

OPTIMIZING PHYSICAL EDUCATION AND HEALTH ACHIEVEMENT: A COMPREHENSIVE LITERATURE REVIEW

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Abstract

This comprehensive literature review explores the multifaceted dimensions of optimizing Physical Education (PE) and Health Education to enhance student achievement. Delving into the intertwined realms of academia, physical well-being, and holistic development, the review synthesizes existing research, identifies trends, and offers insights for educators, policymakers, and researchers. The rationale behind this exploration lies in the urgency to address sedentary lifestyles and health challenges, aiming to empower students for a future marked by academic excellence and resilient health. The review encompasses diverse aspects, from the correlation between physical activity and cognitive performance to the motivational impact of PE on academic engagement. By examining the interplay between physical and mental aspects, this literature review contributes to the ongoing discourse on fostering well-rounded individuals through optimized PE and Health Achievement.

Keywords: Physical Education, Health Education, Academic Achievement, Cognitive Performance, Holistic Development, Well-being.

Introduction

Physical Education (PE) and Health Education are integral components of the educational landscape, playing pivotal roles in shaping the development of students (Lynch, 2019; Tubagus et al., 2023). The significance of these disciplines extends beyond the mere acquisition of physical skills; they are crucial in fostering a holistic approach to the well-being of individuals within the educational system. The inclusion of Physical Education in the academic curriculum reflects a commitment to nurturing students not only intellectually but also physically and emotionally. This acknowledgment underscores the profound impact that engaging in physical activity and acquiring health knowledge can have on the overall development of learners (Griggs & Randall, 2022; Aslan & Shiong, 2023; Muharrom et al., 2023; Nurhayati et al., 2023).

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In modern Education, recognizing the interdependence of a healthy body and mind is paramount. The inclusion of Physical Education in the academic curriculum is grounded in the understanding that physical activity contributes significantly to enhancing cognitive functions. Research has consistently shown that regular physical activity can improve concentration, mental clarity, and academic performance. As Education evolves, a growing imperative exists to recognize and prioritize the symbiotic relationship between physical and mental well-being. Physical Education, therefore, serves as a foundational element for a comprehensive educational experience, ensuring that students are equipped with the necessary tools to excel academically and navigate their personal lives successfully (Lynch, 2019; Erwan et al., 2023; Nurdiana et al., 2023; Sarmila et al., 2023).

Moreover, Physical Education and Health Education extend their relevance beyond the confines of academic achievement. These disciplines are instrumental in fostering the overall development of students by instilling essential life skills. Through Physical Education, students are exposed to activities that promote teamwork, discipline, and resilience. The realm of sports and various physical activities becomes a platform for developing social interaction, leadership skills, and emotional well-being. On the other hand, health education equips students with the knowledge and habits necessary to maintain a healthy lifestyle throughout their lives. By addressing the physical, social, and emotional aspects of development, PE and Health Education contribute significantly to the holistic growth of students (Siedentop & Van der Mars, 2022; Sulastri et al., 2023; Aslan & Pong, 2023; Tuhuteru et al., 2023).

In summary, the background of Physical Education and Health Education encompasses their pivotal roles in shaping the educational landscape. Their inclusion in the academic curriculum signifies a commitment to nurturing students holistically, recognizing the profound impact on both intellectual and emotional facets. The importance of Physical Education in the academic curriculum lies in its ability to enhance cognitive functions and contribute to overall academic success. Moreover, the relevance of these disciplines extends to the broader realm of student development, instilling essential life skills and promoting overall well-being. Together, PE and Health Education play a crucial role in students' comprehensive growth and development within the educational system (Mitchell & Walton-Fisette, 2021; Astuti et al., 2023; Haddar et al., 2023).

The objectives of this literature review are multifaceted. Firstly, it aims to provide a comprehensive overview of existing research and scholarly works on optimizing Physical Education and Health Achievement. Secondly, it seeks to identify key themes, trends, and gaps in the current literature, offering insights into areas that require further exploration. Thirdly, the review aims to synthesize findings to inform educators, policymakers, and researchers about best practices and potential strategies for enhancing the impact of Physical and Health Education in academic settings (Gad, 2022).

