FREQUENCY OF PHYSICAL EDUCATION TEACHERS REFERRING TO NPE, APE, CPE, AND EPE IN IMPLEMENTING THE FORM FOUR PHYSICAL EDUCATION CURRICULUM (PHYSICAL FITNESS)

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Purpose: The purpose of this research is to identify the frequencies of Physical education teachers referring to the National Philosophy of Education (NPE), Aims of Physical Education (APE), Objectives of Physical Education (OPE), Content of Physical Education Curriculum (OPE) and Evaluation of Physical Education (EPE) aspects while implementing the Malaysian Form 4 Physical Education curriculum (Physical Fitness); to identify the extent to which Physical education teachers refer to NPE, APE, OPE, CPE, and EPE aspects; and to identify any significant difference between these aspects.

Method: This study used a survey method. Questionnaire is the instrument to collect data related to Physical Education teachers referring to NPE, APE, OPE, CPE, and EPE aspects.

Result: The level of frequencies of teachers referring to all aspects (NPE, APE, OPE, CPE, EPE) is moderate. From that, the level of frequencies of teachers referring to the NPE (M=4.38; SD=.57) is moderate. Meanwhile, the level of frequencies of teachers referring to the OPE (M=4.30; SD=.65) is moderate. Beside that, the level of frequencies of teachers referring to the APE (M=3.10; SD=.79) is moderate. There are no significant differences between teaching experiences and the level of frequencies of teachers referring to all aspects related to NPE, APE, OPE, CPE, and EPE [F(4,45) = 1.038, p > .05].

Conclusion: The objectives and content of Physical Education are two aspects that the teachers have to consider while implementing the Form 4 Physical Education curriculum (Physical Fitness) in secondary school. The Objectives and Content of Physical Education are very important in assisting teachers to make good preparation for the process of teaching and learning of Physical Education.

Keyword: Physical Education; Implementation of Physical Education Curriculum.

STUDY ON THE INFLUENCE OF MEANS OF THE BASIC GYMNASTICS IN DEVELOPING QUALITIES OF FORCE TO STUDENTS OF CLASS VIII

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Physical activity is recommended throughout life, as a factor in maintaining good health status. During school life, this is done in physical education classes in an organized manner. Gymnastics in school offers many means available for a specialist, by which contribute to the proper development of students in secondary stage. In our study, we wanted to see if it is possible to improve the indices of force by using means of general physical development programs.

Theoretical concepts: The development of children during school years is a natural process, but this can be improved if it is controlled permanently. Therefore, study programs provide a variety of disciplines in the physical education program to ultimately ensure the development of mental, intellectual and physical development of children. Physical education development is the subject of several disciplines, but physical education comes natural to build, virtually, the results of this scientifically. Practice has confirmed that the gymnastics in school, with its peculiarities may be a good foundation for the process and improve motor skills in children. For best performance of the motor acts is necessary that these motor acts must be optimized.

Purpose: In our study we tried to see how we can improve the indices of force to boys who are in the first class gymnasium, by systematic practice of the basic means from gymnastics, i.e. the general physical development program.

Research methods: To give our study a scientific character, we used several methods of research development, specialized practice areas such as testing method, statistical data processing method and plotting method.

Results: The results of the experimental group are significantly better than those obtained from the control group. These results indicate a very good trunk muscle tonus, a fact very important for the posture attitudes in this period of age.