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EDUC 315

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### Teaching Health and Human Performance Philosophy

As Thomas Jefferson once said, “Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.” The purpose of physical education is to teach the student as a whole, not just their body and movement. Physical education provides each student the opportunity to learn about movement, strategies, teamwork, problem solving, and health related to fitness, the body, mind, and soul. Exposing students to various physical activities, sports, and methods of fitness can provide the student with an enjoyable experience while building social, psychomotor, and cognitive skills. As an instructor, it is important that I strive for the best of my students. This includes ensuring that I safely provide the means for students to enjoy physical activity, become more confident with their abilities, increase their knowledge of health related fitness, and help them find ways to continue to be healthy.

The present level of activity among children and young adults is a problem and a known factor to the rising levels of obesity in the United States. As I express my passion for physical activity, movement, and health, I hope that my students will follow in my footsteps and find enjoyment with it themselves. Every student is unique; however, they will all be given the opportunity to find their strengths and test their weaknesses, while continuing to succeed.

As in any classroom, my major focus is to ensure that physical education and health class is enjoyable as possible. This begins by making sure that the environment is safe and comfortable. Anti-bullying will be implemented, as always; however, students need to recognize

that each student is at a different level. Enthusiasm and respect for the students is also a vital aspect of a safe environment. Along with enjoyment comes self-selection of activities. I believe that including the students in curriculum selection is the best way to provide enjoyment. This will help the students feel much more involved rather than feeling forced to participate in activities in which they find no personal meaning.

Students will be encouraged to find individual ways that work for them to stay fit and comfortable. Providing knowledge of how to be physically fit and healthy is not enough, however. I must ensure that the students continue to be physically active outside of class. This can be done by offering extra credit for participating in non-school related sports activities such as triathlons or road races. I can also encourage parents to play or join their children in the activities that they enjoy.

Most of all, I believe it is important that I, as well as all educators, practice what they preach. By being involved in many activities, both in and outside of school, students will see that I live what I teach and hopefully develop the respect for me and the suggestions that I give them. I hope that my passion for physical fitness, activities, and health will leave a legacy with my students.