

EVALUATING THE RESULTS IN PHYSICAL AND HEALTH EDUCATION AND ITS CORRELATION IN TERMS OF DATA COLLECTION

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Abstract

This paper focuses on evaluating the result in Physical and Health Education and its correlation in terms of Data Collection. It is mainly to examine the following concepts; introduction, statement of problem, purpose of the study, research questions, differences between Physical and Health Education, how to relate evaluating the Results to Physical and Health Education. The result derived from evaluating Physical and Health Education, what is Evaluation, correlation for smoking at ages 20 – 100 years respectively, recommendations and conclusion.

Introduction

Regular physical activity participation throughout childhood provides immediate health benefits by positively effecting body composition and muscular skeletal development and reducing the presence of coronary heart diseases risk factors (Cultin et al 1994). Health Development Agency (HAD) recommended that, accumulation of one hour of physical activity (i.e. equivalent brisk walking) through lifestyle, recreational and structured activity forms. A secondary recommendation is that children take part in activities that help develop and maintain muscular, skeletal, health, to this end a common justification to PES place in the school curriculum is that, it contributes to children's health and fitness. Physical Education Association of the U. K (2004) in accordance with (Simons-Morton, 1994) the purpose of this study was to assess physical activity levels during high school Physical Education. The data were considered in relation to recommended levels of physical activity to ascertain whether or not Physical Education can be effective in helping children to be fit and healthy.

The Physical and Health Education standards performance indicators represent the essential knowledge and skills needed to be healthy individuals, it also makes students learn that their decision can affect their health and set a pattern they lives. Movement can encourage health and bodies along with increased motor development. Can this activity affect their academics? Many people think that physical development only affects physical aspects.

Statement of Problem

The philosopher Spinoza once said, teach the body too many things, this will help you perfect the mind and come to the intellectual level of through (Learner and Kline, 2006). Society has lost the importance of Physical activity and forgotten the crucial role it plays in

children's motor development as well as academic achievement. Over the past twenty years according to the American Academy of Pediatrics, childhood obesity has become the greatest health risk to children and adolescents. Today, children are spending an average of five to six hours a day doing activities like playing video games, watching television (Dietz and Gortmaker 1985), with childhood obesity, rapidly rising each day in America. It is clear that children are not developing good physical activity habits. The reduction in physical activities is contributing to rise in adult obesity. Students should be getting daily physical activity in school through quality physical education that had negative stigma attached to it and the public has viewed it as leisure time, game time or sport class (Guedes, 2007), but what about the impact that physical education activity and motor development can have on the academic achievement of students.

Purpose of the Study

The purpose of Evaluating Result in Physical and Health Education are as follows:

1. To clarify the extent to which specific objectives have been met. This means that if your lesson objective in a Physical Education theory class is for pupil to be able to define the term "Physical Education", you discover after teaching your lesson, your pupils were able to define Physical Education correctly. This will show you that your stated objective has been met.
2. To provide feedback concerning learning progress. The feedback here means report. Through evaluation you are able to see your pupils' performance and identify their learning abilities, noting the slow and fast learners.
3. To help the teacher in marking and grading pupils and reporting to parents. After testing your pupils, what do you do with their performances? You definitely will mark and grade their performances. If it is an end of the year evaluating, you will use the results to promote those who passed. All these are reported to parents through your pupil's report cards. This is to enable parents know the learning progress of their children.
4. To identify students who continually have learning problems. Assuming your pupil has learning problems and because of this he cannot hear you clearly to be able to answer your questions in the class. You are able to discover this defect through oral evaluation. This type of situation may require you to raise your voice whenever you are asking the particular pupil question.
5. To motivate both learners and teachers in improving learning; you are happy when your pupils understood your lesson because it shows that the lesson objective has been met. This motivates you to want to teach them selflessly. On the other hand, your pupils are also happy when they pass your tests. Those who passed would want to maintain their position in class and those who failed will strive to pass.
6. Evaluation is used for guiding and counseling students on choice of subject based on their performance. With the series of continuous assessment tests and end of the year examination you conduct in your class, you are able to identify pupils who are very good in Physical Education class or Health Education class. You can also discover those who are all round good in both lessons. You could then use this result to advice pupils and their parents on their choice of subject in secondary schools and even higher institutions.

What do we mean by collecting data in Physical and Health Education?

Essentially, collecting data means putting your design for collecting information on Physical and Health Education into operation. You have decided how you are going to get information on Physical and Health Education whether by direct observation, interviews, surveys, experiments and Health Education and after you and or other observers have to implement your plan. There is a bit more to collecting data, however, if you are conducting observation on sport or antenatal, for example, you will have to define what you need, you will have to record the observations in appropriate ways and organize them so they are optimally useful.