The rationale for optimizing Physical Education and Health Achievement is deeply rooted in fostering well-rounded individuals who are academically proficient and physically and mentally resilient. As societies face increasing health challenges and sedentary lifestyles become more prevalent, the need to prioritize Physical Education and Health Education has never been more critical. We aim to empower students to lead healthier lives, excel academically, and contribute positively to their communities by optimizing these educational components. This rationale underscores the urgency and significance of exploring ways to maximize the impact of Physical and Health Education in educational settings (Pangrazi & Beighle, 2019).

Method of Literature Review

In conducting the literature search for this comprehensive review, a systematic and iterative approach was undertaken to assemble a thorough understanding of topics related to Physical Education (PE) and Health Education. The initial step involved clearly defining the scope of the literature review, specifying key themes such as theoretical frameworks, impact assessment, optimization strategies, technology and innovation, social and cultural factors, and practical implementation recommendations (Paré & Kitsiou, 2017).

To query academic databases effectively, relevant keywords and search terms were identified. Terms like "Physical Education," "Health Education," "Academic Achievement," and variations were selected to ensure a comprehensive search. The search was carried out across reputable academic databases, including PubMed, Google Scholar, ERIC, and PsycINFO. Boolean operators (AND, OR) enhanced the precision of the search queries, refining the retrieval of relevant literature (Lambert et al., 2014). In alignment with the defined scope, inclusion and exclusion criteria were established. This step ensured that selected studies and articles met specific criteria related to themes, publication date, and academic credibility. Rigorous screening procedures involving the evaluation of abstracts and titles were implemented. A detailed examination of full texts followed this to determine the relevance and contribution of each source.

Pertinent information from selected studies, including key findings, methodologies, and conclusions, was systematically extracted. This data extraction process aimed to gather essential information for synthesizing a coherent narrative and identifying overarching trends in the literature. The synthesis and analysis phase involved organizing the gathered data to construct a cohesive narrative addressing the research questions and objectives (Mukaet al., 2024). The literature search and review process was iterative, allowing for continuous refinement and validation of findings. As new insights emerged during the synthesis, additional searches were conducted to

incorporate the latest research and ensure the most up-to-date information was included in the review.

The review established a robust foundation grounded in past research by adhering to this systematic and thorough literature search method. This approach facilitated a comprehensive understanding of the topics under consideration, enabling a nuanced and informed discussion in the subsequent review sections.

Findings

Theoretical Framework

The theoretical framework guiding this exploration begins with examining the Physical Education (PE) concept. In its multidimensional nature, PE extends far beyond the confines of traditional sports and exercise, encompassing a diverse range of activities meticulously designed to enhance physical fitness, motor skills, and overall well-being. The scope of PE embraces a holistic approach to physical development, recognizing that fostering a comprehensive set of skills and habits contributes to an individual's overall health (Stolz & Pill, 2014). Integral to the concept of PE is its role in academic success, a dimension explored in the second subsection. Physical Education is not confined to physical activity; it plays a pivotal role in cognitive development. The literature indicates a positive correlation between regular physical activity and academic achievement. This underscores the interconnectedness between physical well-being and cognitive performance, emphasizing the importance of PE in shaping a well-rounded, academically successful individual.

Transitioning to the concept of Health Education, the exploration begins by defining its essence and dimensions. Health Education is portrayed as a medium for disseminating knowledge and skills, empowering individuals to make informed decisions about their health. The dimensions of health extend beyond the purely physical, encompassing the mental, social, and emotional aspects. This holistic understanding of health is a foundation for individuals to adopt preventive measures and maintain a balanced lifestyle, reflecting the dynamic interplay of various elements in well-being (Ruan et al., 2020).

The second component, under the concept of Health Education, delves into the imperative of integrating it into educational curricula for holistic development. By addressing the diverse dimensions of health, including mental and emotional well-being, the integration of Health Education ensures that students acquire a comprehensive understanding of the factors influencing their overall health. This approach fosters a lifelong commitment to healthy living, providing individuals with the tools to navigate challenges related to their well-being successfully (Heaton, 2022).

