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**Anantarup Sen Sarma**  
Research Scholar,  
Department of Physical  
Education, University of  
Kalyani, Kalyani, West Bengal,  
India

## The importance of health education program in bringing out quality of life

**Anantarup Sen Sarma**

### Abstract

Health was identified as one of five priority sectorial issues, along with water, energy, agriculture and bio-diversity. A wide variety of actions in the area of health care and disease control, environmental health, nutrition and lifestyle-related diseases and risks, child and women health, and inter-sectorial policy and planning initiatives were addressed throughout the implementation. All health issues, including HIV and AIDS, are in mainstreamed into all aspects of the Health and Education for Sustainable Development framework.

Health education builds students' knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

Invites the Director-General of UNESCO to draw the attention of Summits of Heads of State and Government to studies and data that highlight the contribution of physical education and sport to the overall development of countries. Considering that physical education and sport help to improve health by reducing diseases linked to obesity, heart disease, hypertension, certain forms of cancer and depression and therefore have a positive effect on life expectancy, considering further that a policy of investment in physical education and sport can lead to job creation, particularly in the developing countries, and therefore helps to combat unemployment and poverty, promoting a better standard of living.

**Keywords:** Health education, physical education

### Introduction

#### Why should I care about Health education?

Health education builds students' knowledge, skills, and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

Health education curricula and instruction help students learn skills they will use to make healthy choices throughout their lifetime. Effective curricula result in positive changes in behavior that lower student risks around: alcohol, tobacco, and other drugs, injury prevention, mental and emotional health, nutrition, physical activity, prevention of diseases and sexuality and family life.

Health education promotes learning in other subjects! One study showed that reading and math scores of third and fourth grade students who received comprehensive health education were significantly higher than those who did not. In general, healthy students learn better. Numerous studies have shown that healthier students tend to do better in school. They have higher attendance, have better grades, and perform better on tests.

#### The importance of health education

Health was identified as one of five priority sectorial issues, along with water, energy, agriculture and bio-diversity. According to the declaration of "World Summit on Sustainable Development," Johannesburg, South Africa, August 26<sup>th</sup> – September 4<sup>th</sup>, 2002, an opportunity has come to strengthen the role of health education in sustainable development, in this summit 'sustainable development' was reformed as a central component of the international agenda. A target was set by the year 2015, the proportion of people who do not access to basic sanitation. A wide variety of actions in the area of health care and disease control, environmental health,

#### Correspondence

**Anantarup Sen Sarma**  
Research Scholar,  
Department of Physical  
Education, University of  
Kalyani, Kalyani, West Bengal,  
India

nutrition and life-style related diseases and risk, child health and women's health, and inter-sectorial policy and planning initiatives were addressed throughout the implementation plan.

A conference was held by the Federal Ministry and Education and Research at Bonn, Germany, 2009, entitled 'UNESCO World Conference on Education for Sustainable Development,' in which a workshop entitled 'AIDS, Health and Education for Sustainable Development' fixed some target like, health cuts across all Millennium Development Goals (MDGs), while 3 of the 8 MDGs focus on health: reducing child mortality; improving mental health; and combating HIV/AIDS, malaria and other diseases. The goals of sustainable development cannot be achieved when there is a high prevalence of debilitating illnesses.

The Bonn call for Action on Promotion of Global Health 2007 emphasizes that-

- **Good health is Good Wealth:** Health is the bedrock of economic prosperity, and fosters improved human productivity and consequently better investment opportunities;
- **Good Health is Good Governance:** A healthy workforce, safe living and working conditions, social health protection and access to water and sanitation foster stable cities, rural areas and societies; and
- **Global Health is good for Security and Peace Building:** Providing sufficient health services to all is not only an expression of social solidarity, but the foundation of social stability and sustainable development, and an indispensable pillar of human security.

### Health Education

It is considered that the education is the key of the sustainable development. Education is not only for the academic achievement, it is also to enable educators and learners to learn to live healthy in a world with HIV and AIDS, diabetes, blood pressure, hypertension and other health risks. Educational institutions also can be centers of support for learners and educators, or promote referrals to such services. Education is a life-long process and should be available at all levels and in all social contexts (family, school, workplace, community). It's learning starts from the family, but for a child school takes a very important place to learn, he/she learn very easily from the school. So school should take responsibilities to teach children health for their betterment. It is very important to understand the importance of health and fitness. The ultimate goal of health education programs is to aid students in achieving their fullest potential through the acquisition of knowledge and skills necessary to attain health levels of well-being and to maintain active life-style throughout the life. All health issues, including HIV and AIDS, fitness should be mainstreamed into all aspects of the Health and Education for Sustainable Development framework.

