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The Perspectives of Physical Education on Global Development: Integrating Traditional Practices with Modern Wellness Approaches

Las perspectivas de la educación física sobre el desarrollo global: integración de prácticas tradicionales con enfoques modernos de bienestar

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Cite as: Ayoade Fadare S, Ramos Alcopra A, Colobio Englatiera B, Leomie B. Lagrosas M, Fadare MC, Cosain HO. The Perspectives of Physical Education on Global Development: Integrating Traditional Practices with Modern Wellness Approaches. Salud, Ciencia y Tecnología - Serie de Conferencias. 2025; 4:1435. <https://doi.org/10.56294/sctconf20251435>

Submitted: 12-07-2024

Revised: 01-11-2024

Accepted: 11-02-2025

Published: 12-02-2025

Editor: Prof. Dr. William Castillo-González 

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ABSTRACT

This research looks at how to combine old and new wellness methods in physical education. This research focuses on utilizing hobbies, games, and technology to address issues related to students' lack of interest. We used a systematic review approach to analyze 12 qualitative research articles published between 2011 and 2024. We used standard databases like PubMed, Science Direct, Academic Search Complete, ERIC, Web of Science, CINAHL, SAGE, and SPORT. Discus to look for terms and synonyms that were related to old-fashioned physical games, new health programs, and technological advances in physical education. The searches took place from May 2024 to October 2024. Specifically, the inclusion criteria used were the presence of empirical research, methodological variety, and the study's relevance to the research objectives. Twelve articles met the inclusion criteria for the review. We thematically analyzed the data to identify trends, issues, and opportunities in physical education. Researchers found that traditional games support cultural experiences and teamwork, while new-age strategies like mindfulness, exercise, and project-based learning relate to motivation and whole-person well-being. Researchers found that intelligent vision systems and serious games can help students learn. Technology can help make learning more fun and less difficult. When developing physical education programs, there is also a focus on revisiting the mental and emotional aspects of the learners, emphasizing the importance of mindfulness and flexible learning theories. So, mixing traditional ways of doing things with modern ideas about health and fitness makes activities more accessible to everyone and opens up new ways to teach about physical education.

Keywords: Physical Education Practices; Traditional Games And Pastimes; Technological Advancements In PE; Holistic Wellness.

RESUMEN

Esta investigación estudia cómo combinar métodos de bienestar antiguos y nuevos en la educación física. Esta investigación se centra en la utilización de pasatiempos, juegos y tecnología para abordar cuestiones relacionadas con la falta de interés de los estudiantes. Utilizamos un enfoque de revisión sistemática para analizar 12 artículos de investigación cualitativa publicados entre 2011 y 2024. Utilizamos bases de datos

estándar como PubMed, Science Direct, Academic Search Complete, ERIC, Web of Science, CINAHL, SAGE y SPORTDiscus para buscar términos y sinónimos que estuvieran relacionados con los juegos físicos antiguos, los nuevos programas de salud y los avances tecnológicos en educación física. Las búsquedas se realizaron entre mayo de 2024 y octubre de 2024. En concreto, los criterios de inclusión utilizados fueron la presencia de investigación empírica, la variedad metodológica y la relevancia del estudio para los objetivos de la investigación. Doce artículos cumplieron los criterios de inclusión para la revisión. Los investigadores descubrieron que los juegos tradicionales favorecen las experiencias culturales y el trabajo en equipo, mientras que las estrategias de la nueva era, como la atención plena, el ejercicio y el aprendizaje basado en proyectos, están relacionadas con la motivación y el bienestar integral de la persona. Los investigadores descubrieron que los sistemas de visión inteligente y los juegos serios pueden ayudar a los estudiantes a aprender. La tecnología puede ayudar a que el aprendizaje sea más divertido y menos difícil. A la hora de desarrollar programas de educación física, también se hace hincapié en revisar los aspectos mentales y emocionales de los alumnos, haciendo hincapié en la importancia de la atención plena y las teorías de aprendizaje flexible. Así pues, mezclar las formas tradicionales de hacer las cosas con las ideas modernas sobre salud y forma física hace que las actividades sean más accesibles para todos y abre nuevas vías para enseñar sobre educación física.