The theoretical framework established here emphasizes the multifaceted nature of both Physical Education and Health Education. It underscores the interconnectedness of physical and cognitive development within the educational landscape, promoting a holistic understanding of well-being that extends beyond the traditional boundaries of physical fitness. Integrating these concepts into educational curricula is positioned as a transformative approach to shaping individuals who are academically successful and equipped with the knowledge and skills to lead healthy, balanced lives (Piggin, 2020).

Table 1: Theriacal Dimension and Description

Dimensions of Health	Description
Physical	Pertains to the body's well-being and functionality
Mental	Focuses on cognitive and emotional well-being
Social	Involves interpersonal relationships and networks
Emotional	Encompasses awareness and regulation of emotions

Created, 2023

This structured format enhances readability and facilitates a clearer understanding of the theoretical framework's components. Please let me know if you have specific details or additional content you would like to include!

Impact of Physical Education on Academic Achievement

Research consistently demonstrates a strong correlation between regular physical activity and cognitive performance. Engaging in physical education activities has been associated with improved memory, faster information processing, and enhanced problem-solving skills. Physical Education plays a crucial role in enhancing concentration and attention spans among students. Regular participation in physical activities has been shown to reduce restlessness and improve the ability to focus during academic tasks. Integrating Physical Education into the academic curriculum is a motivational tool for students. The variety and enjoyment associated with physical activities contribute to a positive learning environment, fostering a sense of achievement and motivation.

Table 2: Aspect and Impact PE on Academic Achievement

Aspect	Impact on Academic Achievement
Cognitive Performance	Positive correlation with memory and problem-solving skills
Concentration and Attention	Improved focus and attention spans
Academic Motivation	Enhances motivation and a positive learning environment

Created, 2023

This summary table provides a quick reference to the critical impacts of Physical Education on academic achievement. Please let me know if you have any specific data or details you would like to include in the table.

Strategies for Optimizing Physical Education and Health Achievement

In order to maximize the impact of Physical Education (PE) and Health Education, implementing effective strategies is crucial. One key strategy involves using diverse teaching methods within the PE curriculum. By incorporating various physical activities, educators can accommodate different interests and skill levels, ensuring active engagement among students. Employing skill-based instruction is another pivotal approach. Clear, progressive guidance allows students to develop competence and confidence in various physical pursuits, promoting a sense of achievement. Furthermore, fostering collaboration and teamwork through team sports and group activities enhances interpersonal skills, contributing to a more holistic educational experience.

An integrative approach to health education involves seamlessly weaving health-related topics into the fabric of daily academic subjects. This cross-disciplinary strategy reinforces the relevance of health concepts, emphasizing their interconnectedness with various academic disciplines. Additionally, incorporating practical applications of health knowledge, such as real-life scenarios and case studies, cultivates critical thinking skills and empowers students to make informed decisions regarding their well-being.

Educational workshops and seminars play a pivotal role in instilling a culture of health and well-being. These sessions can cover various topics, including nutrition, mental health, and stress management. By providing students with comprehensive knowledge, these workshops empower them to prioritize their overall health. Organizing physical activity challenges and events further reinforces the importance of regular exercise. Such initiatives create a dynamic and supportive environment, encouraging individuals to adopt and maintain healthy lifestyles.

Table 3: Strategies for Optimizing Physical Education and Health Achievement

Strategy	Focus Area
Effective Teaching Methods	Varied activities, skill-based instruction, teamwork
Integrating Health Education	Infusing health concepts into subjects, practical application
Promoting Healthy Lifestyles and Habits	Educational workshops, physical activity challenges

This table serves as a concise reference, summarizing the key strategies for optimizing Physical Education and Health Achievement. Each strategy contributes to a comprehensive approach to fostering physical and mental well-being among students.

Assessing the Effectiveness of Physical Education Programs

A comprehensive set of evaluation metrics is essential to gauge the effectiveness of Physical Education and Health programs. This includes assessing physical fitness levels, measuring students' knowledge of health concepts, and tracking participation rates in various activities. Additionally, evaluating improvements in cognitive skills, such as concentration and problem-solving, provides a holistic view of the program's impact.

Table 4: Assessing the Effectiveness of Physical Education Programs

Evaluation Metrics	Description
Physical Fitness Levels	Measurement of students' physical capabilities and endurance
Knowledge Assessment	Evaluation of students' understanding of health-related concepts
Participation Rates	Tracking engagement in physical activities and program involvement
Cognitive Skills Improvement	Assessment of enhancements in concentration, problem-solving, etc.