Recording and organizing data may take different forms, depending on the kind of information you are collecting. The way you collect your data on Physical and Health Education should relate to how you are planning, to analyze and use your observation or finding. Regardless of what method you decide to use recording should be done concurrent with data collection of possible, or soon afterwards so that nothing gets lost and memory does not fade.

Why do you Collect Data for Evaluating Result?

Part of the answer here is that not every organization, particularly small-business based or non-governmental agency will necessarily have extensive resources to conduct a formal evaluation. They may have to be content with less formal evaluations, which can still be extremely helpful in providing direction for a programme or intervention. An informal evaluation will involve some data gathering result. This data collection on Physical and Health Education is critical to an initiative and its future result or success.

Collecting data helps you see whether your intervention brought about the desired results. The data collected for evaluating results can show whether there was any significant change in the dependent variables you hoped to influence.

The term significance has a specific meaning when you are discussing statistics. The level of significance of a statistical result is the level of confidence you can have in the answer you get. Generally, researchers don't consider a result significant unless it shows at least a 95% certainty that it is correct (called the 05 level of significances, since there is a 5% chance that is wrong).

Difference between Physical and Health Education

Physical Education is very essential in the healthy development of a child. According to Clarke (1976), Physical Education is the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet usual situations and unforeseen emergencies. If in your Physical Education practical class, a particular student is always reluctant to come out for practical, this is a demonstration of a negative attitude towards Physical Education. That attitude, the particular student shows that such students who pant at the slightest activity and get tired so easily during practical class, exhibits low level of physical fitness. If you wish to test your students in a Physical Education practical lesson, the purpose may be to know how well the students are able to perform the taught skill. Physical Education is the state of complete physical, mental and social wellbeing of an individual and not merely the absence of disease or infirmity while the Health Education is the teaching of desirable health habits and practical. See their differences in the table below.

Physical Education		Health Education	
1	Developing of high level of physical fitness i.e. allowing the body and its organs to be physically fit.	1.	Development of health attitudes and appreciation
2.	Improvement in motor movement and sports skills. E.g. mastering of hour, techniques of how to play games.	2.	Acquiring health knowledge and understanding
3.	To develop initiative and creative thinking.	3.	Development of health skills and abilities
4.	To act in socially useful ways and emotionally matured manner	4.	It helps to develop one's knowledge in health services e.g. first aid
5.	To enjoy wholesome physical recreational activities for leisure and entertainment	5.	It helps one to handle control of communicable diseases
6.	For carried over valued activities that will lead you to be professional in sports and games.	6.	It helps us to identify personal health by caring for our bodies.
7.	Development of the annacles which train for endurance, stamins, flexibility and total physical fitness.	7.	Health Education also enable one to form the rightful habits of eating nutritious food.
8.	To assist the development of knowledge on safety skills and moral fitness.	8	Through the knowledge of Health Education, we can identify food deficiency.

Summarily, you cannot be healthy without being physically, mentally, socially fit and not only the absence of diseases/infirmity but fit to participate in other activities in sports and games.

Correlation of Physical and Health Education and Data Collection for smoking as of Age 20 – 100 years respectively

Data Collection

Present Age	Early Smoking Habits	Mature Smoking Habits	Normal Habit
20 years	65.0	70.0	67.5
25	65.5	75.5	70.5
30	65.0	80.0	72.5
35	65.5	85.5	75.5
40	65.0	90.0	77.5
45	65.5	95.5	80.5
50	70.0	100.0	85.0
55	75.5	105.5	90.5
60	80.0	110.0	95.0
65	85.5	115.5	100.5

70	90.0	120.0	105.0
75	95.5	125.5	110.5
80	100.0	130.0	115.0
85	105.5	135.5	120.5
90	110.0	140.0	125.0
95	115.5	145.5	130.5
100	120.0	150.0	135.0

The school period is an excellent time to provide the beginning of instruction on tobacco and smoking. It provides an opportunity to acquaint boys and girls with an understanding of what tobacco is; the health hazards associated with smoking. With the presentation of this paper, I believe that, the readers will understand the instruction and the attitudes that can be developed, which can result in this intelligent decisions by the researcher to the readers of this paper as to whether or not they will use tobacco. From the above data, we see that tobacco which is alcoholic is not good for the youths within the ages of 20 – 45 years. That is why, the researcher of this paper is calling on educational programmes to help the adults and especially youths understand the use of drugs, the contributions they make and the dangers involved when they are misused.

