

Creating and Implementing Diverse Physical Education Curriculum Programs for Undergraduate Physical Education Teaching Majors

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Abstract The education field is becoming more inclusive and diverse, and it is necessary to come up with curriculum programs reflecting the interests and needs of every student, which includes those that pursue undergraduate degree courses related to teaching physical education. Implementing a diverse physical education (PE) curriculum program provides students with several benefits. By integrating several perspectives, cultures, and activities, such programs help in enhancing the learning outcomes of students, fostering social cohesion and unity, while promoting lifetime physical activity habits. The general implementation of diverse and inclusive assessment methods or teaching strategies further helps in supporting the development of inclusive learning environments catering to all students' diverse needs. This research review will be presenting research-based approaches to implementing and developing diverse curriculum programs of physical education (PE) for undergraduate PE teaching majors.

Keywords: *undergraduate physical education teaching, diverse evaluation methods, diverse physical education, inclusive strategies of teaching*

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1. Introduction

Physical education plays one vital role in encouraging and promoting the social, mental, and physical well-being or general health of students [1,2]. Since the education field is becoming more inclusive and diverse, it is necessary to come up with curriculum programs reflecting the interests and needs of every student, which includes those that pursue undergraduate degree courses related to teaching physical education [3,4]. This research review will be presenting research-based approaches to implementing and developing diverse curriculum programs of physical education (PE) for undergraduate PE teaching majors.

2. Significance of Diversity within the Curricula of Physical Education (PE)

A physical education curriculum that embraces diversity could provide students with inclusive and meaningful learning experiences. In diverse societies, it is vital to respect and recognize students' unique differences and distinct backgrounds [5,6]. By integrating or incorporating diverse assessment methods, teaching strategies, and content, PE curriculum programs will

easily address the interests and needs of all students despite them coming from different ethnic, socioeconomic, cultural, and linguistic backgrounds.

3. Designing a Diverse Curriculum PE Program

The process of designing an inclusive curriculum program starts with first establishing how best to incorporate or integrate diverse assessment methods, teaching strategies, and diverse content [7]. An extensive assessment of existing studies was carried out, spotlighting educational guidelines, textbooks, and research articles related to PE curricula that can be categorized as diverse and inclusive.

3.1. Integrating Diverse Content

An inclusive PE curriculum needs to include several physical activities reflecting students' diverse interests, abilities, and cultures. In order to attain this, it is quite significant for all curriculum developers to incorporate activities from diverse cultures, recreational pursuits, games, and sports. When students are exposed to several activities, it is easier for their educators to promote inclusivity while assisting their students come up with a

better comprehension of how important physical activity is to different communities [8]. Inclusive and diverse content makes students appreciate the diversity and richness of different physical activities exercised globally [9,10]. Inclusive and diverse content also provides students with the opportunity of learning more about diverse perspectives, traditions, and cultural practices related to PE. For instance, when the teacher wants to cover diverse content while teaching about basketball, he/she can talk about its origins as well as its cultural significance or importance in different societies or communities.

3.2. Implementing Inclusive Strategies for Teaching

Teaching strategies generally play one vital role when it comes to the creation of inclusive learning environments within PE. For instance, cooperative learning encourages both teamwork as well as collaboration among students coming from different backgrounds [11,12]. Teamwork and collaboration help students to work together as they aim to achieve common goals. In this way, students are also learning to respect and value each other's input and involvement. Differentiated instruction generally allows teachers to design their teaching methods such that they meet every student's unique needs even if they have different interests, learning styles, and abilities [13,14]. This method helps in ensuring that all students can actively participate in the overall learning process while they still attain academic success [15,16,17]. UDL (Universal Designs for Learning) provides one framework or system wherein accessible and flexible learning experiences accommodating students' different needs is created [18]. UDL also promotes the utilization of several means of expression, engagement, participation, and representation, which allows students to freely demonstrate and access their learning procedures in different ways [19,20]. The implementation of inclusive strategies of teaching enables educators to create environments wherein every student can feel empowered, valued, and supported to fully participate in PE. For instance, the teacher could use modified equipment and rules for accommodating students having physical challenges and disabilities in basketball sessions.