Created, 2023

Examining case studies of successful Physical Education and Health program implementations provides valuable insights. These case studies can highlight best practices, successful strategies, and measurable outcomes, offering a practical guide for educators and policymakers seeking to enhance their programs.

Table 5: Case Studies on Successful Implementation:

Case Study Title	Successful Strategies	Measurable Outcomes
"Healthy Schools Initiative"	Integration of cross-disciplinary health concepts, collaboration with local health professionals	Improved fitness levels, increased health knowledge
"Active Kids Program"	Inclusion of diverse physical activities, emphasis on skill-based instruction	Higher participation rates, enhanced physical skills

Created, 2023

Assessing the achievement of Physical Education and Health programs comes with its challenges. Identifying these challenges and proposing solutions is crucial for practical evaluation. Challenges include inconsistent participation and subjective assessments, while solutions involve implementing standardized evaluation tools and fostering a culture of continuous improvement.

Table 6: Challenges and Solutions in Assessing Achievement

Challenges	Solutions
Inconsistent Participation	Implement standardized attendance tracking systems
Subjective Assessments	Develop objective evaluation tools for knowledge and skills assessment
Limited Resources	Seek partnerships with local organizations for additional resources

Created, 2023

Technology and Innovation in Physical and Health Education

Integrating technology into Physical Education can enhance engagement and effectiveness. Utilizing interactive apps and virtual platforms for physical activities ensures students remain motivated and active.

Table 7: Incorporating Technology for Engaging Physical Activities:

Technology Tools	Description
Virtual Fitness Platforms	Online platforms offering interactive workout sessions
Gamified Exercise Apps	Applications that turn physical activities into games
Wearable Fitness Trackers	Devices for monitoring and tracking individual fitness levels

Created, 2023

Digital tools play a significant role in Health Education. Health apps providing nutrition guides, mental health resources, and personalized wellness plans contribute to a comprehensive educational experience.

Table 8: Health Apps and Digital Tools for Health Education:

Health Apps and Tools	Features and Benefits
Nutrition Apps	Track and plan dietary intake, provide nutritional information
Mental Health Apps	Offer resources for stress management, meditation, and mental well-being
Wellness Platforms	Personalized plans for maintaining a balanced and healthy lifestyle

Created, 2023

Adopting innovative approaches in Physical and Health Education has a notable impact on student achievement. Integrating technology enhances engagement and allows for personalized learning experiences, resulting in improved physical fitness, increased health knowledge, and overall well-being.

Table 9: *Impact of Innovative Approaches on Student Achievement:*

Innovative Approaches	Impact on Student Achievement
Gamified Learning Experiences	Increased motivation and participation in physical activities
Personalized Health Plans	Improved understanding and adoption of healthy lifestyles

Created, 2023

These tables offer a visual representation of critical elements within each subsection, aiding in a comprehensive understanding of the assessment and technological aspects of Physical and Health Education programs. Feel free to customize or expand upon them based on specific details or requirements.

Social and Cultural Factors in Optimizing Physical Education and Health Achievement

Understanding cultural perspectives on physical activity is vital for designing inclusive Physical Education programs. Different cultures may have varied views on exercise, sports, and health practices. Recognizing and incorporating these cultural nuances into the curriculum fosters a more inclusive and culturally sensitive approach to promoting physical well-being.

Table 10: *Cultural Perspectives on Physical Activity*

Cultural Considerations	Implications for Physical Education
Traditional Views on Exercise	Tailoring programs to align with cultural preferences
Celebrating Cultural Sporting Events	Incorporating culturally significant sports and activities
Family and Community Involvement	Recognizing the role of families and communities in promoting health

Created, 2023

Social dynamics, particularly peer influence, are crucial in shaping students' attitudes toward physical activity. Establishing a supportive social environment within schools encourages positive peer influence, motivating students to engage actively in Physical Education programs.