From today's Health 46:72, 1968; quoted that Americans spent more than 85 billion dollars each year on medical drugs. Drugs used to treat diseases have proved extremely worthwhile contribution to humanity.

New discoveries by scientists, are constantly producing new drugs that assist in fighting disease, alleviating pain, and providing treatment for various human ailments, this information are to those who cannot do without addiction of drugs carriers like the youths and the adults to completely do without drugs used in sports in which a high level of energy is required, that such practice is denounced by Physical Educators, Coaches, and Sports Medicine Association. Such drugs are marijuana, heroin, lysergic acid, diethylamide (LSD), Morphine, narcotic. These drugs mentioned are harmful to the human body if not avoided.

Results Derived from Evaluating Physical and Health Education

The results showed that 17 athletics in a contest from 20 to 100 years partake in taking drugs (alcohol) in sports to high their level of energy required. The numbers of youths were six (6) while the number of adults was eleven (11). The total number altogether was seventeen (17) in number in the weight of their Physical and Health Education ground.

We found out that the normal habit of the youths when they had not tested alcohol or drugs addicted were normal with the following reports.

Their morose, liver, kidneys and the brain were all physically working normal. By their early smoking habit their report was 65.5% a bit caution to avoid smoking with other addicted drugs such as marijuana, heroin and morphine that they are dangerous or harmful to life if continue with. While that of the matured smoking habit, we recorded very high 79.5% but the issue is that those at that level can hold on to their situation because they are strong physically but on health ground they will be liable to death if not discontinued. The normal habit level is reported 58.5% very normal to live by and physically fit for any sports or games without addiction of any drugs.

Research Questions

1. What are the effects of Physical and Health Education on individual?
2. Is there any relationship between Physical and Health Education on the academic performance of students?
3. What are the differences between Physical and Health Education?
4. Is there any correlation between Evaluating Results and Collection of Data?

What is Evaluation?

Evaluation is the process of finding out whether or not the stated teaching objectives and learning of skills have been achieved. In your classroom evaluation, you probably give tests or quizzes to your students after which you score and grade them.

Classroom evaluation should go beyond giving grades to tests. You should be able to describe your students behaviours or characters. In other words, evaluation is a process which uses measurement to collect information on student's performance.

Recommendations

Although schools can play a major role in improving physical education activity among the nation's children, school alone cannot implement the changes across systems that will be required to foster a health and educated future generation. The involvement of many more institutional players and supporters will be necessary to make and sustain the needed changes.

Hence, district and school administrators, teachers and parents should advocate for and create physical activity that fosters and provides access in school environment to at least 60 minutes per day of vigorous or moderate intensive physical activity.

School districts should provide high quality curriculum physical education during which students should spend at least half percent of the class time engaged in vigorous or moderate-intensive physical activity. Students should engage in additional vigorous or moderate intensive physical activity throughout school day through recess, dedicated classroom physical activity time and other opportunities.

The researcher after thorough search warn readers of this paper and the general public on their Health ground sake, that despite the large role that alcohol played in the economy of a particular country, their use presently with its effect on a serious personal ground and with the social consequence, people involve should ignore or reduce it completely for the following deep-seated reasons that will result to their detriment and social wellbeing. Such are:

- Automobile accidents
- Jails
- Crime
- An increase work load and cost of money place by the hospital bill
- Welfare agencies innumerable problems accrue from your alcohol addiction you have cause to your children and families if not avoid or stop.

The only general advise is that young people should be play under the influence of alcohol which will display their normal personality in future.

Conclusion

Teachers and parents should help all children reach their intellectual, social, emotional and physical potentials. The role of movement for young children is key in meeting this

challenge (Boom, 2007 p. 147) just as Boom says, it is imperative that we include more development, physical education and physical activity in the daily lives of children across the country. The researcher suggested one of the best ways to include these things in the lives of children, is through vigorous developmentally appropriate physical education in schools, cutting Physical Education programmes to increase time for one subjects is not the answer.

Although, on searching, we discover many people take alcohol to relax and to socialize, others use it as a means to escape from their problems or for other difficult psychological reasons. Young people and adult men sometimes start drinking as a result of giving in to social pressures or because of a desire to remain young for life with the group to belong. What people who drink want is the approval of their friendship in that particular group, they fear that if they do not drink, they will not be recognized or accepted. But, the effect which may truly bring serious problems from alcohol addiction and eventually fall the victim into harmful sickness, that is why we must succumb if we love ourselves.

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