduate students of the department of human kinetics and health education, university of Ibadan. The male respondents were 146 (53.1%) while 129 (46.9%) among them were female students. The participation in physical education practicals were found to be significantly associated ($p<0.05$) with the gender of the student respondents. The modal age group (*i.e.*, age group with the most represented respondents were between 16-20 years while less than 40% were between 21-25 years of age. The participation and engagement of the students sampled from human kinetics and health education department of the university of Ibadan was enquired. The result based on their responses revealed that at least 80% of them participate in physical education practical sessions. This was observed because the questions raised concerning their engagement in physical education practical classes. Participation in physical education practical's was specified as the independent variable while stress reduction indicators in the research instrument were specified as the dependent variable as well as other variables in the study. The level of participation and engagement in practical sessions was relatively high. The level of regular participation in physical education practicals was high for the majority of the respondents. Most of the students sampled in this study perceived physical education participation positively. Physical education participation was also perceived to be associated with reduction of risk of obesity. The respondents very few among the sampled undergraduates did not associate physical improvement to their participation in physical education. There was significant correlation between physical education participation and stress reduction potential of physical education practicals. There was significant strong correlation between physical education participation and the risk of obesity reduction of physical education practicals. Spearman correlation analysis was used to test the relationship between participation in physical education and the students' cognitive function due to physical education participation. The result revealed that there was significant correlation between physical education participation and cognitive function. Spearman correlation analysis was used to test the relationship between participation in physical education and the use of substances due to physical education participation. The result revealed that there was significant correlation between physical education participation and substance use for rehabilitation.

Conclusion

The students were found to be engaged in physical education to a very high extent, while their participation in physical education practicals was found to be correlated with stress reduction, obesity risk reduction, physique improvement. The well-being of students as indicated by the variables use to measure the wellbeing of the respondents were found to be significant correlates of physical education practical's.

Recommendations

Based on the finding of this study, the following recommendations were suggested in order to improve the beneficial effects of physical education practical's among undergraduate:

Recommendations

Based on the finding of this study, the following recommendations were suggested in order to improve the beneficial effects of physical education practical's among undergraduate:

- The students should be encouraged to monitor their physical and physiological wellbeing so as to remove the barrier of not being able to know if PE was responsible for the changes they noticed. This would make the measurement of the benefits derivable from PE participation among students.
- The academic curriculum of the students in the human kinetics department probably has courses motivating their participation in Physical Education Practicals. Similar curriculum should be extended to students from other departments across the University. This may enable other students in all departments to derive the observed benefits as revealed in this study.
- The benefits derived as identified by the responses of the students are associated with their participation in PE. Hence the PE practicals should be continued and enhanced for the students to maximize the benefits in a way that will not affect their academic performance.
- The fact that the benefits derivable from PE practicals are highly affirmed by the students does not mean there are no demerits of PE to them, therefore the PE practicals should not be extremely practiced to the extent of affecting the health of the students negatively.

References

1. Meyer, Aleta L and Thomas P Gullotta, eds. Physical Activity Across the Lifespan: Prevention And Treatment for Health and Well-Being. New York, NY: Springer, 2012.
2. Coleyon S (2019). 10 Reasons Swimming is Good for Your Health and Well-being.
3. Gabriel, Kelley K. Pettee, James R. Morrow and Anne-Lorraine T. Woolsey. "Framework for Physical Activity as a Complex and Multidimensional Behavior." *J Phys Act Health* 9 (2012): S11-S18.
4. Hagstromer M and H Bowles. "A Checklist for Evaluating the Validity and Suitablity of Existing Physical Activity and Sedentary Behavior Instruments, Measurement of Active and Sedentary Behaviors: Closing the Gaps in Self-report Methods." Bethsteda, MD: National Institutes of Health (2010).
5. Mandolesi, Laura, Francesca Gelfo, Laura Serra and Simone Montuori, et al. "Environmental Factors Promoting Neural Plasticity: Insights from Animal and Human Studies." *Neural Plast* 2017 (2017): 7219461.
6. Ricketts. d. (2019). What is Physical Education. On: 3 August 2019.
7. The government of the Hong Kong Special Administrative Region (2013). On: 3 August 2019.
8. Solution recovery (2020). The Importance of Exercise in Recovery. On: 28 January, 2020.
9. The Online Teacher Resource (2018). All About Physical Education. On: 3 August 2019.

How to cite this article: Iwuchukwu, Chinenye. "Background to the Study." *J Health Edu Res Dev* 13 (2025): 172.