



-Achievements, Legacy and Continuity 2020-

Toward Creating a Revised World Map of Physical Education in Liberal Arts Higher Education (PEHE) Courses

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Summary

- ① There were 45/50 countries (90.0%) offering PEHE courses currently in 196 countries in the world.
- ② There were 30/45 countries (66.7%) offering compulsory PEHE courses similar to Japan, Korea, Taiwan, etc.
- ③ Many countries emphasized “Improvements in physical strength and physical activities” as educational goal of PEHE courses.
- ④ There were many countries that evaluated PEHE courses by practical skill test, participation attitude and attendance status.
- ⑤ There were more countries in which the PEHE courses focus more on the sports activities/events rather than the fitness contents.

Background and Purpose

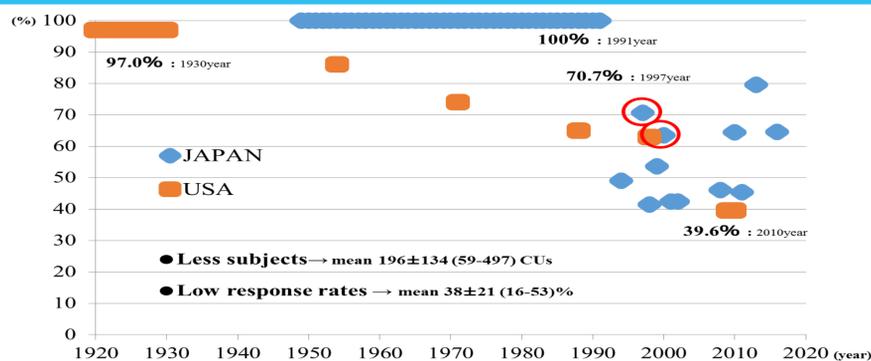


Fig. 1. PEHE compulsory rate at CUs in Japan and USA

* Nara et al. (2000), Obara and Nara (2001), Kobayashi (2013), Hensley (2012), Report on the PEHE in Japan (1997-2016)

◆ Previous studies and research materials of PEHE courses

- ◆ The current status of PEHE in foreign countries is not known since the survey on 57 countries presented at Universiade Fukuoka in 1995 (Tokunaga et al., 1996).
- ◆ Several surveys of PEHE courses have been conducted in Japan and USA, and PEHE courses compulsory rate is on the decline year by year (Kajita et al., 2018).
- ◆ Currently, East Asian countries is offered PEHE courses at many CUs, East Asian countries had educational reforms at about the same time (Kajita et al., 2019).
- ◆ A complete survey revealed the rate of offered PEHE courses was 99.3%(100%) in Taiwan, 97.7%(40.8%) in Japan, and 90.0%(8.8%) in Korea (Kajita et al., 2019).

This study surveyed current status of offered PEHE courses in foreign countries to present an overview of the educational system around the world.

Methods

- ◆ Survey subjects: International and returnee students enrolled in undergraduate & graduated from Univ. Tsukuba from 2017 to 2020 were targeted as 143 students (age; 22.9 ± 6.6) in 50 countries.
- ◆ Survey contents: The current state of offered PEHE (Presence of PE course, Compulsory or optional) courses and a part of curriculum (educational goals, grading evaluation and course events).
- * Emphasized content as educational goal : PBS-FYPE (Nishida et al., 2016) * Grading evaluation and practical course content and type (Tokunaga et al., 1996)
- ◆ Survey method: Answers were received from the questionnaire survey, and as an ethical consideration the survey participants were asked to answer by their own will.

Results and Discussion

Survey countries (50)

Japan, Korea, Taiwan, China, Mongolia, Thailand, Philippines, Indonesia, Vietnam, Cambodia, Laos, India, Bangladesh, Malaysia, Singapore, Myanmar, Nepal, Saudi Arabia, Iran, Jordan, Sri Lanka, USA, Mexico, Brazil, Guatemala, Peru, Netherlands, Belarus, UK, Norway, Italy, Germany, Portugal, Bulgaria, Slovenia, Greece, Uzbekistan, Czech, Russia, Australia, Fiji, Samoa, Kenya, Uganda, Rwanda, Tanzania, Ghana, Cameroon, Botswana, South Africa

Table 1. Offered rates of PEHE courses in the world

Offered rate of PEHE course	Offered rate (%)	Compulsory rate (%)
The overall	90.0	66.7
In most CUs	24.4	33.3
In many CUs	22.2	6.7
In half of CUs	8.9	3.3
A few CUs	44.4	56.7

† O.R.: n=45 countries, C.R.: n=30 countries (%)

Table 2. Educational goals emphasized in PEHE courses in the world

Most emphasized educational goals in PEHE course	Overall	East Asia	Other countries
Improvements in physical strength and physical activities	3.5±1.4	3.2±0.5	3.8±1.0
Acquisition of exercise skills and training methods	3.2±1.4	3.0±0.4	3.2±1.5
Understanding the importance of cooperative play and improvement in communication skills	2.9±1.1	3.3±0.5	2.8±1.2
Establishment of regular lifestyles	2.8±1.4	2.9±1.1	3.0±1.4
Stress coping and arousal of positive feeling	2.3±0.9	2.5±0.8	2.3±1.0