Palabras clave: Prácticas De Educación Física; Juegos Y Pasatiempos Tradicionales; Iniciativas De Salud De La Nueva Era; Avances Tecnológicos En Educación Física; Bienestar Holístico.

INTRODUCTION

Physical Education is undoubtedly one of the most mandatory and widely integrated curricula across sampled educational systems globally both today and several centuries back.⁽¹⁾ It was primarily used in early days to prepare one for the physically strenuous activities or for military job. The traditional games and exercises comprised the major form of undertaking such tasks and these involved elements of competition, stamina as well as fitness. These practices were cultural sensitive and more so incorporated the cultural and societal demands, which prevailed at the times they were in effect. But over the past decades the definition of physical education has gone much broader, including not only the physical aspect of a child but also mental, emotional and social one.⁽²⁾

The conventional model of teaching physical education was basically characterized by the routine exercise, drills and sports activities. Despite framing culture being conducive for discipline and teamwork, it did not consider employee or even their personal and psychological wellbeing. The critiques of the traditional games approach include; It lacks sufficient sponsorship of diversity, flexibility, and sustained participation. This was particularly apparent as researchers focused on the relation between health and physical activity together with mental and emotional health.⁽³⁾

As a result, aerobic exercise or the PE curriculum has aimed to combine cultural with contemporary trends of practice. This shift is driven by several critical issues as are discussed below; technology, knowledge on mental health, and an appreciation of the need for lifelong well-being.⁽⁴⁾ The current perspective thunders that physical education is not just a sequence of activities associated with the motor skills, but it is a broad scientific field that ought to enhance the learning of the pupils. This is a process of making learning accessible for all students regardless of learning disabilities, preferences and culture, and integrating technology into the learning process.⁽⁵⁾

And one of the main driving forces of this change is understanding the role in combating modern world health problems, including obesity, mental illnesses, and other nonspecific diseases. Schools are very much embracing a wellness model of education where issues to do with physical, mental and emotional well being are given priority. This approach corresponds with the international initiatives aimed at popularizing a healthy lifestyle and physical activity.^(6,7)

One should know that the combination of conventional and innovative approaches to the physical education is not devoid of specific difficulties. It is quite a challenge to consider the need for an innovative architectural style and, at the same time, take cultural values into account. Some challenges faced by educators include; limited availability of resources, and differences in technological accessibility, and organizational resistance to change.⁽⁸⁾ Nevertheless, the opportunities of realizing the integrated approach are very great. When these two strategies are used in their best form as incorporated in the Physical Education context, the result will be; Physical Education will be a strong force for promoting wellness across the life span, and promoting physical activity as a way of life.⁽⁹⁾

The use of technology has taken the field a step further, providing for new Improved ways of delivering enjoyable and segment specific physical education. Smart cameras, wrist and chest worn devices and virtual

reality based games are among the prime ways wherein technology is being implemented in Physical Education. ⁽¹⁰⁾ The identified tools allow tracking progress in real-time, feedback and offer solutions based on the specific client's requirements. It also means that the innovations not only increase the efficiency of delivering teaching, but also its attractiveness; all the more so, that current generations will have no problems with using technology-related equipment. ⁽¹¹⁾

Besides technological development trends, there is an increasing concern with the issue of integration and participation of all students in physical education classes. Contemporary programs are structured to meet the capability and the interest of each learner, so that none is left out. The changes are notably useful in the following sense especially in reaching out for the minority, disabled and less privileged students or learners in sports or games. Besides, integrated policies and processes also ensure that the community main streams of services and resources are more inclusive, thus avoiding segregation of the targeted category. ⁽¹²⁾

