

Environmental Awareness on Formal Education Level: A Program Approach through Physical Education Course

Authors : Jocelyn Floresca

Abstract : This paper aimed to present the by-product of the introduction of environmental ecology awareness on a formal education level utilizing the program course of Physical Education, particularly in the tertiary level. It is based on the premise that the radical need for environmental protection may not only necessarily be the work of people in the pure sciences but also deemed necessary to look into more avenues of the school setting particularly in the field of Physical Education. In the Philippines, most schools' Physical Education focuses on the advancement of sports, fitness and wellness which are mostly done in the confines of a closed building. The paper dwells into the introduction of Physical Education as an outdoor recreation activity where in the participants of the study had the opportunity to indulge in activities undertaken outside the confines of buildings and going into large areas of the environment. It looked into the individual participant's environmental social behaviour and effects on the participant's perceptions in terms of the set objectives of Physical Education before and after the study's intervention. The study utilized the formal course in Physical Education on nature walks, mountaineering and bird watching as interventions to gain perceptions and understanding. The introduction of the environmental ecology activities as a formal Physical Education course has resulted in deeper awareness that led to understanding the need to protect the environment, appreciation of the value of natural areas and acquiring behaviour for a sustainable use of the environment during the practice of Physical Education. Also, prior to the introduction of environmental ecology in Physical Education as a formal study; participants have no knowledge of what dwells in the identified sites of intervention. Whereas after the study, participants were able to identify various species of birds and plants found in the sites of the study that may lead to further conservation of the particular species.

Keywords : appreciation, conservation, environmental ecology, outdoor

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