Health care is a major issue for a country's welfare status in all levels, either economically and socially, or demographically. We live in an age that the health care sector demands on reducing costs and simultaneously on improving his quality and access to all (OECD, Docteur and Oxley, 2003). The appearance of information technology into society, and consequently into healthcare, has led to the fact that the term e-health is increasingly used. A few years ago, a number of pressure in the traditional National Health Systems are emphasizing the need, even if their nature and scale very significantly between industrialized and developing

### Role of physical education in health education

Keeping in view the importance of physical education, the ministry of education, Government of India prepared the first national plan of physical education and recreation in 1956. The plan included useful guidelines for a syllabus of physical education for primary and secondary schools. In 1965 the Government of India improved upon it by a multipurpose programmer of physical education for the secondary schools of the country. These steps clearly indicate that the authorities have accepted in principal the importance of physical education and sports and its contribution of the total development of youth of the country.

Research has shown that students who participated in inter-scholastic sports are less likely to be regular and heavy smokers or use drugs, and more likely to stay in school and have good conduct and high academic achievement. Sports and physical activity programs can introduce young people to skills such as team work, self-discipline, sportsmanship, leadership, and socialization. Lack of recreational activity, on the other hand, may contribute to making young people more vulnerable to gangs, drugs or violence.

Through their education, students should develop the ability to take care of themselves. Such ability requires the acquisition of a significant body of knowledge. For example, planning a balance diet requires knowledge of the food pyramid and its contribution to good health, designing a personal exercise program depends on an understanding off such terms as "target Heart rate" and "Aerobic training"; successfully participating in workplace, community, and family demands skills ranging from balancing a check book to recycling household materials appropriately. Another example can be given, when we go for short distance for some work, it may be 1 kilometer or little more if we walk or go by cycle then it is help us in various way. Obviously we can save money if we don't use a fueled vehicle. By walking or cycling we can be fit more, it is effective for children to aged persons. Physical fitness, exercise, nutrition, dangers of substance abuse, emotional health, and survival skills are areas of study related to this standard.

Hare the importance of Health & Physical Education. If the physical education teachers take initiative to aware students about the importance of health and fitness from elementary level, and how easily we can stay fit then our new generation will be much more benefited.

### What are some of the best practices for schools around Health education?

Best practices in Health education provide skills-focused instruction that follows a comprehensive, sequential, culturally appropriate K-12 Health education curriculum that addresses all of the New Hampshire Health Education Minimum Standards.

### Address the following in Health education instruction:

- Assessing personal vulnerability to health risk-taking;
- Accurately assessing health risk-taking of peers;
- Analyzing the influence of family, peers, culture, and the media on health behaviors; and Connecting with others who affirm and reinforce health-promoting norms, beliefs, and behaviors. Allocate funds and release time to support annual professional development for teachers of Health on the following: Teaching students with physical, medical, or cognitive disabilities;
- Teaching students of various cultural backgrounds;
- Teaching students with limited English proficiency;

Using interactive teaching methods, such as role-plays or cooperative group activities;  
Teaching essential skills for behavior change and guiding student practice of these skills;  
Teaching health-promoting social norms and beliefs;  
Classroom management techniques, such as social skills training, environmental modification, conflict resolution and mediation, and behavior management;  
Strategies for involving parents, families, and others in student learning;  
Assessing students' performance in health education;  
Medical updates on health information and health trends.

- Ensure that Health education instruction focuses not only on teaching content knowledge but on teaching skills, including:

Decision-making, Problem-solving, Accessing reliable health information Goal-setting, Communication, Negotiation and refusal, Assertiveness, and Advocacy skills.

- Have one or more than one person who oversees or coordinates Health education.
- Involve parents and families in Health education.
- Make sure that the Health education curriculum is planned, sequential, and developmentally appropriate to better address all of the health instruction outcomes (required content areas).
- Provide health information to parents and families through educational materials sent home and involvement in school-sponsored activities.
- Provide opportunities for Health educators to coordinate instruction with teachers of other subjects and integrate Health into other content areas, particularly Science, Physical Education, and Family & Consumer Sciences.
- Require that the lead Health education teacher in each school have New Hampshire certification in Health education.
- Review and update the curriculum on a regular basis - at most, every five years.

### Conclusion

After the above discussion the researcher concludes that physical and health education both are very important for the development of the students and young generation. And everybody knows that students and young generation are the backbone of the country. Future of the society and country depends on the young generation. The foundation of health and physical education programs is the interrelationship of physical, mental, emotional and social health. A healthy nation can reduce their health expenditure by developing their health. They can use their money for other important issues. So, there is a very important role of physical education and health education on sustainable development. The World Health Organization, UNESCO and many other organizations are organizing several conferences, world summit on sustainable development worldwide. So, we also should pay attention towards health and physical education for the sustainable development of the society.

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