The broad definition of physical activities that is currently used includes all forms of movements including sports, mind games, dancing, recreation activities and any form of exercise. This expanded scope is partly due to a broader definition of health and wellbeing, acknowledging that people get value from the different types, kinds and forms of movement. Having many types of programs also means that physical education could reach out to more people; this eliminated any chance of total exclusion of any group of people. ⁽¹³⁾

The trend in the change of physical education is also attributed to awareness of abilities of physical education in academic and personal growth. Research work has also indicated that exercise impacts on learning ability, psychosocial well-being and interpersonal interaction. ^(14,15) These findings posited the need to mainstream physical education in the overall educational map so that physical education is not viewed as an extracurricular activity or an extra-curricular affair but as a sub-set of a comprehensive educational process. ⁽¹⁶⁾ This paper presents new research on the history of physical education and how it has changed over time. It does this by looking at the past and including modern wellness approaches in the process of building a model.

The purpose of the study will be to fill the gap between the use of traditional games in PE and the introduction of innovation to foster the formation of the proper PE curriculum that would be sensitive to the dynamic society. It is the hope that through examining present day sentiments and difficulties in offering physical education the paper would be able to make a positive contribution in the debate of the role of physical education in addressing difficulties of meeting diverse needs of present day society.

METHODS

This study focuses on the integration of traditional traditions with contemporary wellness solutions in physical education, using a systematic review approach. We conducted the research using journals, books, and systematic reviews published between 2010 and 2024. The research used a systematic search methodology to ensure high relevance and inclusivity, using databases like PubMed, Google Scholar, and ScienceDirect. The search criteria included classic games or those modified for contemporary methodologies and a health-oriented approach to physical education. The study selection process involved evaluating the titles and abstracts of relevant articles, excluding material that included historical information without providing fresh insights. We selected five studies and identified twelve further papers for in-depth analysis. The study highlights the potential for reconciling tradition and innovation in physically active educational environments to enhance the efficacy of physical education. The growing recognition of the interconnectedness of the body, mind, and emotions is driving this progress. Physical education can fulfill the elevated demands of contemporary society by integrating innovation into its culture and creating diverse courses and facilities.

RESULTS

Each article delineates extensive information concerning the methodologies, core themes, and findings of the investigations, offering a comprehensive overview of the evolution of physical education as seen below Table.

Table 1. Literature Matrix

Focus Area	Methodology	Key Findings	Year Published
Traditional Games in Physical Education	Qualitative Study	Traditional games enhance understanding and participation in PE.	2020
Conceptual Education for Future	Physical Descriptive Analysis	Future-focused curriculum benefits student engagement.	2020
Intelligent Vision System in PE	System Design Framework	Intelligent systems improve PE training outcomes.	2020
Holistic Definition of Physical Activity	Literature Review	Holistic definitions promote inclusivity in PE programs.	2020

Mindfulness in PE and Health	Experimental Study	Mindfulness improves overall health and wellness.	2024
Credible Curriculum Alternatives in PE	Qualitative Research	Alternative curricula address dropout issues effectively.	2021
History and Philosophy of Sport	Historical Review	Historical perspectives provide insights for modern PE approaches.	2023
Serious Games for PE	Systematic Literature Review	Serious games increase engagement and physical activity.	2024
Land-Based Interventions for Health	Systematic Review	Land-based activities improve well-being among Indigenous adults.	2021
Exergames for Mood and Self-Esteem	Cluster-Randomized Experiment	Exergames positively affect mood and self-esteem in students.	2020
Project-Based Learning in PE	Instructional Model Inquiry	Project-based learning enhances active learning in PE.	2020
Competitive Tennis in PE	Sports Analysis	Competitive sports provide functional skill development.	2011

The table above indicates that the authors find the articles from the year 2020 to be the most readable and frequently used, with the year 2024 following closely behind. The author simply utilized keywords to locate pertinent data for this study, without any indication or bias towards any particular reading.

