

Physical Education Through The Tests Of Time

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“Kapag importante, nananatili”. Although a small number of curriculum planners seek to remove Physical Education (PE) from Higher Education Institutions (HEIs), its relevance remains recognized and integrated into the curriculum. This remains an essential holistic education component, alongside students’ progress. It has remained an important part of education throughout history. Since time immemorial, it has existed even before the emergence of other academic disciplines. Annoyingly, some personalities in the country’s legislative body advocate excluding Physical Education subjects and prioritizing only the major academic courses. Although PE courses are often categorized as minor, they continue to be valued and treated with equal importance by both faculty members and students who approach them with enthusiasm and vitality.

“Ang utak ay hindi sasapat, kailangan din ng malusog na katawang-akibat.” Intelligence alone is not enough for students to succeed and function effectively in life. A healthy mind must be supported by a strong body in order to perform tasks efficiently, handle stress, and maintain overall well-being. College life is often described as stressful; however, Physical Education helps alleviate the pressures experienced.

Take note, as society changed, **Physical Education** also evolved to meet the needs of modern learners. From simple drills and traditional games, it expanded into activities that promote wellness, recreation, and lifelong fitness. This shows its ability to adapt through time. In today’s modern

world, many people are becoming inactive because of technology and sedentary lifestyles. Physical Education encourages individuals to stay active, healthy, and mentally prepared for daily challenges. It also teaches perseverance, cooperation, and self-confidence. Despite the continuous changes in society, the importance of Physical Education remains strong. It continues to shape responsible and well-rounded individuals who value health and wellness.

Through the tests of time, **PHYSICAL EDUCATION** proves its lasting contribution to student development.