

Outcomes of Teacher's Pedagogical Approach on Mainstreaming of Adolescents with Exceed Weight into Physical Education in United Arab Emirates: Ajman's Case Study

Authors : Insaf Sayar, Moôtez Marzougui, Abderraouf Ben Abderrahman

Abstract : Background: Physical Education and Sports (PES) plays an important role in the overall education of the student. It has physical, affective, psychological, and social repercussions. In fact, overweight children are sometimes underestimated by their lower physical performance and suffer from discriminatory attitudes by their peers and their physical education (PE) teachers. Objectives: The aim of this study was to investigate the impacts of both teacher's pedagogy and overweight or obesity on the inclusion of obese students in physical education classes in the school setting in the Emirate of Ajman (United Arab Emirates) and to understand how physical education and sports (PES) teachers adapt their pedagogical interventions towards this category. Methods: A sample of 48 overweight or obese students and 20 teachers were approached from different schools in Ajman Emirate. Two standardized questionnaires for obese students and PSE teachers were used. Overweight and obesity were defined using age and sex-specific Body Mass Index (BMI). Results: Our results showed that the average BMI of the surveyed students is 28.58 ± 3.14 kg/m². According to the collected data, 85.42% of obese students report that they do not practice physical activity or rarely practice outside of school, and 73.42% go to school by bus or car. In addition, 66.7% of the surveyed students said that being overweight is a barrier to PES practice, and 100% of obese or overweight students do not prefer some physical activities such as running and jumping. Similarly, 75% of the surveyed teachers said that obese students are not integrated into the PES course, but only 55% of teachers reported that the obese student became an obstacle in PES sessions, while 80% of teachers reported that obese or overweight students were marginalized by their colleagues. In the same way, most of them (75%) said that obese students are exempted from PES courses. Conclusion: Overweight/obesity is prevalent among school children in the Emirate of Ajman, with a high correlation with sedentary behavior. The study confirmed an urgent need and effective teaching strategies/ pedagogies for including overweight or obese students in physical education engagement and learning.

Keywords : adolescent, mainstreaming, obesity, PES education, UAE

Conference Title : ICTESDE 2022 : International Conference on Technology Education and Sustainable Developments for Education

Conference Location : Dubai, United Arab Emirates

Conference Dates : June 27-28, 2022