




## Synthesis of the Effective New Teaching Model of Physical Education Course on Improving the Health of Students

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### Abstract

**Purpose:** Considering the need for progress in developing societies, special attention was given to the important mission that educational systems have to meet the current and future needs according to their educational requirements. So, the purpose of this research was the synthesis of the effective new teaching model of physical education course on improving the health of students.

**Methods:** The present research method was a qualitative research synthesis method, which used 6 stages of research synthesis. National and international databases were used to collect data.

**Result:** The results of data coding were obtained in 7 main themes, which included components such as educational facilities, educational content, physical education teachers, students, educational planning, educational management system, and educational evaluation in modern physical educational models, each of which had its own concepts and components.

**Conclusion:** Today, numerous factors affect people's mental and emotional health, including family, academic, and personal problems. The most important way to improve mental health is to do regular physical exercise. Nowadays, due to lifestyle and living conditions in apartments and the mechanization of life, there has been much less attention paid to sports and physical exercise, or perhaps it would be better to say that physical education is not given much attention at all, and some may even consider it a waste of time. Therefore, the research findings showed that it is necessary to investigate a new educational model that is effective in physical education lessons in promoting students' health. The only place where students can release their excess energy and excitement is in schools. Therefore, physical education teachers have a very vital role in this field and must set new educational models for the new generation and students.

**Keywords:** New teaching model, physical education, improving, health of students

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## Introduction

Today, the progress of any society depends on its educational ability. Communities that have a high ability to improve their educational systems will be more successful in benefiting from the position of growth, development and increasing competition gradually, their social, economic, political and quality of life. On the other hand, the traditional education methods in which the teacher is the only provider of information and the students are the receivers of information consider the task of education to be only transferring knowledge to students. But unlike the traditional method of teaching, in modern teaching methods; cognitive, emotional and behavioral goals and physical, emotional and intellectual activities of students are strengthened. Learning is a two-way flow, active and exploratory process, in which the main role is assigned to the learner (Mohammadi, 2021). Therefore, there is a need for new educational programs with daily changes that society should achieve conformity (Shai and Tesang, 2018). Among these, one of the educational programs which is very necessary for the growth and development of countries' political and economic affairs is their sports position that gain international reputation. It has overshadowed today's countries and should always be included in every education program. Every country should give special attention to sports education. But we always see the use of classic and traditional methods in this matter. Most of the teachers explain the lesson by presenting theoretical points and the students are mostly passive and do nothing but listen and take notes of the topics discussed (Mohammadi, 2021). While in modern educational systems, students should be able to develop their talents and continuously feel success and the situations should provide the opportunities to study their personal and social issues from the feeling of inadequacy and to be safe from social alienation, which is usually caused by the improper performance of teachers (Ahmadi, 2019). Therefore, considering sports science students as

the target community in societies in the current development shows the importance of the problem in two ways. Because education is based on new teaching methods. This field includes all formal, informal and incidental educational and learning activities as well as: different emotional, cognitive, skill and behavioral fields (Sayadi, 2014). Ryan (2020) stated that the scope of education of these people is as wide as the scope of life itself. Recently, the growth of the scientific foundations of the field of sports science has led to the creation of various trends (King and Bundy, 2019; Tucanoga, 2021). The same issue directs attention to teacher education towards sports sciences and movement sciences (Livington, 2019). Also (Venus and Kaslo, 2021) attention to job needs is the most important factor in the development of sports science education in the last century. On the other hand, based on numerous research studies, students who are always involved with the new teaching- learning process, have better academic progress than other students (Faqihi, 2021). Following the results of various research studies, the necessity of observing a series of educational standards has been noted in the field of sports science. Jafarlo (2017) in the research of spreading values sports ethics among students emphasized scientific ethics and compliance with literary ethics and literary publishing. Bakhsheshi (2018) in the research of the expansion of quality performance in the faculty of physical education and sports sciences, the quality of human resources, educational and management services are emphasized. Mohammadi (2021) is considered the educational facilities and space as effective factors. Dadras (2016) in the assessment of suitability of the element of time with the educational effectiveness of the physical education lesson concluded that teaching method, lesson objectives and the type of evaluation and the proportion of sports science lesson time with the content and the number of students are efficient. Sayadi et al. (2020) in identifying educational needs related

