



## EXPERIENCES OF SECONDARY SCHOOL TEACHERS IN THE IMPLEMENTATION OF SCHOOLS SPORTS PROGRAM: BASIS FOR SCHOOLS SPORTS ENHANCEMENT

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**Abstract:** Sports are beneficial to the body's health and are incorporated into the core curriculum for this reason. This study conducted in four municipalities of Sorsogon province in the Bicol region gathered information on the experiences of secondary school teachers in the implementation of school sports programs. It also included teachers' responses to the sports program implementation in their respective schools, including the challenges encountered. This qualitative study conducted in four municipalities of Sorsogon province in the Bicol region gathered information on the experiences of secondary school teachers in the implementation of school sports programs. The researcher used a questionnaire, FGD, and observation to obtain information about the sports program policy and curriculum in schools. The findings were that sports coaches were implementing the policy and curriculum, all enrolled students were evaluated to be players, regular classes and training, mentoring, monitoring, evaluation, fundraising, and other responsibilities of a coach were regularly done in or out of school, and challenges were encountered due to lack of funds, lack of sports equipment, no proper venue for training, and a lack of training time for the players. Continuous monitoring and evaluation are necessary to reach the goal of the program, and there is a need to enhance the Sports Program for implementation. The researcher found that sports coaches are dedicated and enthusiastic about carrying out their responsibilities, but there is a need for support to finance the training, equipment, venue of the training, and other expenses. Reinforcement activities for coaches must be conducted on regular basis, recognition for best sports implementers must be part of the implementation of the Civil Service PRAISE program, and an enhanced Sports Program must be developed to functionally improve its delivery.

**Keywords:** *Sports Program, Sports Coaches, Physical Education*

## INTRODUCTION

Playing is an intrinsic motivation for children, driven by an internal reward. It can be fun, but it can also be sad, unfair, or physically painful. Growing up, working comes first and play comes second, but the body still longs to play. Why do children play and why do adults balance life with work and play? Playing strengthens the body, relieves stress, and brings joy, something that cannot be replaced by anything. It is human nature to seek pleasure, and playing games no matter how heavy the day's work is an important part of this. Both parents and children love sports, and family relationships are healthy if they are united in all activities. Parents help their children by playing with them and teaching them values such as sportsmanship and empathy. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has identified sports as an instrument for promoting peace and as a powerful tool to strengthen social ties and networks. To optimize the development of Filipino athletes and future champions, institutionalizing varsity sports teams at elementary and secondary levels, especially in public schools, is a necessity. Physical Education is included in the curriculum from the K-12 program to the tertiary level and is a learning process that focuses on knowledge, attitudes, and behaviors that are imperative for students to embrace a lifestyle of health and fitness. The goal of physical education classes is to introduce students to the basic elements of exercise that will lead to a healthy lifestyle.

### Abstract:

In human life, sport is crucial. Sports are beneficial to the body's health in addition to being enjoyable. Sports help you stay healthy and fit. Sporting activity has been proven to be a great way to improve fitness and health.

Some brain regions that control anxiety and stress are stimulated to undergo alterations. Sports are incorporated into the core curriculum for this reason. It is a component of the MAPEH subject.

Sports Coaches are the implementers of the sports program in basic education. They are the ones who teach sports players knowledge and abilities. They encourage and direct pupils who have an interest in sports.

The implementation of the sports program in basic education is the subject of this study. The participants in the FGD selected are sports coaches. Using their testimonies, you could solve the problems you were having. The lived experiences of FGD participants will serve as the foundation for this study to fit the solution sought to the difficulties faced. Twenty (20) secondary teachers/coaches from the secondary high school level who work for public schools in the municipalities of Prieto Diaz, Gubat, Barcelona, and Bulusan in the province of Sorsogon made up the participants in the focus group.