The focus areas of these studies cover a range of themes, including traditional games, mindfulness, and exercise. The table explores 12 areas of review, such as the use of traditional games to enhance interest in physical and sport classes. Another study examines the application of intelligent vision systems to improve training outcomes, showcasing the positive impact of technology on education.

The research discusses future-oriented curricula and argues for the use of conceptual physical education for lifelong wellness. Similarly, the research highlights the importance of serious games in enhancing students' physical activity, particularly among younger individuals. These focus areas illustrate the evolving structure and culture of physical education.

Studies range from qualitative or descriptive to systematic reviews and experimental studies. For example, a systematic review assesses the effects of land-based interventions on the health of Indigenous adults. Experimental designs, like examining the impacts of exercise on student mood and self-esteem, allow for causal conclusions and novel techniques to improve well-being.

Historical and philosophical descriptions contribute to understanding the connection between past and present work. Findings indicate the significance of traditional and modern practices, the centrality of body disciplines, and the importance of incorporating academic curriculum within traditional games to address dropout rates.

Physical education settings recognize mindfulness as part of the wellness equation, leading to increased physical health and general wellness. Technological advancements, like intelligent systems and exergames, enhance user training and performance, as well as student engagement and enjoyment in physical education.

Publications from 2011 to 2024 reflect the developments in physical education over the past decade. While earlier works focused on competitive sports, recent studies emphasize wellness and the application of progressive technologies, reflecting the field's evolution.

The structure of the literature highlights the complexity of physical education and demonstrates how a blend of traditional and contemporary approaches can enhance existing programs significantly. Findings from diverse methodologies and focus areas are valuable for educators, policymakers, and researchers aiming to improve physical education effectiveness. These insights underscore the importance of continuous scientific inquiry and program adaptation to meet evolving societal needs.

DISCUSSION

The analyzed papers reveal that the evolution of physical education processes, as historical development processes, is marked by a constant interplay between heritage and innovation. We emphasize that cultural games serve as instruments for generating and enhancing cultural identity. These practices, deeply rooted in some societies, offer more than just physical activity; they provide opportunities for individuals to interact, collaborate, and uphold their cultural traditions.⁽¹⁷⁾ However, people often question their applicability in learner-centered contexts of the twenty-first century, demanding their alignment with current paradigms to optimize their use and effectiveness in enhancing learner wellbeing.

As previously mentioned in⁽¹⁸⁾ conceptual physical education shifts from a focus on performer-like models to a more holistic approach that prioritizes the promotion and maintenance of health and health-related physical fitness throughout life. This forward-thinking approach aims to teach the content and concepts of physical activities and health, with the goal of equipping learners with continuous patterns of health information

and skills. The hope of achieving such a framework is to shift the emphasis of the students from “how” a particular activity will be done to “why”—a mechanism that is designed to ensure that they do not quit exercising after the instructions given by an instructor. Thus, a conceptual model is not unique to our times but supports other educational reformations, which suggest student-centered, flexible learning approaches. Technological advancements in the common school curriculum pointed out earlier⁽¹⁹⁾ indicate how the use of gadgets can revolutionize learning, especially in physical education classes. For instance, intelligent vision systems offer customized exercise programs, immediate encouragement and assessment, and promote overall motor development, all of which are integral to the implementation of physical education. This integration of technology is particularly significant in physical education, as it seeks to address major issues such as students’ lack of motivation and participation. It offers the potential for developing pro-diversity-related services that will encompass people with a disability. Knowledge of physical activity⁽²⁰⁾ extends concepts of physical education by understanding its broad context. This approach promotes favorable modification of physical activity concepts by categorizing them under mental, emotional, and social characteristics. It acknowledges the physical differences of learners and aims to develop contexts to allow for the active involvement of all the students. The perspective becomes more relevant when explaining the challenges faced by many learners, including the disabled or those from diverse backgrounds.