to the professional growth of teaching faculty members, emphasized teaching technology and method, curriculum content, goal setting, planning and evaluation. Honari (2020) in the training of physical education teachers in England, America, Canada and Iran, stated that holding training classes for advanced skills, participating in qualification tests and passing them additional course of teaching skills training, teacher practice and classroom management and class leadership should be taken into consideration. Mirghfouri (2020) in identifying and ranking factors affecting the quality of educational services considered factors such as the necessity of developing strategic educational planning, providing financial resources for educational courses and using experienced teachers. Sayadi (2019) in the needs assessment of educational requirements and facilities courses in the field of physical education of students, paid attention to physical needs and emotional and social needs, scientific cognitive needs, sports skill needs and facility needs. Keshgar (2020) in analyzing the content of titles and topics of physical education and sports books concluded that a suitable combination of methods should be noted. Smith and Monat (2021) found it necessary to increase the time of the sports science lesson for the sports activities of the physical education field. Pavel and Woodfield (2020) in increasing the level of sports activity of students, interaction effects of time, and content improvement considered the level of sports science education to be effective in advancing the goals. (Publition and bacilli, 2020) in the effect of physical training program on energy consumption, correlation of physical activities with time and energy considered the time spent in class. On the other hand, considering that many enthusiasts in the country, they are applying to study in the field of sports science and also according to the influence of the teachers of this field they can make students actively involved in the education process by providing new teaching methods. It seems that various governmental and non-

governmental universities in charge of this field in our country have not been able to succeed and have not been able to produce talented, creative, entrepreneurial and knowledgeable students in the qualitative dimension launch the application on the market. The applied field of sports science is always in every period of life and according to every time especially the problems of machine life of the current century and the need increasingly, there is no end to the market's need for sports specialists at this time and place. It is here that you should think about where the root of the current problem is. It is clear that this the problem should be seen as a product of the university's educational machine and the problem in the admission process students of this field, the process of teaching during education and finally the quality of work and effectiveness he searched for educated students in this field in universities. Because the training of these students must be it should be in such a way that from whatever stage they graduate, they will always be able to match their skills they need in society and within the limits of one's powers and abilities to serve teams, educational institutions, departments, Higher educational institutions and finally the society at different levels should perform their duties. This means that the higher education system is facing a fundamental challenge to teach this field. There should be a suitable solution the dignity of this discipline was considered for it. Therefore, in order to solve the problem in question, it is obvious that programs and the existing education methods should not be accepted as the final and conclusive version. Must be sparingly he modified and adjusted the existing programs and adapted them to the needs of the day. So it goes without saying previous research has addressed this issue much less. Therefore, developing a comprehensive local educational program based on modern educational methods taken from the opinion of experienced professors and experts in the field of science Sports are essential for students applying for this field as a basic strategy. The process in this

research is a type of qualitative research foundation data method inductively, use a series of systematic procedures. In the theory arising from the data used open coding, axial coding and selective coding are done during three stages. Then, causal, contextual and intervening conditions as well as strategies and consequences will be determined. Finally, the extractive model is specified. Therefore, the present study intends to provide effective indicators and a comprehensive model for implementing new physical education teaching models to promote students' health.

### Materials and Methods

The information was collected using the foundation data method with a semi-structured interview. The statistical population included the sports teachers of the 1st district of the elementary school. The statistical sample is also theoretical or theoretical and targeted and by theoretical saturation method to it was done. Therefore, in this research, until the saturation and theoretical adequacy of the people who could? In order to provide better and richer information, an in-depth structured interview was conducted. In this research, the main tasks and topics after extracting and coding and selecting the main categories, a combination of these categories was made it led to the design of

a conceptual framework in the field of effective modern education of physical education course on improving the health of students. In this research has used internal and external research in this field in the society and a statistical sample, such as Magiran, Noormagas, SID.Ir, Irandoc, Springer, Research gate, spring link, Pro Quest, and Google Scholar. Keywords used include new teaching model, physical education, improving, and health of students In order to examine the subject, a total of 35 articles were selected and their abstracts were examined, the field of research objectives, conducting investigations only in a specific area, researches with the titles and the goals were the same and the research lacked a suitable methodological model to enter The final analysis was not suitable and they were excluded from the analysis process and finally according to the owners of the research and checking the titles, abstract and full text and reaching the saturation of the required data, number of 18 samples it was purposefully selected and investigated. The data and results of the research findings in 3Then the concepts, categories and categories of cores (main) were classified and analyzed. The data and sources use in several stages of refining and extraction, and after analyzing and combining the results, in a framework a comprehensive and comprehensive concept was used.

