

I support the offering
of physical education
at the university level

Education



**ASSIGN
BUSTER**

I support the offering of Physical Education at the Universities for multiple reasons. These reasons are for the teaching of Motor Skills. Another reason is for weight loss in a fat America, and to make young people learn to work together to achieve a common goal. Current students are becoming fatter, slower, and less motivated than past students.

Many of these young people would prefer to be sitting passively in front of the television rather than to do something physically active. Most students believe they do not have sufficient time, opportunity or guidance to participate in physical activities. The ideal place in which students would be able to find adequate time, opportunity and guidance are in the schools themselves.

Politicians and educators responsible for the mandatory physical education program at the junior high school levels (grades K-12) should be applauded for this, but frowned upon for not enforcing it on students (University)

Physical Education is defined as " the process of education that develops the human body, specifically fitness and movement skills" (Baker, 1990, p. 14).

This teaches students valuable skills that would be applicable to life, present and future. Students also learn how to work and interact with others to pursue goals in a way which academic subjects, such as mathematics and science, may not provide.

Physical Education should be a requirement for all British Columbia high school students because it provides physical skills necessary for effective social functioning, offers educational value and teaches healthy habits reducing health risks. I selected this topic because I think that it helps to get

a better understanding of why we need Physical Education in the Universities. I learned from my research of this topic of how really important Physical Education is. It helps us to stay overall fit and in shape.