



Educación Física como promotora de vida saludable en el Centro Educativo Villa Flores, Distrito Educativo 02-05 [

2024

text (article)

Analítica

The general objective of the study is to identify the contributions of Physical Education classes to healthy lifestyles in sixth grade students, Villa Flores Educational Center of the 02-05 educational district, San Juan Este, Dominican Republic. The approach is qualitative, the hermeneutic approach was adopted to guide the development of the research process and action research, to analyze the essential elements of the didactic units in Physical Education classes. To carry out the study, students of the second cycle of the primary level, specifically 6th grade, of the Villa Flores Elementary School, school year 2019-2020, were selected. The Fantastic Questionnaire was used, an instrument designed to identify and measure in a general and simple way the lifestyle in specific populations as determined by the researcher. The results show that students value physical education for its role in promoting healthy habits, although only 3.22% have a fantastic lifestyle. Areas for improvement, such as nutrition, sleep and stress, were identified through specific interventions. As conclusions, the study reveals the importance of Physical Education in promoting healthy lifestyles, addressing challenges in physical activity, sleep, and affection

The general objective of the study is to identify the contributions of Physical Education classes to healthy lifestyles in sixth grade students, Villa Flores Educational Center of the 02-05 educational district, San Juan Este, Dominican Republic. The approach is qualitative, the hermeneutic approach was adopted to guide the development of the research process and action research, to analyze the essential elements of the didactic units in Physical Education classes. To carry out the study, students of the second cycle of the primary level, specifically 6th grade, of the Villa Flores Elementary School, school year 2019-2020, were selected. The Fantastic Questionnaire was used, an instrument designed to identify and measure in a general and simple way the lifestyle in specific populations as determined by the researcher. The results show that students value physical education for its role in promoting healthy habits, although only 3.22% have a fantastic lifestyle. Areas for improvement, such as nutrition, sleep and stress, were identified through specific interventions. As conclusions, the study reveals the importance of Physical Education in promoting healthy lifestyles, addressing challenges in physical activity, sleep, and affection

Título: Educación Física como promotora de vida saludable en el Centro Educativo Villa Flores, Distrito Educativo 02-05 electronic resource].]

Editorial: 2024

Tipo Audiovisual: Actividad física Educación Física vida saludables hábitos Nivel Primario Physical activity Physical Education healthy living habits Primary Level

Documento fuente: MENTOR: Revista de Investigación Educativa y Deportiva, ISSN 2806-5867, null 3, Nº. 9, 2024 (Ejemplar dedicado a: Ninth Issue), pags. 839-870

Nota general: application/pdf

Restricciones de acceso: Open access content. Open access content star

Condiciones de uso y reproducción: LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors. Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

Lengua: Spanish

Enlace a fuente de información: MENTOR: Revista de Investigación Educativa y Deportiva, ISSN 2806-5867, null 3, Nº. 9, 2024 (Ejemplar dedicado a: Ninth Issue), pags. 839-870

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es