**Table 1. Details the title of the research**

| Researcher's name and year                  | The title of the research   |
|---|---|
| Andam R, Alice Kh, Asgari M. (2020).        | Factors Affecting Change in Physical Education Faculties.   |
| Attagia N & Karimi K. (2019)                | A survey on the viewpoints of postgraduate students of Physical Education and Sport Sciences        |
| Bakhsheshi M, Aghaei N & Akbari Y (2018)    | Analysis of Quality Performance Expansion in the Faculty of Physical Education Sciences             |
| Farahani, A. Qasemi H & Mohammadi N. (2021) | Structural Equation of Factors Affecting Entrepreneurship in Physical Education                     |
| Honari H, Ghorbani L Valipour R (2020)      | A Comparative Study of Physical Education Teachers' training in England, America, Canada, and Iran. |
| Jafarloo H, & Ghorbani M. (2017)            | Qualitative Analysis of Dissemination of Sport Ethical Values                                       |

|   | Among Students   |
|---|--|
| Keshkar, S, Salman Z & Moghaddessian M. (2018)            | The Effectiveness of Stationary and Endurance Training Methods and Students' Satisfaction with General Physical Education Classes  |
| Khatibi, A, Sajjadi N & Seif Panahi J. (2021)             | A Study on the Quality of Educational Services of the Faculty of Physical Education  |
| King H.A.,Bandy, s.j. (2019)                              | Doctoral Program In physical Education   |
| Leighton, J. (2022)                                       | An Experimental Test of Student Verbal Reports and Expert Teacher Evolutions as a Source of Validity Evidence for Test Development |
| Livington, L.A. (2019)                                    | Re –Defining the Role of Physical Activity in Preparation of physical Education Teaching Professionals                             |
| Najafzadeh M, Khabiri M & Mozaffari S. (2021)             | Investigating the Educational, Research and Facilities of Physical Education and Sport Sciences                                    |
| Powell, E., Woodfield, L. A., Nevill, A. M. (2016)        | Increasing physical activity levels in primary school physical education   |
| Sayyadi M & Mohammadi M. (2021)                           | Needs Assessment of Physical Education in Students   |
| Smith, N J. Monnat, Sh M.(2021)                           | Physical Activity in Physical Education  |
| Tokunaga, M.Tatano, H.,Hashimoto K nd Yamamoto, N. (2022) | world Wild Survey on Sport and Physical education in Coleges and univerdities  |
| Wenos, D.L.Kaslow, R.E. (1996)                            | The Physical Educator  |
| Yildiz, S. M., & Kara, A. (2019)                          | The PESPERF scale: An instrument for measuring service quality in the School of Physical Education and Sports Sciences (PESS)      |

## Results

In table (1) based on the studies done, the indicators considered by the researchers are shown in the field of effective new teaching model in the physical education lesson, so that by analyzing these indicators and categorizing

them in the next steps, we can reach a new and practical combination. From the collected and coded information, close categories were placed in one category and then all these close categories were placed in one theme. These results are shown in table 2.

**Table 2. Example of code definition**

| concepts   | Themes   | category                   |
|--|--|----------------------------|
| -Necessary and specific educational aids   | Equipping educational dimensions in physical education | all educational facilities |
| - Having a suitable educational environment  |  |                            |
| - Standard status of teaching aids   |  |                            |
| - Standard condition of educational infrastructure and equipment                     |  |                            |
| - The diversity of the arrangement and the availability of the possibility to change |  |                            |



the arrangement of the educational classes

- The level of security of educational facilities and spaces
- Holding virtual or smart classes (projector for video training)
- The existence of reference books and resources as well as textbooks

-Appropriate design of the content of the content and educational skills of the physical education course

- Holding an introductory meeting for students with the general topics of sports education courses

- Appropriateness of the content of each session of teaching physical education at the beginning of the class

- Providing a coherent set of physical education content in one session

- Matching the educational content of physical education in each session with the amount of class hours

- Continuity of educational materials of physical education course with before and after sessions

- Appropriateness and adaptation of the content of physical education courses with educational aids

