

## Interdisciplinary Integrated Physical Education Program Using a Philosophical Approach

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**Abstract :** The purpose of this presentation is to describe an interdisciplinary teaching program that integrates physical education concepts using a philosophical approach. The presentation includes a review of: a) the philosophy of American education, b) the philosophy of sports and physical education, c) the interdisciplinary physical education program, d) professional development programs, (e) the Success of this physical education program, f) future of physical education. This unique interdisciplinary program has been implemented in an urban school physical education discipline in East Orange, New Jersey for over 10 years. During the program the students realize that the bodies go through different experiences. The body becomes a place where a child can recognize in an enjoyable way to express and perceive particular feelings or mental states. Children may distinguish themselves to have high abilities in the social or other domains but low abilities in the field of athletics. The goal of this program for the individuals is to discover new skills, develop and demonstrate age appropriate mastery level at different tasks, therefore the program consists of 9 to 12 sports, including many game. Each successful experience increases the awareness ability. Engaging in sports and physical activities are social movements involving groups of children in situations such as teams, friends, and recreational settings, which serve as a primary socializing agent for teaching interpersonal skills. As a result of this presentation the audience will reflect and explore how to structure a physical education program to integrate interdisciplinary subjects with philosophical concepts.

**Keywords :** interdisciplinary disciplines, philosophical concepts, physical education, interdisciplinary teaching program

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