



Mini Review

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The Role of Physical Education in Promoting Healthy Lifestyles Among Bimbilla EP College Students: A



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Abstract

Background: Physical education (PE) promotes a healthy lifestyle by providing physical activity, enhancing fitness and developing lifelong health behaviours in young adults. Lifestyle changes are common in college students, with decreased physical activity and poor eating behaviors coupled with increased sedentary behavior and academic stress. These behaviours could lead to the development of obesity, cardiovascular diseases, diabetes, anxiety or other non-communicable diseases. Background This mini review highlights the role of Physical education in promoting healthy lifestyle among college students -Bimbilla E. P. College, Ghana. This review notes that current literature indicates numerous physical, psychological, social and academic benefits of regular involvement in fitness education and sport. It also discusses challenges that constrain student involvement in and offers feasible suggestions to enhance the status of physical education programmes in teacher training institutions. This review proposes that the central elements of enhanced engagement in physical education together compose a means by which high schools can significantly improve students' health, well-being and performance while also preparing future instructors to be champions of healthy lifestyles within their communities.

Key words: Physical education; Healthy lifestyle; College students; Physical activity; Teacher education; Ghana

Introduction

Preventing the development of chronic diseases and ameliorating quality of life through healthy lifestyles is essential. Regular physical activity is a known protective factor for cardiovascular diseases, obesity, diabetes, hypertension and mental health disorders (World Health Organization [WHO], 2022). Nevertheless, a greater physical inactivity was reported among young adults especially among students in higher educational institutions due to academic excess workload, technological innovation and sedentary nature study environments designed for students which all ultimately decreased participation in events with physical activity.

Physical education is an important academic subject that provides students with knowledge, skills, values and attitudes necessary to maintain a lifetime of health. Physical education not only grows physical fitness but also builds team effort, loyalty, personality and mental health, community service skills and healthy lifestyle choices for life-long recreation participation.

The practical aspect of physical education is especially critical for teacher trainees at Bimbilla E.P. College because future teachers are expected to lead by example and be a physical activity advocate among school children. Thus reinforcing the value of physical education programmes in colleges of education will have impact on young people's health but also for health promoting future generations.

Physical Education and Healthy Lifestyle Promotion

The research shows that engaging in PE has significant contributions to cardiovascular endurance, muscular strength, flexibility, body composition and also benefits overall physical well-being [1]. Exercise also improves immune function, decreases the risk to become overweight or obese and improves metabolic health.

Apart from the physical health, physical exercise also has a positive impact on mental well being. Studies have shown that

endorphins and other neurotransmitters which reduce stress, anxiety and depressive symptoms are released when exercising leading to improved mood, attention and self-esteem. Enjoyable and regular participation in sporting or recreational activities often leads to enhanced emotional resilience and greater academic engagement in students.

Beyond the classroom, physical education also encourages positive lifestyle behaviours through a physically active life style. Students who maintain favorable views of exercise learned in college carry those habits into adulthood and vigorously engage in their health. These behaviors help prevent disease, reduce health care costs, and increase life expectancy.

Relevance to Bimbilla E.P. College Students

Numerous academic responsibilities present in the daily activity of teacher trainees at Bimbilla E. P College may limit opportunity for enjoyable regular physical activity among the students. Long hours of lectures, assignment submissions and increased use of digital technologies may also lead to sedentary lifestyles. Physical education programmes that are well-planned can thus reduce academic stress, provide students with opportunities to stay physically fit and enhance social interaction.

Through the participation of football, volleyball, athletics, aerobic exercises and fitness training along with recreational games make it up for institutions to develop their teamwork, leadership communication and interpersonal relationship. These competencies can be useful for the rest of their college education, and when they become teachers in the future.

In addition, fit teacher trainees are also best placed to affect pupils' behaviours through modelling healthy lifestyle practices, providing physical activity opportunities both in school and at the community level.[2,3]

Challenges Affecting Participation

While the value of physical education is acknowledged, several barriers hinder student involvement. However, some challenges you could mention are poor sports facilities, lack of equipment, funding issues distractions from the academic workload and other students not motivated to play or study. However, physical education is not given the same administrative importance as academic programmes in several institutions, which leads to fewer opportunities for regular student involvement.

These barriers can be overcome by committing from the institution itself through better infrastructure, flexible activity timing, awareness campaigns and more investment in sports.[4]

Recommendations

Also, colleges of education should make sure physical education is strengthened with adequate sporting facilities and qualified instructors while regular recreational programmes should also be undertaken. Spreading awareness regarding physical activity should educate students based on health aspects of active lifestyles. Additionally, institutions need to conduct inter-college sporting events and support participation through students' clubs and wellness programs. Lastly; including health promotion activities in teacher education programmes can prepare future teachers, to create a context for practice around healthy behaviours within schools and communities.[5]

Conclusion

As such, physical education is a fundamental element in the promotion of healthy lifestyle among university students. Regular participation is proven to improve physical health, mental well-being, social interaction & academic performance and to decrease the risk of chronic diseases. Enhancing physical education courses within Bimbilla E.P. College may produce healthier teacher trainees to promote physical activity among students in their future classrooms. Investing in PE is investing in students and national educational development.

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