- Coordination between the content of physical education and the teaching method of the physical education instructor

Adaptation and consistency of the physical education course with all aspects of its educational content

Educational content

- The relevance of educational qualification and expertise in physical education courses

- Mastering the technologies and software of the educational day needed in the physical education course

- Interest in using creative and new educational methods in physical education

- The ability to recognize the individual differences of students and carry out appropriate training

- Participating in training courses and learning about the latest scientific findings of physical education

- Belief and belief in the development of critical thinking in physical education teachers

- Freedom of action and creativity in the implementation of new educational methods in physical education

- Employing and motivating excellent students in the process of teaching physical education

The characteristics of proficient and distinguished teachers of physical education

Physical education teachers

- Students' interest and belief in the useful educational results of physical education classes

- Having the motivation of just being a student and developing scientific learning

Consequences of familiarizing physical education

Students

|   |  |                                      |
|---|--|--------------------------------------|
| <p>in students</p> <ul style="list-style-type: none"> <li>- Completing the most important homework and continuously studying the lessons of the training sessions of the physical education course</li> <li>- The spread of the culture of freedom of action, the joy of interaction and the curricular discussion of physical education among students</li> <li>- Having the minimum psychological and mental preparation in students for the physical education course</li> <li>- Having a good physical condition in students</li> <li>- There are some active, talented and intelligent students in the physical education classroom</li> <li>- Having the spirit of change and getting familiar with new educational technologies in physical education</li> </ul>   | <p>teachers with new and effective educational models in physical education lessons on students in all dimensions</p>                      |                                      |
| <ul style="list-style-type: none"> <li>-Institutionalization of active methods of physical education programs in schools</li> <li>-Clarity of the educational goals of each session in a precise and useful manner</li> <li>-Proportion of physical education training time with training session programs</li> <li>-The use of scientific methods in the planning of training sessions for physical education</li> <li>-Scientific planning for the applicability of learning skills and educational materials of physical education course</li> <li>-Choosing the most appropriate learning, educational, cognitive and emotional platform</li> <li>-Planning regarding the division of the number of students in physical education classes</li> <li>-Timely and step-by-step implementation of the process of teaching physical education in the classroom</li> </ul>                   | <p>Appropriate adaptation and continuity of all aspects of educational planning of physical education course</p>                           | <p>Educational Planning</p>          |
| <ul style="list-style-type: none"> <li>-Existence of comprehensive instructions for accepting gifted and distinguished sports students</li> <li>-The existence of comprehensive instructions regarding the implementation of new educational methods of physical education</li> <li>-The degree of success in transforming science into skills in order to generate capital and wealth</li> <li>-Designing a comprehensive information bank of the general situation of students</li> <li>-Appropriate and correct organization of teachers according to their specific characteristics</li> <li>-Appropriate and correct organization of curriculum content and training courses</li> <li>-Proper organization of students and quality and quantity of facilities</li> <li>-The existence of a suitable interaction system with students' families for their educational growth</li> </ul> | <p>Adaptation and continuity of all aspects of proper educational management of new and effective models of physical education lessons</p> | <p>Educational management system</p> |

-Existence of a systematic and purposeful strategy to improve educational quality

-Holding training courses for teachers to improve their education

-Paying attention to the special characteristics of students and their learning and evaluation needs in physical education course

-Administering multiple tests throughout the course to ensure achievement of educational criteria

-Appropriate compatibility between the course content and the teaching method of the physical education teacher

-Appropriate compatibility between the content of the training course and the ability of the students

-Using students' criticisms and suggestions for the final evaluation of the course

-Accurate final evaluation to measure the desired output of the training course

-Continuous evaluation of teaching resources to review and update them

-Existence of accurate statistics and information on the progress and validity of the educational program of physical education

All dimensions and aspects of an effective and ideal educational evaluation of physical education course based on effective new educational models of physical education course

