

FÉDÉRATION INTERNATIONALE D'ÉDUCATION
PHYSIQUE ET SPORTIVE



**Quality Physical Education
in Active School and its Perspectives
Researches – Best Practices – Situation**

Editors:

**Gheorghe Balint (coordinator)
Branislav Antala
Dario Novak
Bogdan Sorin Olaru**



EDITURA „ALMA MATER”
BACĂU, 2024

Scientific referees

Prof. Laurențiu-Gabriel TALAGHIR, PhD
"Dunărea de Jos" University of Galați

Prof. Bogdan Constantin RAȚĂ, PhD
"Vasile Alecsandri" University of Bacău

Descrierea CIP a Bibliotecii Naționale a României
Quality physical education in active school and its perspectives : researches, best practices, situation /
editors: Gheorghe Balint (coordinator), Branislav Antala, Dario Novak, Bogdan Sorin Olaru. - Bacău : Alma Mater, 2024
Conține bibliografie
ISBN 978-606-527-720-5

- I. Balint, Gheorghe (coord. ; ed.)
- II. Antala, Branislav (ed.)
- III. Novak, Dario (ed.)
- IV. Olaru, Bogdan Sorin (ed.)

796
37

Copyright © 2024, Editura „Alma Mater” Bacău
All rights are reserved to the publisher
8 Spiru Haret Street, 600114, Bacău, Romania
Tel.: +40-234-542-411 int. 638
Tel./Fax: +40-234-208-286
<https://editura-almamater.ub.ro/>
E-mail: almamater@ub.ro
E-mail: edituraalmamater@gmail.com

Table of Contents

“Vasile Alecsandri” University of Bacău (UBc): ‘The University Close to You!’

Introduction 15

RESEARCHES

Motor Learning Proposal for School – Age Children. Basic Motor Skills Implementation Project
Amalia Tinto - Marta Campanella - Giulia Ferriani 19

An Evidence-Based Model to Promote Quality of Physical Education: An Experimental Study in Southern Italy
Domenico Monacis - Matteo Bibba - Giacomo Pascali 29

The Effectiveness and Development of the Different OMNI Rate of Perceived Exertion Scales Among Healthy Children and Youths during Physical Activity
Govindasamy Balasekaran - Tou Nien Xiang - Ng Yew Cheo - Peggy Boey 39

Provision of Quality Physical Education Programme in the Context of Management and Leadership Issues of Administrators
Eng Hoe Wee - Ngien Siong Chin 49

Quality Physical Education in Active School and the effects on the health of mexican scholars
Antonio Eugenio Rivera-Cisneros - Manuel Guerrero-Zainos - Gabriel Alfredo Cortés Alcalá - Aurelia Gutiérrez Ríos - Oscar Damián Ontiveros-Aréchiga Carrillo - Fernando Avila-González - Felipe Homero Ballesteros Gómez - Marco Antonio Ojeda Martínez 57

Subjective and Objective Assessment of Exercise Fatigue as a Determinant of the Quality of School Physical Education
Michal Roman - Jolanta Grażyna Zuzda - Marcin Pasek 63

Age-and Gender-related Differences in Motor Educability During Adolescence
Beáta Ružbarská - Lenka Hnidková - Dalibor Dzugas 75

Trainee Teachers’ Situational Motivation, Motivational Climate and Mental Well-Being in Physical Education
Ngien-Siong Chin - Boon-Sian Teo - Eng-Hoe Wee - Wahed Bujang 83

Motor Commitment Time and its Relationship with Body Mass Index in San Luis Potosi Mexico, a Contribution to Quality Physical Education in Active Schools
Manuel Guerrero Zainos - Antonio Eugenio Rivera Cisneros - Jose Francisco Mora Nuñez - Norma Edith Ramírez Vázquez 93

