

Published based on [Fitness Jobs: The Positive Effects of Teaching Physical Education in Schools](#)

# **Fitness Jobs: The Positive Effects of Teaching Physical Education in Schools**



Physical education in schools plays a vital role for teaching the children about the importance of physical fitness and overall wellness. The youngsters and young kids are known for their active lifestyle, and the job of the [physical education](#) teachers is to guide the youth on how to maintain their good health plus the opportunity to be exposed in different sport activities that will improve their stamina and general well-being. More than this, teaching physical education in all the schools is also considered a great solution by the government for the increasing problem of obesity in most countries, including the United States.

There are several studies conducted regarding the behavior of those children with less exposure to physical activities. According to research, a child who has less time to exercise and has no time for some outdoor activities is more frequent to be absent in school, because he is frequently to get sick. And if the child is less likely to go in school, this will have a big effect on his academic performance resulting to poor grades. Lack of exercise of a young child also affect his mood, thus sometimes involve in disruptive behaviors. With [physical education](#) in schools, the aim of the subject is to introduce the children to different individual and team sports as a start of becoming active and as a form of physical exercise.

On the other hand, more studies show that when a child is not exposed to sports and other outdoor activities, there is a high risk of becoming overweight or obese. If the child is obese, he is prone to some health problems such as diabetes, certain types of heart disease, and other medical conditions associated to their age. In actual fact, obesity is one of the main problems in most countries around the world, including wealthier nations like the United States. The normal root of obesity is through the lifestyle of a person and irregular exercise, which means if the child will be taught about physical fitness on his early age, there will be less chance of becoming overweight in the future. This is the reason why the government is serious in implementing physical education in schools, of which the children are being taught of proper eating habits, right food to eat, and the importance of regular exercise on their daily lifestyle.

A child performing several physical activities in school and outdoors is academically competent, according to experts. This will also result to better grades and high scores during exams. A physically active student is also less to miss schooling because he or she has a healthy body away from illnesses. Another positive effect of physical activity to a child is the removal of stress that normally affects his mood and behavior. A stress-free student is less to engage in risky behaviors and has more concentration on his studies. As a result, [physical education](#) in schools has big contribution not only for the health and performance of a child but also in the fight against obesity in the society.