Educational evaluation

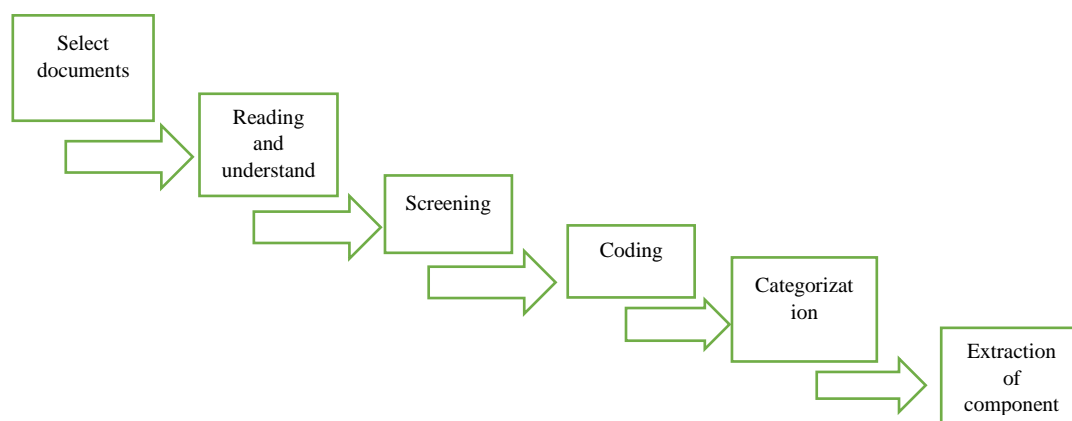


Diagram 1. Work process in research

According to the obtained information, components such as educational facilities, Educational content, Physical education teachers, Students, Educational Planning, Educational management system, Educational evaluation in modern educational models of

physical education are known as important categories, each of which has its own concepts and components. After coding the theoretical frameworks and researches reviewed in the field of new educational models in physical education, conceptual models were obtained, the schematic of which is shown in Figure 1.



