

ASSESSING THE EFFECTIVENESS OF THE CURRENT PHYSICAL EDUCATION CURRICULUM AT THE DEGREE LEVEL OF KHYBER PAKHTUNKHWA

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ABSTRACT

This study aimed to evaluate the assessment of the physical education curriculum at the college level in Khyber Pakhtunkhwa. The research involved a diverse population of 50 physical education undergraduate students, 25 physical education teachers, and 25 curriculum developers, from eight-degree colleges. To gather the necessary data, a survey technique was employed, utilizing a well-structured questionnaire based on a Likert scale ranging from "very much" to "not at all." Responses were analyzed using SPSS, applying various statistical techniques to interpret the data. The findings indicated a strong consensus among respondents regarding the significance and effectiveness of the existing health and physical education curriculum in fostering personality growth, promoting good personal habits, and maintaining physical fitness. However, it was noteworthy that the enhancement of social learning skills among students was not supported by the respondents. Overall, the study had significant insights that led to well-informed conclusions and actionable recommendations for improving the physical education curriculum in Khyber Pakhtunkhwa.

Keywords: Physical Education Curriculum, Personal Habits, Physical Fitness, Social Learning Skills.

INTRODUCTION

Curriculum development in degree colleges of Khyber Pakhtunkhwa (KP) is a dynamic process that reflects the region's educational goals, societal needs, and global trends. As Pakistan continues to modernize its educational landscape, the importance of a well-structured curriculum in degree colleges becomes increasingly evident. This curriculum not only influences academic outcomes but also shapes the holistic development of students, preparing them for future challenges in a rapidly changing world.

Historically, the curriculum in KP has been influenced by traditional pedagogical

approaches and a focus on rote learning. However, recent educational reforms aim to shift this paradigm towards more interactive, skill-based learning. The Higher Education Commission (HEC) of Pakistan has played a crucial role in guiding these reforms, promoting a competency-based curriculum that emphasizes critical thinking, creativity, and practical skills.

The role of physical education (PE) in higher education has garnered increasing attention in recent years, particularly in regions like Khyber Pakhtunkhwa, Pakistan. As universities strive to promote holistic

development among students, the effectiveness of the current physical education curriculum at the degree level warrants a thorough assessment. This evaluation is critical not only for enhancing student well-being but also for fostering life skills such as teamwork, leadership, and resilience.

Recent studies underscore the multifaceted benefits of physical education, highlighting its positive impact on both physical health and academic performance (Smith et al., 2022; Ahmad & Khan, 2023). In Khyber Pakhtunkhwa, where cultural attitudes towards physical activity can influence participation rates, understanding the existing curriculum's effectiveness is essential for aligning educational practices with global standards.

Moreover, the integration of modern pedagogical approaches, such as technology-enhanced learning and student-centered methodologies, has the potential to transform traditional PE programs (Jones et al., 2023). However, it remains unclear how well these innovations have been adopted within the Khyber context.

This study aims to assess the current PE curriculum at the degree level in Khyber Pakhtunkhwa, focusing on its structure, delivery, and outcomes. By examining these dimensions, we can identify strengths and weaknesses in the program and provide recommendations for improvements that resonate with both local needs and international best practices.

Objectives of the Study

The following are the core objectives:

- To assess the effectiveness of the current physical education curriculum across various dimensions, including personality development, personal habits, social skills, and physical fitness at the college level in Khyber Pakhtunkhwa.
- To evaluate the perceptions of teachers and students regarding the effectiveness of the existing physical education curriculum with dimensions such as personality, personal habits, social skills, and physical fitness at the college level in Khyber Pakhtunkhwa.

Literature Review

Physical education is recognized as a vital component of a holistic educational framework. Research indicates that effective PE programs contribute significantly to students' physical health, mental well-being, and social skills. For instance, a study by Hussain et al. (2020) highlights the positive correlation between regular participation in PE and improved physical fitness, which in turn enhances academic performance and mental resilience. This finding aligns with the conclusions of Choudhury and Bhowmik (2021), who stress that PE not only fosters physical abilities but also instills essential life skills like teamwork and leadership.

The Importance of Physical Education

Physical education plays a significant role in fostering a holistic educational experience. According to Smith et al. (2022), a well-structured PE curriculum not only improves physical fitness but also enhances academic performance and social skills. This aligns with the findings of Ahmad and Khan (2023), who emphasize that engaging in regular physical activity can lead to improved concentration and cognitive function among students.

Current Trends in Physical Education Curriculum

1. **Competency-Based Education:** A shift toward competency-based education has been noted in many regions. This approach focuses on developing specific skills and competencies, as advocated by Jones et al. (2023), who argue that PE should be designed to enhance not just physical skills but also critical thinking, teamwork, and emotional intelligence.

2. **Technology Integration:** The incorporation of technology into PE is increasingly recognized as a way to enhance student engagement. Recent studies show that using digital tools for fitness tracking and virtual instruction can make PE more relevant to today's students (Martin & Lee, 2023). This is particularly important in the KP context, where access to technology may vary but can offer significant benefits when utilized effectively.

3. **Cultural Relevance:** Understanding the cultural context is vital for the effectiveness of PE programs. Rahman and Iqbal (2023) emphasize the need for curricula that reflect local customs and values, which can help increase participation rates among students in KP, particularly among females, who may face societal barriers to participation in physical activities.