## Research Questions

This qualitative research was aimed at evaluating the status of the implementation of a school sports program at the secondary high school level under public schools in Prieto Diaz, Gubat, Barcelona, and Bulacan municipalities, in the province of Sorsogon. This was determined by exploring the participants' lived experiences. Using the interview questions, this study sought answers to the following queries:

1. What are the lived experiences of the secondary school teachers in the implementation of school sports programs along with:

- 1.1 Policy Implementation
- 1.2 Curriculum Implementation
2. How do secondary school teachers respond to the school sports program implementation in their respective schools along with:
  - 2.1 Policy Implementation
  - 2.2 Curriculum Implementation
3. What are the challenges encountered by secondary school teachers in the implementation of school sports programs along with:
  - 3.1 Policy Implementation
  - 3.2 Curriculum Implementation
4. What are the insights of the secondary school teachers on the challenges they experienced regarding the implementation of school sports programs?
5. What enhanced school sports program could be designed and be implemented the specifically along with policy and curriculum implementation?

## Research Process

Every program implemented needs to be monitored and evaluated for the implementer to be aware of the real score or status of its efficiency. The present study uses the same method. According to Austin and Sulton<sup>2</sup>, "Qualitative research involves asking participants about their experiences of things that happen in their lives. It enables researchers to obtain insights into what it feels like to be another person and understand the world as other experiences it."

The first step of the Qualitative Method of Research is to establish the title with its scope and delimitation. Then, prepare a questionnaire based on the research problem wherein the identified FGD participant would be sharing their experiences. An invitation letter for FGD is sent to confirm their attendance. Present a consent letter for them to sign giving them the

mechanics of the data gathering. Let them know their rights and the secrecy of the information be withdrawn from them.

In the FGD, data logging was made by the researcher. Data logging is the process of collecting and storing data over time in different systems or environments. It involves tracking a variety of events.<sup>3</sup> The researcher organized the data collected by transcribing it systematically. He evaluated the data for patterns or repeated ideas that emerged and gave sub-titles. Based on the initial concepts, establish a set of codes that can be applied to categorize data and then assign titles. Then, the researcher identifies recurring themes. Finally, documentation is made until all the data is presented narratively.

## Findings

The following findings were obtained from the study:

1. Sports Coaches were implementing the sports program policy and curriculum in their schools. All enrolled students were evaluated to see if they qualified to be players in the chosen sport. A selection of players, regular classes and training, mentoring, monitoring, evaluation, fundraising, and other responsibilities of a coach were some of the activities they regularly did in or out of school.
2. Even though the sports program in their school lacks funding, they tried their best to implement its policy and curriculum. They carefully follow the guidelines from DepEd. They also share resources to give the students/players their needs in the chosen sport.

3. There were many challenges different schools were facing in implementing sports programs - the lack of funding, adequate training, equipment, and venue for training were the same problems encountered by all sports program implementers.
4. For secondary school teachers, it is hard to maintain the sports program because of its lack of funds. But they were determined to overcome because of their passion for sports, and coaches were witnesses of the players' dedication to overcome challenges encountered to pursue their sport.

## Conclusion

Based on the findings and interpretations presented, the researcher formulated the following conclusions:

1. Sports coaches are dedicated and enthusiastic about carrying out their responsibilities in implementing the sports program.
2. Coaches are committed to their jobs and responsibilities.
3. There is a need for support to finance the training, equipment, venue of the training, and other expenses in implementing the program.
4. The Sports Coaches are enduring, dedicated, and ready to face the challenges along with their commitments.
5. An enhanced Sports Program must be developed.

## Recommendations

From the thematic findings, the following conclusions are formulated:

1. Reinforcement activities for coaches must be conducted on regular basis like training and seminars for upgrading and updating.
2. Recognition for best sports implementers must be part of the implementation of the Civil Service PRAISE program.
3. Find funding to support the needs of the sports program.
4. A research-based sports program be conceptualized and implemented to functionally improve its delivery.
5. Enhanced Sports Program may be implemented.