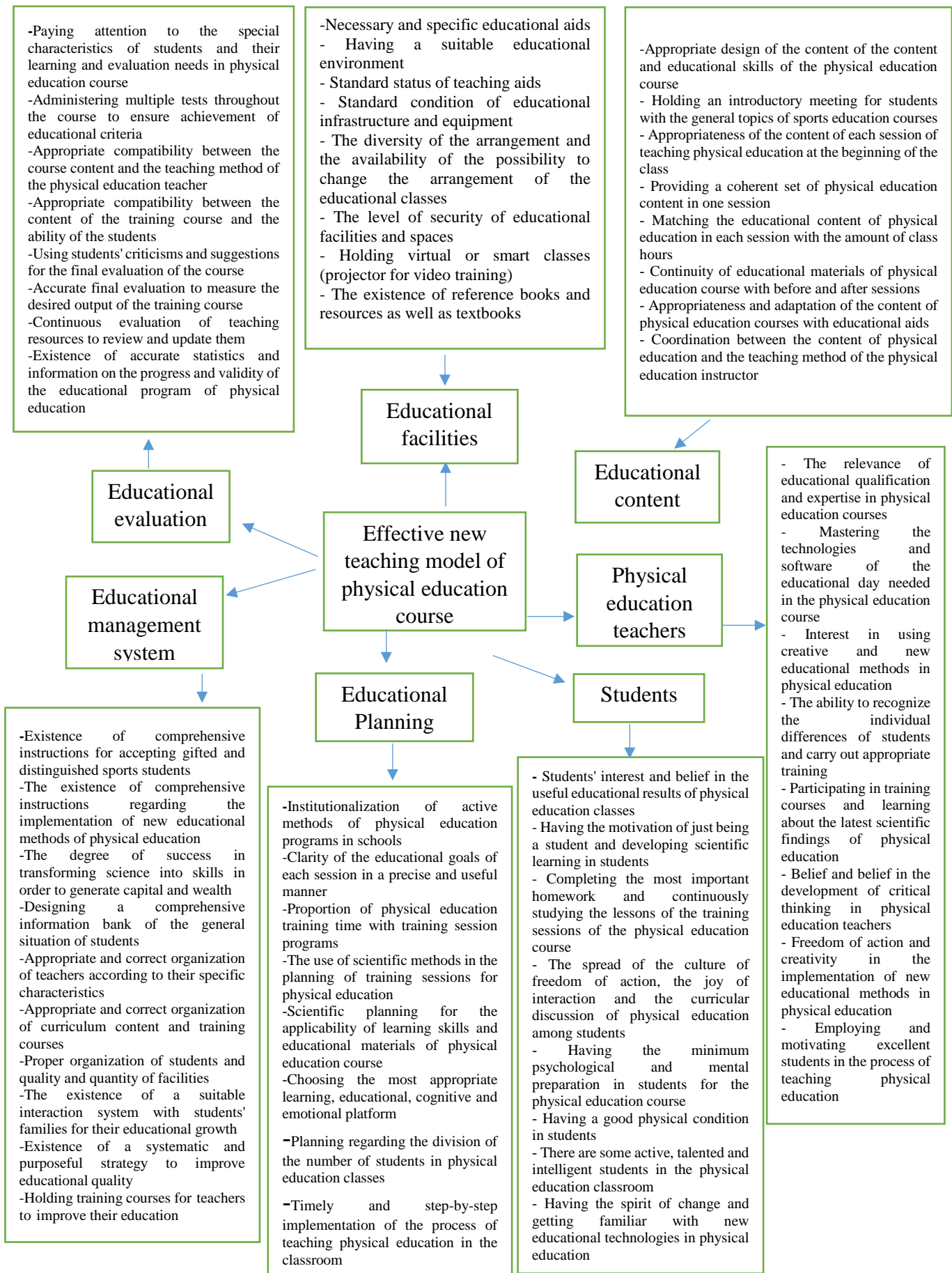


Figure 1. The model of effective modern teaching components of physical education course

## Discussion

Considering the importance of people's mental health, the root and factors of this increase should be taken into account. Today, there are many factors that affect people's mental and emotional health, including family, educational, personal problems, etc. The most important way to improve mental health is to do regular physical exercises. Nowadays, due to the lifestyles and living conditions in apartments and the lack of movement and the mechanization of life, attention to sports and doing physical sports has become much less, or maybe it is better to say that no attention is paid to doing physical sports at all, and maybe even some people consider it a waste of time. Therefore, we found that it is necessary to investigate the effective new teaching model of physical education course on improving the health of students. Thus, the only place where students can release their extra energy and extra excitement is in schools, so physical education instructors play a very vital role in this field, and they should provide students with new technologies that are suitable for the new generation.

## Conclusion

In general, it can be said that in this research, the most important indicators in achieving the goals of sports science education by relying on new teaching methods included educational facilities, educational content, physical education teachers, students, educational planning, educational management system, educational evaluation, and finally the educational evaluation system. These findings are consistent with the research results of Mohammadi (2021), Khatibi (2021), Dadres (2021), Henry (2016), Mirghfour (2016), Sayadi (2014), Keshgar (2014), Mohibzadegan (2013), Farahani (2021), Barano (2011) and Koze Chian (1991), Paul Woodfield and Noim (2016). In explaining these findings, it can be said that for the development of sports education among students' individual educational strategy

based on two indicators of professor and the student should be considered. That is, to reach the ideal educational situation, the expected skills professors should be defined more scientifically and correctly based on the author of new teaching technologies. Therefore, what is more in the educational planning of sports science field from everything to achieve the correct and practical education of sports science in an effective way in the society the goal, considered important, is to know that sports science has an interdisciplinary nature. It has different trends with its own needs. Having complete information and identification and prioritization the needs of the target group of each of these trends are very important. Because, before choosing and determining the path of planning, determining the needs and priorities of sports science students can be like a spotlight determining the direction of policy and planning based on present and future needs "where are we going". Belief in the effectiveness of education and work conscience is institutionalized in the trainer? Sufficient teaching content has been compiled and following that, is there a continuous evaluation of the teaching resources in order to revise and update them? Have the necessary goals and indicators been used? Have characteristics and specifications suitable for programmer's options been asked? In another dimension of individual educational strategy, factors related to students are based on new teaching methods. That is, the known amount, understanding them by implementing new educational technologies, including: having the motivation to learn science with their interest and belief in the useful educational results of the classes and having a spirit of trustworthiness and ethics literary, doing the most important homework and continuously studying the lessons of educational sessions, having status being physically and mentally fit facilitates this work. Also, the prevalence of delegation culture in teaching skills, freedom of action, enjoyment of interaction and lesson discussion among students should be basic in the classes so that the