Integration of Table Tennis into Physical Education Programs: Best Practices and Recommendations for Active Schools: A Narrative Review	
Linghong Liu - Garry Kuan	105
The Effects of Physical Education - Based Intervention Among Children and Adolescents: A Mini Review of Reviews for The Last Five Years	
Mengyuan Zhao - Garry Kuan - Kueh Yee Cheng	115
The Integration of Intelligent Devices as a Catalyst for Quality Physical Education: Perspectives and Practices in Active Schools in China: A Narrative Review	
Qiao Beibei - Garry Kuan - Yee Cheng Kueh - Chen Jiaming	127
Innovation and Opportunities of Artificial Intelligence in University Sports Education: A Review	
Zhutang Liu - Jiarun Wu - Ke Zhou - Yishuai Wang - Qiwei Liao - Garry Kuan	137
Application of Ethnic Traditional Sports Games in Physical Education in China: A Narrative Review	
Yu Xiaoqian - Garry Kuan - Yee Cheng Kueh	149
Effect of Physical Exercise on Obesity Schoolchildren in Malaysia: A Review	
Wan Zhen Lee - Muhammad Hafiz Hanafi - Yee Cheng Kueh - Garry Kuan	157
Attitudes Toward Physical Activity for Enhancing Physical Education in Primary School in Sarawak	
Hannah Fam Lee Ping - Garry Kuan - Chin Ngien Siong	167
Effects of Parental Supportive Behaviours on Moderate and High-Intensity Physical Activity Among Adolescents in Yunnan, China	
Zeng Linxian - Garry Kuan - Yee Cheng Kueh	175
The Importance of Compliance with International Physical Activity Criteria Versus Cardiovascular Risk in Children During Physical Education Class	
Teresa Melchor Moreno - José Guadalupe Montaña Corona - Antonio Eugenio Rivera Cisneros - María Patricia Rodríguez Moreno – Karina Isabel Álvarez Delgado	187
Effectiveness of the Program of Kids' Athletics Activities in Improving Some Motor Skills of Children (6 - 7years)	
Benzidane Houcine - Benbernou Othmane - Mokrani Djamel - Benkasd ali hadj Mohamed	195
Learning and Service in a Rural Context: Pattern of Breakfast Intake in Mapuche and non-Mapuche Schoolchildren Belonging to the Physical Education Class of a Commune in Araucanía, Chile	
Claudia Machuca-Barría - Mauricio Cresp-Barría - José Fernández-Filho - Pedro Delgado-Floody - Claudio Hernández-Mosqueira	203
Dance in a Public Educational Learning Context, Implications for Physical Activity Levels, Anthropometric and Socio-Emotional Variables in Chilean Schoolchildren	
Mauricio Cresp-Barría - Darly Rubilar - Javiera Gutierrez - Claudia Machuca-Barría - José Fernández-Filho - Paula Roquetti	217

BEST PRACTICES

Schools Promoting Health in Italy: Active Breaks in Primary Schools Sabrina Annoscia - Sara Ladiana - Dario Colella	229
Theory into Practice: Lived Experience of Pickleball Within the Three Domains Ulana Lysniak	243
Addressing Obesity through the Body Mass Index (BMI) 5 – 9T Program in Malaysia Chin Ngien Siong - Jeswenny Fresshila John - Garry Kuan	253
Quality Physical Education in Active School – Best Practices Examples from Primary Schools in North Macedonia Biljana Popeska - Jugoslav Spasikj - Kate Bukaroska Angeleska - Metodi Petrov – Snezana Jovanova Mitkovska	259
Innovations and Innovative Education in Bulgaria Based on the Subject of Physical Education and Sports Korneliya Naydenova - Iva Naydenova-Dancheva	279
Professional Learning Communities in Physical Education José René Tapia Martínez - Brenda Rocío Rodríguez Vela	287
Active Schools in the United States Gabrielle Strittmater - Paul R. Malinowski - Tanner Wheat - Wes Wilson - Emily Jones - Kim C. Graber - Amelia Mays Woods - Kevin Andrew Richards	297
Survey Physical Education Status in the Italian Primary School Sara Pasero - Stefania Cazzoli	307
An Analytical Study of the Impact of Physical Activity Practices on the Health Aspect of Children of Primary School Age Bendref Khaled - Sebbane Mohamed - Zitouni Abdelkader - Nacer Abdelkader	317
Research on the “Home-School-Community” Tripartite Integration Model of 6-7-Year-Old Children in China Zhang Haiyan - Garry Kuan - Luo Yi	331
“Fem Dansa” A Multi-Agency Project to Enhance the Implementation of Performing Arts and Dance into Secondary Education Curriculum Through Physical Education Lessons Castillo Cañiz, Agustí - Pesarrodonna Rovira, Nàdia	341

SITUATION

- Health and Wellbeing of Cypriot Pupils. The Need for Change and Physical Education Teachers to Embrace Physical Literacy in the Curriculum.**
Efsthios Christodoulides - David Grecic - Alan Thomson - Olia Tsivitanidou 357
- Swimming in Samoa: Challenges and Champions in the School Environment.**
Suzie Schuster 367
- New Guidance – Old Challenges: The future of Physical Education in England.**
David Grecic - Andrew Sprake - Clive Palmer 377
- Tandem Teaching Models in Physical Education Classes in Primary Schools in Slovakia.**
Luptáková Gabriela - Antala Branislav - Cihová Iveta – Slížik Miroslav 389
- Enhancing Participation and Training in Physical Education through Floor Curling: A Case Study on Chinese University Campuses.**
Zhutang Liu - Lei Huo - Yishuai Wang - Jiarun Wu - Linxian Zeng -Garry Kuan 397
- Active School, Vibrant Communities: The Role of Quality Physical Education for Enhancing Physical Education in Sarawak School.**
Elvis Mehid - Garry Kuan - Chin Ngien Siong 409
- Sports Recess: An Important Method to Enhance Physical Activity Among Primary and Secondary School Students in China.**
Wang Xiawei - Garry Kuan - Han Peiyan 419

ARTICLES IN FRENCH

Articles en français

- "L'évolution du somatotype pendant la croissance et son rôle dans la régulation didactique du contenu du programmes d'éducation physique du primaire au lycée de l'ouest Algérien".**
Nacer A. - Sebbane M. - Zitouni A. - Abdedaim A. - Bentata K. 429