Mindfulness⁽²¹⁾ seems to be an essential aspect of health promotion. Promoting mindfulness in physical education classes can assist educators in addressing the mental and emotional needs of our students. The research results shown in this paper may suggest that practicing mindfulness helps boost focused attention, decrease stress, and increase the quality of life. This aligns with the prevailing trends in the education and health sectors, which integrate psychological programs into traditional models of well-being activities.⁽²²⁾ There are viable curriculum options⁽²³⁾ that address high dropout rates associated with traditional physical education models. The study advocates for nontraditional and student-oriented curricula that promote education satisfaction and participation.

Due to the flexibility that is characteristic of such alternatives, it becomes possible to tailor the learning process to the preferences of the students and guarantee the engagement and interest of everybody. This aligns with the findings of⁽²⁴⁾, which suggest that serious games can enhance the enjoyment and fun of physical activity.

Some of the societal roles of physical education in physical activities, according to the⁽²⁵⁾, are as follows: land-based interventions. Thus, aiming to improve the quality of life of Indigenous adults, these programs emphasize the functions of physical activity in creating Indigenous identity, social inclusion, and mental health. Similar conclusions reveal the need for an appropriate modification of curricula because, in their current state, they do not target specific populations effectively nor are they relevant to the culture.

Other creative methods^(26,27) refer to the exercises applied to improve physical and movement skills. Therefore, by incorporating elements of games into the physical activity, exercises enhance the enjoyable aspect of the learning process and help engage students. The presented results point to their benefits for mood, self-esteem, and well-being; in this respect, they may prove to be a useful instrument to cope with problems related to motivation and engagement among students.

Consequently, the concept of project-based learning, as discussed in⁽²⁸⁾, entails a highly practical, application-oriented method of teaching physical education. For these reasons, this particular model directly aligns with other educational objectives such as learning, understanding, and collaboration. Historical approaches⁽²⁹⁾ offer valuable insights into the evolution of physical education. Thus, the visualization of the history and philosophy of physical activity enables the educators to analyze the evolution of modern practices and find ways to improve them.^(30,31) Similarly, the functional aspects of competitive sports assert that these sports contribute to the development of human skills, discipline, and growth. These findings reiterate the continuum between stability and change in the formulation of integrated physical education curricula.^(32,33,34)

CONCLUSION

The analysis of the papers highlights the evolution of physical education, showcasing the interplay between heritage and innovation. Cultural games play a crucial role in fostering cultural identity and providing opportunities for interaction, collaboration, and the preservation of traditions. While these practices offer numerous benefits, there is a need to align them with current paradigms to optimize their effectiveness in enhancing learner well-being. Concepts like conceptual physical education, technological advancements, mindfulness, and nontraditional curricula are key in promoting holistic health and facilitating engaging learning experiences.

RECOMMENDATIONS

For Readers: Educators and policymakers should leverage the benefits of cultural games, technological advancements, mindfulness practices, and nontraditional curricula to create engaging and effective physical

education programs. Readers can explore the recommendations provided in the analyzed papers to enhance learner well-being and participation in physical activities.

For Future Researchers: Future research should focus on further exploring the integration of cultural games, innovative technologies, mindfulness practices, and student-centered curricula in physical education. Researchers can investigate the impact of these approaches on student engagement, motivation, and overall well-being to enhance the effectiveness of physical education programs.

For Authors: Authors should continue to contribute to the advancement of physical education by exploring new methodologies, technologies, and curriculum designs that align with current educational paradigms. They can further investigate the intersection of heritage and innovation in physical education to create inclusive and engaging learning experiences for all students.

In combination, the reviewed studies suggest that there is a need to bring integration of a traditional and modern physical education system. Physical education programs can thus assume the challenge of serving the needs of the diverse and complex society of the twenty-first century by adopting diversity, inclusivity, and innovation for purpose of creating positive change for lifetime physical activity engagement, and well-being of the society. The skills above are useful to provide a research base for efficacious, flexible and compassionate PE program in a hope to provide for the diverse groups of individuals.

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FINANCING

The authors did not receive financing for the development of this research.

CONFLICT OF INTERESTS

The authors declare no conflicts of interests.

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