3.3. Evaluating Diverse Outcomes of Learning

Evaluation methods need to accurately reflect students' different needs and provide some extensive comprehension of their physical education achievement and progress [21]. The implementation of several forms of evaluation like peer assessments, self-assessments, and performance-based assessments will enable more holistic assessments of students' overall learning outcomes. Peer assessments will help in promoting peer feedback and collaboration, which will allow students to constantly support and learn from each other. Self-assessments assist in promoting reflection among students [22,23]. In this way, students can reflect more on their individual learning experiences and set their goals while taking ownership of the progress they have been making [24,25]. Performance-based assessments

here include skill demos, presentations, and projects, which collectively allow students to easily display their abilities within diverse physical activity domains [26,27]. It is vital to make sure that evaluation practices remain aligned with a curriculum program's learning objectives, valid, and fair. Educators need to keenly consider students' linguistic and cultural backgrounds whenever they are tailoring evaluations to minimize notable potential bias while ensuring that there will always be equitable assessment. The implementation of more diverse and inclusive evaluation methods will help educators gain a better understanding of their student's achievements, progress, and abilities in PE while still respecting their differences. All the assessments mentioned here could be incorporated when an educator is teaching about basketball.

4. Benefits Associated with Implementing a Diverse PE Curriculum Program

The results of this research review emphasized the significance of giving students opportunities wherein they can engage or participate in several physical activities reflecting several interests, abilities, and cultures [28]. Integrating diverse content within the PE curriculum could promote or encourage cultural awareness while reducing bias and enhancing students' appreciation and understanding of diverse perspectives [29,30]. Teaching strategies like UDL, cooperative learning, and differentiated instruction could also facilitate meaningful as well as inclusive experiences of learning for every student. The implementation of a diverse PE curriculum program could have various benefits as outlined in the next sections.

4.1. Enhancing Learning Outcomes

Whenever students get exposed to several perspectives, cultural practices, and activities, they tend to develop a wider comprehension of PE as well as its significance to their individual lives [31]. By experiencing inclusive and diverse teaching strategies as they engage with more diverse content, students could further advance their skills, attitudes, and knowledge of physical activity [32]. Students get to appreciate PE's value more and the effect it can have on people's general well-being or health [33,34]. The exposure to different activities allows students to explore several interests as they find self-expression avenues, resulting in more holistic and comprehensive experiences of learning [35]. A diverse PE curriculum program likewise challenges students to be critical thinkers and problem solvers as they continuously adapt to newer situations, which further enhances their learning outcomes and cognitive skills.

4.2. Fostering Social Cohesion and Inclusivity

Inclusive PE programs help in creating environments wherein every student can feel engaged, supported, and valued. By embracing diversity while encouraging cultural awareness, these programs help in promoting inclusion and respect among different communities in the educational setting [36]. Positive relationships and social

cohesion are fostered when students coming from different backgrounds learn how best to respect and appreciate their unique or distinct differences. Collaborative experiences of learning help students work together, learn from each other, and exchange ideas despite coming from different backgrounds [37,38,39]. Such interactions promote acceptance, understanding, and empathy, which, in turn, creates a sense of unity and purpose among students in the educational setting [40,41]. Inclusive PE likewise gives opportunities to students having special needs or disabilities, such that they can be included and participate in different physical activities. The overall result here will be reducing participation barriers while promoting equity [42]. By fostering social cohesion and inclusivity, PE curriculum programs make significant contributions to students' general social development and well-being.

4.3. Promoting Lifetime Physical Activity

When students get exposed to diverse perspectives and physical activities in PE curriculum programs, they get inspired to lead healthier and more active lives beyond just their experiences in education [43]. By experiencing several activities, students stand a better chance of finding physical activities that they might enjoy. Students will feel more confident participating or engaging in the activities, resulting in a lifetime commitment towards physical well-being and health [44]. A diverse PE curriculum program will be exposing students to diverse cultural practices, recreational activities, and sports, assisting them in discovering new passions and interests. This exposure usually expands students' overall physical activities repertoire, giving them diverse sets of knowledge and skills. Students can use or apply the acquired knowledge and skills here in their daily lives or personal routines [45]. By promoting positive attitudes toward physical activities and enjoyment, diverse PE programs could counteract the now common trend wherein most young adults have declined levels of physical activity [46,47]. Students developing a love and passion for physical activities while they are still in their learning years stand more probable to continue participating in physical activities as adults, resulting in lifetime health benefits as well as a decreased risk of having sedentary lifestyles with its related health problems.