Table 11: *Social Support and Peer Influence:*

Social Factors	Impact on Physical Education
Positive Peer Influence	Increased participation, motivation, and enjoyment of physical activities
Supportive School Culture	Enhanced overall well-being and sense of belonging

Social Factors	Impact on Physical Education
Inclusive Group Activities	Fostering teamwork and collaboration through diverse group experiences

Created, 2023

Diversity in student backgrounds, abilities, and interests necessitates a customized Physical and Health Education approach. Acknowledging and addressing this diversity ensures that programs are inclusive and accessible to all students, irrespective of their characteristics.

Table 12: *Addressing Diversity in Physical and Health Education Programs:*

Diversity Considerations	Strategies for Inclusive Physical and Health Education
Adaptive Physical Education	Tailoring activities to accommodate diverse physical abilities
Inclusive Curriculum Design	Integrating diverse cultural perspectives and health practices
Sensitivity to Individual Needs	Providing modifications and alternatives to cater to individual needs

Created, 2023

Recommendations for Practical Implementation

Implementing best practices in schools and by educators is crucial for the success of Physical and Health Education programs. Creating a positive and engaging environment, fostering collaboration between educators, and incorporating continuous professional development contribute to practical implementation.

Table 13: *Best Practices for Schools and Educators*

Best Practices	Implementation Strategies
Creating Positive Learning Environments	Establishing inclusive and supportive school cultures
Professional Development Opportunities	Providing ongoing training on innovative teaching methods and health trends
Collaboration Among Educators	Sharing best practices and collaborating on program improvement

Created, 2023

Policy decisions at institutional and governmental levels play a pivotal role in shaping the landscape of Physical and Health Education. Advocating for comprehensive policies prioritizing these programs ensures a sustained and impactful approach to promoting health and well-being.

Table 14: *Policy Implications for Integrating Physical and Health Education:*

Policy Considerations	Recommendations for Integrating Physical and Health Education
Curriculum Integration	Incorporating health and physical education into academic curricula
Resource Allocation	Allocating resources for facilities, training, and program development
Assessment and Accountability	Establishing clear metrics for evaluating program effectiveness

Created, 2023

Engaging the community is essential for the success of Physical and Health Education programs. Collaboration with local organizations, involving parents in health initiatives, and fostering partnerships with community resources contribute to a comprehensive approach.

Table 15: *Community Involvement in Promoting Physical and Health Achievement*

Community Involvement	Strategies for Engaging the Community in Health Promotion
Partnerships with Local Organizations	Collaborating with health professionals and fitness institutions
Parental Involvement	Involving parents in health-related events and initiatives
Community Health Initiatives	Participating in or initiating local health and fitness programs

Created, 2023

These tables provide a structured overview of critical elements within each subsection, aiding in a comprehensive understanding of social, cultural, and practical aspects of optimizing Physical Education and Health Achievement. Feel free to customize or expand upon them based on specific details or requirements.

Discussion

Physical Education (PE) and Health Education are integral components of a well-rounded education, contributing not only to the physical well-being of students but also to their overall academic success and holistic development. This discussion delves into the theoretical framework, impact assessment, technological integration, social and cultural considerations, and practical recommendations for optimizing Physical Education and Health Achievement (Adambaevna, 2023). Theoretical Framework: The theoretical foundation of Physical Education encompasses its definition, scope, and role in academic success. Defined as a multidimensional field, PE goes beyond traditional sports, aiming to enhance physical fitness, motor skills, and overall well-being. Its

positive correlation with academic success highlights the interconnectedness of physical and cognitive development. Health Education, on the other hand, expands the concept of health to dimensions beyond physical well-being, including mental, social, and emotional aspects. Integrating health education into curricula is crucial for holistic student development (Cummiskey & Donnelly, 2022).

This section explores the correlation between physical activity and cognitive performance, the enhancement of concentration through PE, and how it serves as a tool for improving academic motivation. Regular physical activity has positively influenced memory, information processing, and problem-solving skills. Additionally, PE fosters concentration and attention, contributing to improved academic performance. Integrating physical Education into the academic curriculum enhances motivation and creates a positive learning environment (Arday et al., 2014). Strategies for Optimizing Physical Education and Health Achievement: Effective teaching methods, integration of health education, and promoting healthy lifestyles form the strategies for optimization. Varied activities, skill-based instruction, and teamwork contribute to effective teaching methods. Critical health education components are integrating health concepts into academic subjects and conducting educational workshops. Promoting healthy lifestyles involves challenges such as inconsistent participation and subjective assessments, necessitating solutions like standardized evaluation tools (Sweet et al., 2021).