† Overall: n=28 countries, East Asia: n=4 countries (Japan, Korea, Taiwan and China) (point)

Table 3. Evaluated contents of PEHE course in the world

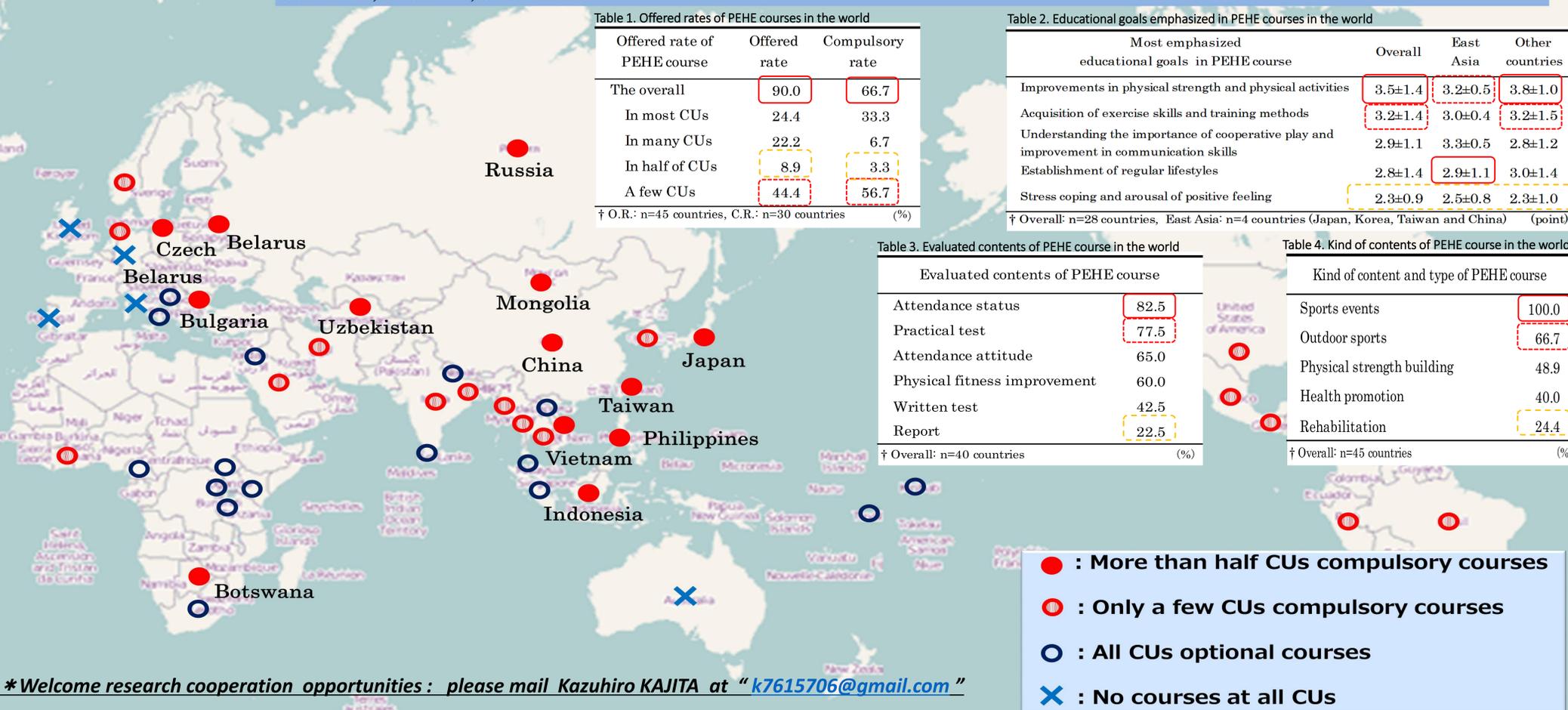
Evaluated contents of PEHE course	(%)
Attendance status	82.5
Practical test	77.5
Attendance attitude	65.0
Physical fitness improvement	60.0
Written test	42.5
Report	22.5

† Overall: n=40 countries (%)

Table 4. Kind of contents of PEHE course in the world

Kind of content and type of PEHE course	(%)
Sports events	100.0
Outdoor sports	66.7
Physical strength building	48.9
Health promotion	40.0
Rehabilitation	24.4

† Overall: n=45 countries (%)



- : More than half CUs compulsory courses
- : Only a few CUs compulsory courses
- : All CUs optional courses
- × : No courses at all CUs

* Welcome research cooperation opportunities : please mail Kazuhiro KAJITA at "k7615706@gmail.com"

Fig. 2. World Map on the Current Status of Physical Education in Liberal Arts Higher Education (PEHE) Courses at Colleges and Universities.