student is part of the process involved in teaching and learning to achieve this goal, the presence of several active, talented and intelligent students in the class is very important. This is the ultimate goal of modern sports science education, which is in line with the results of Mohammadi(2021), Dadres (2021), Sayadi (2014), Amiri (2019), Yildiz and Kara (2019)Anderson (2020) and Brano (2011). In explaining these findings, it can be said that the use of new and effective educational models in physical education lessons is very effective in improving the mental health of students. Today, learning in the form of lifelong learning is done with the help of information and communication technologies. Education of students according to this and as a part of a larger learning system, sports science should also contribute providing the context for the entry and integration of up-to-date information and communication technologies in different dimensions (hard, software, software, etc.) in the educational body. This transformation of programs can lead to the use of experiential learning methods, problem-based learning, cooperative learning methods, self-guidance, brainstorming method, visual training, role modeling, and moving in a multi-source manner. The results of this study are also in line with the findings of Mohammadi (2021), Dadres (2021), Mirghfour (2016), Etagiya (2013), Najafzadeh (2021), Layton (2013), Smith and Monat (2021), Anderson (2020). In the explanation of these findings, it can be said that the implementation of the platform in the field of sports science education in the most appropriate areas is very necessary. Therefore, it is clear that the existence of statistics and accurate information about the development process is necessary for all of this and the validity of the training program. Because according to the special characteristics of the students of this field, the needs their learning and evaluation will be different accordingly. It is better to promote and present a model of scientific honor in the form of strengthening the spirit of correct work, literary ethics,

trustworthiness, self-esteem and competition with oneself in the educational body be well established; because today we are witnessing the existence of a large flood of institutions and people who formally and informally, secretly or even publicly writing books, dissertations, articles and they are doing research studies. On the other hand, there are many students who for various reasons of knowledge and awareness do not have what is necessary in the field of research, or even the research and scientific work is in vain they think that they are lazy and procrastinate, or they are too busy thinking, and for various other reasons, they are under load they ignore this important duty and serious responsibility and are satisfied with just getting their academic degrees they do. The worrying issue here is that unfortunately it has been seen that these same people with having a series of relationships, they themselves later become teachers in educational environments and due to lack of qualification the previous merit has nothing to transfer to the next generation, and with a sharp look, you may be able to say what probably, this endless sequence is the reason for the decline of applied education. Therefore, it is necessary to be responsible for educational program of this field that should be constantly revised and updated, and the progress or regression of affairs is always controlled by these principles what needs to be corrected will be detected and corrected immediately. All of the above-it is demanded that the officials of the Ministry of Science, Research and Technology's educational field should always be practical in education especially the degree of success in transforming science into skills in order to produce capital and national wealth through human resources management or through the verification of a memorandum of understanding with the University of Medical Sciences in order to accept and to revise the education of sports science students and create the desired communication bridge. Finally, that regarding the evaluation of educational issues, which is the most important mission of academic

environments, a fundamental review take place that is, always in the process of attracting, promoting, maintaining the top professors and students of the field sports science should be given more importance to the educational dimension than the continuity of the quality of education in this field string to ensure. The current research, like other researches, was faced with limitations, one of which was the lack of cooperation between physical education instructors and the researchers of the article. Also, among other limitations of this research, it can be said that there were relatively few researches related to modern methods in physical education lessons, and also among other limitations of this research, it can be mentioned that the issues related to physical education lessons are often an interdisciplinary topic and did not focus on just one dimension. It is suggested to prepare comprehensive instructions in order to reach the desired situation the existence of a systematic and targeted strategy to improve the quality of new educational technologies and content selection according to the specific needs of sports science students, the existence of a systematic system in the follow-up and supporting educational programs means determining, maintaining and modifying educational goals continuously as part of the duties educational management system should be considered in this field. As it is evident, the number of educational books in the field of science with the same title that differ only in a few seasons are very vast, and this is a big challenge considering this, it is suggested to manage this important issue by creating a single and comprehensive sports publishing and printing center. A student applying from any field without having a resume and sports history or even interest is allowed to choose this field sometimes seen the applicant student has physical abnormalities or is not in perfect health. Therefore, it is suggested to strictly focus on meeting the standards, improving the quality of the evaluations, and pay special attention to the real potentials, i.e. ideas and the power of

scientific initiative of people. It is also suggested that more emphasis be placed on strengthening the specialized language of work laboratory, mastery of different required software, meritocracy, preference of rules and regulations organizational and material relations and issues should be reviewed and new and comprehensive rules for the recruitment, retention and training of physical education trainers should be reviewed.

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### Conflict of interest

The authors of this article did not conflict with each other in any part of the article and its achievements.

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