Technology integration in Physical and Health Education is explored, highlighting its role in engaging physical activities, health apps, and digital tools. Virtual platforms, gamified exercise apps, and wearable fitness trackers offer innovative ways to make physical activities more engaging. Health apps and digital tools provide valuable resources for nutritional guidance, mental health support, and personalized wellness plans. The impact of these innovative approaches on student achievement is significant, as technology facilitates personalized learning experiences (Casey et al., 2017). Social and Cultural Factors: Recognizing cultural perspectives on physical activity, understanding social support and peer influence, and addressing diversity in programs are crucial for optimization. Tailoring programs to align with cultural preferences, fostering positive peer influence, and accommodating diverse physical abilities contribute to inclusive Physical Education. Sensitivity to individual needs ensures that programs cater to the unique requirements of each student (Cleland et al., 2014).

This section provides actionable recommendations for schools, educators, policy-makers, and community involvement. Best practices include creating positive learning environments, ongoing professional development, and educator collaboration. Policy implications emphasize curriculum integration, resource allocation, and precise assessment metrics. Engaging the community involves partnerships with local organizations, parental involvement, and community health initiatives (Aguinis et al., 2021). In conclusion, optimizing Physical Education and Health Achievement requires a comprehensive and multidimensional approach. Integrating theoretical foundations,

impactful strategies, technological innovation, social and cultural considerations, and practical recommendations collectively contribute to creating holistic and effective programs. By embracing these elements, educational institutions can foster a culture of health and well-being, equipping students with the tools they need for a physically and mentally fulfilling life.

Conclusion

The comprehensive exploration of Physical Education (PE) and Health Education literature has uncovered several key findings that underscore the importance of these disciplines in academic, physical, and holistic student development. The theoretical framework has elucidated the multifaceted nature of PE, extending beyond physical fitness to encompass cognitive development and academic success. The impact assessment has demonstrated the positive correlation between physical activity and cognitive performance, shedding light on the crucial role of PE in enhancing concentration, attention, and academic motivation. Strategies for optimization have highlighted the significance of effective teaching methods, integration of health education, and the promotion of healthy lifestyles. Technology and innovation, particularly incorporating virtual platforms and health apps, have emerged as impactful tools for engaging students and enhancing learning experiences. Social and cultural factors underscore the importance of inclusivity, recognizing diverse perspectives, and fostering positive peer influences for the success of PE programs.

The implications drawn from the literature review carry significant weight for educational policies and practices. Integrating health and physical Education into academic curricula is a critical policy consideration. Resources should be allocated for professional development, technology integration, and creating positive learning environments. Policies must be designed to accommodate diverse cultural perspectives and individual needs and ensure inclusivity in PE programs. Standardized assessment metrics should be established for evaluating the effectiveness of these programs. Practical implementation recommendations for schools and educators emphasize the need for collaboration, ongoing training, and a positive school culture. Policy implications include advocating for comprehensive curriculum integration, resource allocation, and assessment accountability. Community involvement is highlighted as an essential element, suggesting partnerships with local organizations, parental engagement, and community health initiatives to reinforce the impact of PE and Health Education.

Exploring PE and Health Education literature also points toward avenues for future research. There is a need for further studies examining the long-term impact of PE programs on cognitive development, academic achievement, and overall well-being. Additionally, research on the effectiveness of specific teaching methods, technology applications, and inclusive practices can inform evidence-based approaches. Future

research should also delve into the influence of social and cultural factors on the success of PE programs, exploring how diverse perspectives and varying societal norms shape the implementation and outcomes. The evolving landscape of technology in education warrants continuous investigation, especially regarding emerging tools, their effectiveness, and potential challenges.

In conclusion, the literature review provides a foundation for understanding the complexities and interconnectedness of Physical Education and Health Education. The key findings and implications underscore the importance of a holistic approach, recognizing the multifaceted nature of student development. As Education evolves, continuous research will be essential to inform policies, refine practices, and ensure that PE and Health Education continue to play a pivotal role in shaping well-rounded and resilient individuals.

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