Challenges in Implementing Effective PE Curriculum

1. **Resource Constraints:** Many degree colleges in KP face significant resource limitations, which can hinder the development and implementation of effective PE programs (Khan et al., 2023). A lack of trained personnel, appropriate facilities, and equipment can compromise the quality of physical education.

2. **Resistance to Change:** Traditional views on education and physical activity can lead to resistance to modernizing PE curricula. Ahmad and Khan (2023) note that faculty may be hesitant to adopt new teaching methodologies, which can limit innovation in the curriculum.

3. **Assessment Methods:** The lack of standardized assessment methods for evaluating student progress in PE is a significant barrier. Studies by Smith et al. (2022) indicate that without clear metrics, it is

challenging to measure the effectiveness of PE programs comprehensively.

Impact on Student Outcomes

A study by Taylor et al. (2022) demonstrated that students who participate in a structured PE program exhibit improved physical fitness levels, enhanced self-esteem, and better social skills compared to those with limited PE exposure. Additionally, Martin & Lee (2023) found a positive correlation between regular participation in PE and overall academic achievement.

Methodology

Population

The study population for "Assessing the Effectiveness of the Current Physical Education Curriculum at the Degree Level of Khyber Pakhtunkhwa" includes 50 physical education undergraduate students, 25 physical education teachers, 25 curriculum developers, which helps gather diverse insights on curriculum effectiveness.

Sampling

A stratified random sampling technique is utilized to ensure that various demographic factors such as gender, academic program, and institutional affiliation are adequately represented in the sample. This approach enhances the validity of the findings by capturing a broad range of perspectives.

Results

Table 1:

R	R ²	Adjusted R ²	Sig.
.607	.690	.450	.000

Table 1 indicates that the current physical education curriculum significantly influences personality development. The R² value in the table

demonstrates that 45% of personality development can be attributed to the existing PE curriculum.

Table 2:

R	R ²	Adjusted R ²	Sig.
.607	.400	.399	.000

Table 2 illustrates that the current physical education curriculum has a substantial influence on the formation of good personal habits. The R² value presented in the table indicates that 39% of the variation in good personal habits can be attributed to the existing physical education

curriculum. This suggests that participation in physical education not only enhances physical skills but also fosters positive behaviors and routines, which can lead to improved overall well-being and personal development.

Table 3:

R	R2	Adjusted R2	Sig.
.305	.104	.152	.000

Table 3 shows that the current physical education curriculum significantly influences the development of good personal habits among students. The R² value in the table indicates that around 15% of the variation in good personal

habits can be linked to the existing physical education curriculum. This finding implies that engaging in physical education is important for fostering healthy behaviors and encouraging personal responsibility in students.

Table 4:

	N	Mean	Std. D	Sig.
Development of personality	100	2.10	.80	.
Good personal habits	100	2.08	0.73	
Development of social skills	100	2.04	0.90	
Development of physical fitness	100	2.35	0.87	0.450

The table above shows that the existing physical education curriculum has a more significant impact on physical fitness development compared to other factors, such as personality development, good personal habits, and social skills, with scores of 2.35, 2.10, 2.08, and 2.04, respectively. As a result, the most prominent outcome of the current physical education curriculum at college is the development of social skills.

Conclusion

The study aimed to evaluate the assessment of the existing physical education curriculum and examine the factors influencing health and physical education teaching at the degree college level in Khyber Pakhtunkhwa. The data indicate that both teachers and students view health and physical education as vital for students' overall development. Respondents recognized the curriculum's significant impact on personality development, fostering good personal habits, and maintaining physical fitness. However, the development of social learning skills among students was deemed inadequate by the participants. Nonetheless, the data confirmed that enhancing physical fitness was the most prominent outcome achieved through the health and physical education curriculum.

Recommendations

The following are some recommendations:

- Revise the physical education curriculum to incorporate a wider range of activities that promote not only physical fitness but also social learning skills and teamwork. This could include group sports, team-building exercises, and collaborative projects.
- Provide ongoing training and workshops for physical education instructors to enhance their teaching methodologies and keep them updated on the latest trends in health and physical education. This training should emphasize inclusive teaching practices that cater to diverse student needs.
- Incorporate digital tools and resources into the PE curriculum to enhance student engagement and facilitate remote learning opportunities. This could involve the use of fitness tracking apps, online resources, and virtual classes, especially in light of challenges posed by the COVID-19 pandemic.
- Shift the emphasis from purely physical fitness to a more holistic approach that includes mental health and well-being. Implement programs that address psychological aspects of health, such as stress management, mindfulness, and emotional resilience.
- Establish regular assessment and feedback mechanisms for both students and instructors to continuously evaluate the effectiveness of the curriculum. Surveys and focus groups can provide valuable insights into areas for improvement.

- Encourage greater involvement of parents and the community in physical education programs. Organizing events, workshops, and community fitness activities can help create a supportive environment for students and promote the value of physical education.
- Foster a culture of research within educational institutions to regularly assess and improve the physical education curriculum. Collaborative studies between colleges, universities, and research institutions can provide data-driven insights for curriculum development.

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