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The Context of Physical Education and Health Self-Instructional Modules

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Abstract

This study specifically aimed to address Students at Risk of Dropping-Out (SARDO) and for the whole MAPEH students and served as a guide for teachers in constructing the self-instructional modules (SIMs) for Grade 10 MAPEH students. It was conducted in the Division of La Carlota City for the school year 2021-2022. It employed the descriptive method of research. The respondents of the study were all teachers teaching MAPEH subjects. The researcher used the developmental research approach outlined in Phase 1. Design, 2. Produce, and 3. Evaluate. The academic

performance of Grade 10 students in PE and Health shows an improvement in the grades and resulted in closely approximately mastered. While on the result of the least learned skills showed that there were factors contributing to students' performance specifically in Physical Education. The result of the evaluation assessed by the validators on Grade 10 SIMs were all rated as passed. It is recommended that an instructional module on Physical Education and Health Education should be implemented to address the identified weakness of the respondents.

Keywords: Physical Education, MAPEH, SARDO, Mean Percentage Score (MPS)

Introduction

Music, Arts, Physical Education, and Health (MAPEH) is designed for secondary students as a means of understanding varied phases of human existence in a more than practical sense. Hence, the course carries a variety of activities, new ideas, and updated information that are planned, organized, and developed faithfully for an interesting and balanced MAPEH program. Every component of MAPEH is divided into units of lessons to emphasize their salient topics. Its components are taught in the school curriculum because music and arts encourage brain development and physical education and health encourage one to look after their body through regular exercise and a healthy lifestyle Westbrook, (2010) as cited by Peña and Peña (2014).

Junior high school students at risk of dropping out are prevalent in MAPEH subjects and are a problem that affects the academic performance of secondary schools. Several factors are affecting the students' performance. Some are home, school, teacher, and students factor and it resulted in a high failure rate in school, therefore the purpose of this study is to identify and correlate the factors affecting students' academic performance in MAPEH specifically in the components of Physical Education and Health of Grade 10 students in the school year 2019-2020 in the Division of La Carlota City. The study would contribute towards unraveling the significant determinants of students' performance that need to be addressed. This would also serve as a guide for teachers in constructing the self-instructional modules (SIMs) for Grade 10 MAPEH students to address students at risk of dropping out (SARDO) and for the whole MAPEH students as a whole, and future physical educators and practitioners for the improvement in the quality of physical education program.

Statement of the Problem

1. What is the result of the Division Unified Test (DUT), Item Analysis, Mean Percentage Score (MPS), and Least Learned Skills (LLS) Grade 10 students in the Division of La Carlota City?
2. What is the result of the Evaluation Rating Sheet of Grade 10 Self-Instructional Modules (SIMs) in Physical Education and Health in the Division of La Carlota City in terms of content, format, presentation, organization, and accuracy, and up-to-datedness of information?
3. What is the result of the developmental research approach in terms of Phase 1: Design, Phase 2: Produce, and Phase 3: Evaluate
4. After the findings of this study, what instructional module can be recommended for the Grade 10 MAPEH students on Physical Education and Health Education?

Scope and Limitation of the Study

The concentration of this research exclusively referred to all teachers teaching MAPEH subjects in the Division of La Carlota City. The main focus of this study was the set of Grade 10 Self Instructional Modules (SIMs) in Physical Education and Health which was developed by the researcher and was validated by the experts during the school year 2021-2022. It was limited to the SIMs components such as; objectives, recall/content, practice test, and Test Yourself or evaluation activities. Also, this study was limited to the evaluation rating sheet for print resources according to the following factors; content, format, presentations and organization, and accuracy and up-to-datedness of information.

The K to 12 Physical Education (PE) Component

One of the most challenging subjects that a secondary school teacher instructs is, MAPEH. Besides having four components, it does focus on the holistic development of the child. From discovering future athletes, dancers, actors and actresses, doctors and nurses, the teacher also has to discover future singers and musicians. Hence, these MAPEH teachers have to perform multifarious functions to bring out the best in the students (Gantan, 2015).

Also, Hickson (2016) mentioned that quality physical education programs can promote the holistic development of students that no other school curricula can. A well-structured physical education program can enhance and improve the movement proficiency and self-concept of students, thereby promoting the chances for life-long involvement in physical activity and, ultimately, better health.

Moreover, MAPEH teachers are affected by their performance in teaching, especially in the rules and regulation of games, as well as the terms used in games, not only in P.E. but also in all components of MAPEH subjects. Some of these are the skills on how to use musical instruments, how to apply first aid, and how to use materials and equipment correctly.

