

Review Article

Quality Physical Education: A Sustainable Approach to Combat Non-Communicable Diseases

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Abstract

Today the whole world is worried and almost desperate due to Noncommunicable Diseases (NCDs). The WHO continues to express concern over its every session, from time to time. Low physical activity for NCDs such as cardiovascular disease and type 2 diabetes is one of the major risk factors. In today's competitive era, children do not have time to play, in such a situation, only the period of physical education (PE) of the school is one in which children can do good physical activities. Knowledge of PE and its use not only helps the children in physical activities, but people of all ages can get effective tips on PE. Evidence-based remedial measures recommend exercises and continue physical activity behavior changes to control NCDs.

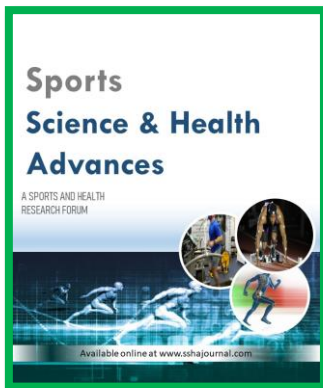
Keywords: NCDs; Physical Activity; Physical Education; UNESCO

Introduction

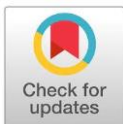
A non-communicable disease (NCD) is a disease that is not transmissible directly from one person to another. NCDs, also known as chronic diseases or the lifestyle disease, tend to be of a long duration and are the result of a combination of genetic, physiological, environmental and behaviors factors. The main types of NCDs are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes. NCDs contribute to around 38 million (68%) of all deaths globally and to about 5.87 million (60%) of all deaths in India. Children, adults, and the elderly are all vulnerable to the risk factors contributing to NCDs, whether from tobacco use, harmful use of alcohol, lack of physical activity, unhealthy diet, and air pollution.

Quality Physical Education (QPE)

Playfields are the real laboratory of life where we nurture the child's talent in all the perspectives of life and there also, we can notice the creative and mindful expression of the child's which will be working as reinforcement of the qualitative life. We can find a healthy mind in a healthy body because of the regular physical workout (Play). Physical Education is the process of gaining value-based education through physical movements or physical activities, it is mainly focused on student's growth and development. PE also aims to provide basic movement skills, knowledge, and active attitude for lifetime PA to children and adolescents. Quality Physical Education (QPE) term is coined by UNESCO. QPE is the planned, progressive, inclusive learning experience that forms part of the curriculum in early years, primary and secondary education. QPE classes teach students how their



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bodies react and how to deliver a fine fundamental movement skill. The learning experience offered to children and young people through physical education lessons should be developmentally appropriate to help them acquire the psychomotor skills, cognitive understanding, and social and emotional skills they need to lead a physically active life. The QPE policy package aims at:



Impact of Physical Activity on NCD's

Childhood obesity has become so far-reaching every nook and corner of the country. Obesity increases the risk of coronary heart disease, is linked to Type II Diabetes, hypertension, stroke, asthma, some cancers, can contribute to sleep apnea, and is the second leading cause of death (Blankenua, 2009; Kaprowy, 2012; Mattingly, 2013).

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical inactivity (lack of physical activity) has been identified as the fourth leading risk factor for global mortality. Regular physical activity is an entrenched defensive factor for the counteractive action and treatment of the main NCDs, to be specific: - Heart infection, Stroke, Diabetes, Breast malignancy, Colon disease, hypertension, overweight and corpulence, and is related with improved psychological wellness, delay in the beginning of dementia and improved personal satisfaction and prosperity.

Role of PE to Combat NCDs

In 2016, non-communicable diseases and injuries (NCDIs) comprised 63 percent of all deaths in India, including cardiovascular diseases (27%), chronic respiratory diseases (11%), cancer (9%), diabetes (3%), other NCDs (13%) and injuries (11%). It is evident that PA is required to attain sound health and wellness. Participation in high-quality PE, therefore, provides a good opportunity to benefit children's health (UNESCO, 2015). School PE gives a setting to normal and organized PA, a typical legitimization for PE's place in the school educational plan is that it adds to students' long-lasting health and fitness. For the school children, a sports period is a moment in which children open their minds to do recreational activities of their mind, they laugh openly, run, and jump, etc. If we incorporate all the components of physical education correctly into our daily routine since childhood, then surely physical fitness in our lifestyles will remain strong support to old age. Physical Education Teachers (PETs) must design safe physical activity (PA) and exercises programs to achieve the objectives of PE. PETs are also considered as a facilitator to deliver the qualitative lives to the children's and they are not only limited to teaching sports skills, but they also provide health and life long fitness related information to the children during theory classes, due to which children resolve to stay healthy and fit at the right age.

Discussion and Concluding Suggestions

The present article indicates the importance of QPE in curbing NCDs. In today's competitive era, children do not have time to play, in such a situation, only the period of PE of the school is one in which children can do good PA. Beyond health, increasing participation in PA has multiple social and economic benefits and can contribute to achieving the 2030 SDGs. It is unfortunate to see the accelerated hike in NCDs ailments such as diabetes and hypertension in the youth population of India. The current physical inactivity rates are increasing because students are now choosing smartphones and computer games instead of outdoor PA, the virtual world especially the social sites are now totally replaced by the real-world human touch.

1. Increase the time duration of PE practical period/classes, at-least 04 periods in a week ($5 \times 35 = 140$ minutes). The proper evaluation system of student progress in PE classes can be adopted and presented in a report card form.
2. Schools are the most suitable space where actual transformation can begin, and flourish given the right support and opportunity is provided to guide and empower both PETs and students. PE requires proper attention the same as the other subjects and making it more enjoyable and inclusive.
3. Frequency of school sports especially team games should be increased to get mass participation.
4. PETs skills and knowledge upgradations as per the international standard. Workshops on QPE can also be organized to train PETs in a scientific way. Such PETs should be banned who have obtained degrees without attending the college, such teachers are playing with the future of the child as well as the nation.
5. Schools can also motivate their students and their parents to get engaged in community-based programs, Like Rahgiri.
6. Although the Government of India with the help of state governments, has taken a good step to make PE as important subjects because of its actual need in the present scenario but still strong political will is required to bring drastic changes. Govt. Support is also required to strictly implement the [WHO Global Action Plan on Physical Activity 2018-2030](#).
7. Every year rapid survey can be employed across the country to get the factual data related to the PE and PA status of the students. This Research-based assessment will be helpful in developing new teaching strategies.

Conflicts of Interest: Not Applicable

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