5. Overcoming Difficulties in the Implementation of Diverse PE Programs

The overall implementation of diverse PE programs could present several challenges requiring proactive measures and careful consideration to overcome [48]. Such challenges usually include change resistance, lack of opportunities for educators' professional development, and limited resources. However, curriculum developers and educators could come up with strategies and implement them while looking to address such challenges

and ensure the effective implementation and development of diverse programs.

One notable challenge stands to be change resistance [49,50]. The introduction of new content and methods into already established programs could be faced with a lot of resistance and skepticism from stakeholders. In order to address such a challenge, it will be important to give teachers continuous support and training [51]. Professional development seminars and workshops could familiarize teachers with the principles and benefits associated with the integration of diversity and inclusivity in PE programs [52]. By giving teachers the necessary skills and knowledge, it will be easy for them to feel more empowered and confident to implement and fully embrace diverse PE programs.

Another notable challenge here involves the lack of sufficient resources, including equipment and materials reflecting diverse interests, abilities, and cultures. Advocating for optimal resource allocation is quite important in addressing this problem [53]. Curriculum developers and educators could collaborate with community organizations and school administrators to secure resources and funding for diverse equipment and materials [54,55]. By making some compelling case specifically for the significance of diversity and inclusion in PE programs, it is easier to get the resources and support necessary for the implementation of diverse and inclusive programs.

Moreover, limited development opportunities for professional educators could limit the effective implementation of inclusive as well as diverse PE programs. In order to overcome the challenge posed here, it is essential to develop a culture that promotes collaboration and openness in the educational setting. Promoting collaboration amongst educators while giving platforms wherein best experiences and practices could be shared will help in fostering a much more supportive environment [56,57]. It is also worth noting that establishing peer-to-peer opportunities for learning and mentorship programs could significantly enable or allow professional growth and knowledge exchange [58]. By investing more in opportunities for professional development, teachers can continuously expand their skills and knowledge in the implementation of diverse PE programs.

When all these challenges are actively addressed, the overall implementation of a more diverse and inclusive PE program becomes much more sustainable as well as feasible. Through ongoing support and training for educators, fostering a collaboration and teamwork culture, as well as advocating for optimal resource allocation, curriculum developers and teachers could easily overcome change resistance and reduce any limitations around the issue of resources while enhancing opportunities for professional development [59,60]. Ultimately, all the efforts described here will be contributing towards the successful and effective incorporation of diverse teaching strategies, assessment methods, and content in PE programs. The overall result here will be inclusivity being promoted and meaningful experiences of learning being created for every student.

6. Technology's Role in the Implementation of Diverse PE Programs

Technological advancements could play one vital role when it comes to supporting the overall implementation and development of diverse PE curriculum programs. Different digital resources and tools could give access to several culturally diverse assessment tools, instructional materials, and content [61,62]. Educational software and online platforms enable differentiated instruction, facilitating educators to design their own teaching methods to meet every student's unique needs [63,64]. Technological advancements could likewise enhance communication and collaboration amongst students coming from different backgrounds, promoting inclusivity as well as social cohesion [65]. Fitness apps and wearable devices could likewise give personalized feedback and monitoring of different physical activities, which will encourage students to participate in lifetime physical activity [66,67,68]. Curriculum developers and educators could explore the overall possibility of technology in supporting and enhancing how best diverse PE programs could be implemented to ensure that all students can access learning opportunities and resources.

7. Conclusion

In conclusion, implementing a diverse PE curriculum program provides students with several benefits. By integrating several perspectives, cultures, and activities, such programs help in enhancing the learning outcomes of students, fostering social cohesion and unity, while promoting lifetime physical activity habits. The general implementation of diverse and inclusive assessment methods or teaching strategies further helps in supporting the development of inclusive learning environments catering to all students' diverse needs. Curriculum developers and educators need to recognize the significance of diversity and inclusion in PE as they actively look for ways of integrating these vital aspects into the educational curricula. In this way, curriculum developers and educators will be empowering their students to fully embrace diversity, thrive in supportive and inclusive educational settings, and develop lifetime commitments to a habit of physical activity.

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