On Academic Performance of MAPEH Students

Education should become a fun and thrilling activity rather than a burden and boredom. This education view should apply across all the disciplines contained in the curriculum, one of which is the MAPEH program. The importance of MAPEH education has been recognized since its first appearance in the educational system. MAPEH which stands for Music, Arts, Physical Education, and Health has a great implication for people's way of living. At the very least, music and arts provide an outlet for relaxation. Physical Education teaches the importance of keeping the body active and moving. Health helps to teach one how to stay well and things that they should not do to avoid unwanted medical conditions (Abcalen, 2015).

Educators, trainers, and researchers have been exploring factors that contribute to effectively addressing the performance of learners. Many factors can affect a student's quality of academic performance may it be inside or outside the school premises. These factors may be termed student factors—family factors, school factors, and peer factors (Crosnoe, Johnson & Elder, 2004).

On Grade 10 Self-Instruction Modules (SIMs)

As Salandanan (2011) explained, instructional materials

offer the best means by which a teacher can provide direction in her students' daily search for new understandings and verifications. Even the best teachers trained in the latest teaching methods, well-informed about facts, and aware of the goals of education can fail in planning and implementing a course if she is not equipped with appropriate instructional materials. Knowledge of how to develop a course syllabus, a teaching unit, or a simple learning activity can undoubtedly enhance her competence in communicating to the students the coverage and sequences of the content to be taken up. One such instructional material is the self-instructional module.

Methodologies

In this study, the developmental research approach for instructional technology was used, in which the research was combined in the development process (Ritchey, 1997). Throughout the study, the principles of developmental research were followed (Wang & Hanafin, 2005).

Sampling Technique

This study used a complete enumeration, which means a complete count. It was known as a population survey and complete enumeration survey. Under the census survey, the information is collected from each unit of the population or universe.

Data Gathering Instruments

The researcher utilized the Item Analysis (Form 001) to draw the least learned skills in Physical Education and Health Education obtained during the third quarter Division Unified Test from the Division of La Carlota City. The result of the least learned skills was the basis of competencies to be used in the Self-Instructional Modules. The SIMs were designed to utilize by the Grade 10 MAPEH students. The tool used for evaluating the instrument was the Evaluation Rating Sheet for Print Resources developed by the Learning Resources Management and Development System (LRMDS) which provides the extensive technical basis for assessing, adapting, developing, and producing quality localized learning and teaching resources materials for students and instructional support materials for teachers evaluated by experts of the field.

Conclusions

The result of the study shows that the level of academic performance of Grade 10 students in PE and Health in the Division Unified Test was closely approximately mastered and there was an improvement in the grades of selected students after the implementation of the modular instruction. There were several factors contributing to students' performance specifically in PE after collecting the result of the item analysis (Form 001) from each MAPEH teacher during the 3rd quarter DUT.

The least learned skills in the 3rd quarter DUT also shows that there were factors contributing to students' performance specifically in PE. On the other hand, competency in Health Education results that knowledge of the subject is not a big issue but the skills in the application and in transferring knowledge to the students greatly affect the performance of the teachers.

The assessment of validators of SIMs in PE and Health resulted as passed or acceptable across all factors, which means that it was suitable for the student's level of

development. The scope, range, and depth of content and topics were appropriate to the target audience's learning needs, and the level of difficulty fit the intended target audience's age and stage of learning.

In terms of format, the resource varies on the print specifically on the size of letters that was appropriate to the intended user, spaces between letters and words facilitate reading, the font was easy to read, and printing was of good quality.

In terms of presentation and organization, the resource presentation was engaging, interesting, and understandable. There was a logical and smooth flow of ideas. The logic of the presentation of ideas was clear and evident to the target user.

In terms of accuracy and up-to-datedness of information, there were no conceptual errors, and the presentation of content did not lead to the development of misconceptions or misunderstandings. No factual error was found and the presentation of factual content was accurate and up-to-date.

Recommendations

Human Resources Development Division (HRDD) Senior Education Program Supervisor would design training programs and seminar workshops on the latest trends in creating modules and the utilization of instructional materials.

The Education Program Supervisor would provide in-service pieces of training on the different approaches and strategies for utilizing the instructional modules.

MAPEH Department Heads and School Heads would support and spearhead the training and seminar workshop in completing the self-instructional modules in all the components of MAPEH. Provide good facilities, equipment, and materials in enhancing their teaching strategies.

MAPEH Teachers would be updated on the new normal modalities amid the COVID-19 pandemic in teaching MAPEH subjects in secondary school. They would supplement all their skills and competencies to become effective in their field of teaching.

Grade 10 Students would realize that the self-instructional modules were designed to enhance their skills and knowledge in MAPEH subjects, and help improve their academic performance.

Parents would know the strength and weaknesses of their children and realize the role they played to ensure their children would obtain good grades.

Future Researchers would contribute and use the results of the study for their reference in their future studies.

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