

## RESEARCH ARTICLE

# Integrating culturally-oriented activities in physical education: Analysis on the incidental learning and appreciation of learners to Philippine culture

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### ABSTRACT

The study investigates incidental learning and the appreciation of college students towards culturally-oriented activities in physical education sessions. The exploratory research design uses one-on-one interviews to gather data from 20 physical education students enrolled in the 2023–2024 school year. The positive impact of integrating culturally-oriented activities into physical education sessions is that it emphasizes the importance of cultural awareness and inclusivity in educational settings. The benefits of incorporating culturally-oriented activities into physical education include promoting cultural understanding and enriching students' educational experiences. The transformative effect of culturally oriented activities in physical education prepares students to become responsible global citizens, emphasizing the importance of cultural enrichment. Incorporating culturally-oriented activities in physical education sessions has significant implications for educational practices, policies, and societal attitudes towards diversity, promoting global citizenship and inclusivity. Integrating culturally-oriented activities in physical education is essential in the current context to nurture cultural awareness, respect, and diversity among students. Investigating the effects of such activities can help educators create more inclusive and culturally responsive learning environments, preparing students for a diverse and interconnected world. Physical education is a way of education through physical activities that are selected and carried on with full regard to values in human growth, development, and behavior. Help learners to better understand both their own identity and the ethos of the school context and environment they share with others. Teachers' and students' perspectives on culturally relevant physical education. Aspects of culture and education should be complementary in terms of complementing and reinforcing each other.

**Keywords:** physical education; culturally-oriented activities; learners; incidental learning; Philippine culture

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## 1. Introduction

Physical education fosters personal and community wellness by empowering students to attain healthy, lifelong attitudes and behaviors through physical activity as part of the total educational experience<sup>[1]</sup>. Physical activity (PA) during physical education (PE) lessons provides an important opportunity for being physically active<sup>[2]</sup>. Through culturally responsive teaching practices, educators can leverage students' diverse backgrounds to enhance learning experiences. This involves incorporating culturally relevant content,

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perspectives, and instructional approaches that resonate with students' lived experiences<sup>[3]</sup>. Physical education programs and classes can benefit from the inclusion of various cultural elements through the integration of culturally-oriented activities. By recognizing and respecting different cultural backgrounds, it seeks to create a more diverse and inclusive learning environment. By integrating culturally-oriented activities into physical education, students can improve their physical health and well-being, acquire a more global perspective, and cultivate an understanding of diverse cultures. As well, it promotes in students a sense of inclusivity, empathy, and cultural appreciation. Effective communication is crucial for teachers in ensuring a high-quality educational process<sup>[4]</sup>. Cultural diversity in society is reflected in our schools but it is seldom taken into account as an influential variable in the personal and social development of our students<sup>[5]</sup>. Standard-driven curriculum, evidence of learning through assessment, meaningful performance outcomes, and the growing diversity of student populations are transforming how inclusion is implemented and evaluated<sup>[6]</sup>. Enable students in schools from an increasingly diverse range of cultural backgrounds to acquire literacy to a standard that will support them to achieve academically. Culturally relevant teaching is proposed as a powerful method for increasing student achievement and engagement and for reducing achievement gaps<sup>[7]</sup>. In many countries around the world, PE is explicitly and directly responsible for the health education of children and young people. PE teachers are now responsible for the holistic development of students' physical, social, emotional and mental well-being<sup>[8]</sup>. Cultural aspects such as values, beliefs, and behavioral patterns and the impact it may cause on the environment and on people<sup>[9]</sup>. Developing effective and easy-to-follow learning guide models for supporting user to enjoy a deep cultural experience<sup>[10]</sup>. Student learning in PE is a concern shared by the educational community, and motivation and commitment are two of the factors that seem to be key determinants in the teaching-learning process<sup>[11]</sup>. Providing teachers with multicultural training with the hope that through this training, teachers will convey the importance of respect and sensitivity for all cultures to their students<sup>[12]</sup>.

## **2. Research questions**

This study aims to determine the incidental learning and characterize appreciation of college students towards the integrated culturally-oriented activities in Physical Education sessions. This study gathered narratives that answered the questions below:

1. Are you aware of culturally-oriented activities integrated into your physical education sessions? Cite these culturally-oriented activities.
2. Did these culturally-oriented activities in PE taught you something? Enumerate and explain what you learn from these activities.
3. What is the importance of integrating culturally-oriented activities Physical Education sessions? Elaborate from the point of view of being a student.
4. Do you like the idea of integrating culturally-oriented activities in your Physical Education sessions? Explain why you like it.
5. Is there a difference if Physical Education sessions do not integrate culturally-oriented activities in Physical Education sessions? Explain your stand.
6. Do you appreciate more a PE teacher who intentionally integrate culturally-oriented activities in your Physical Education than those who do not? Explain your why or why not you appreciate it.
7. Can these culturally-oriented activities integrated in Physical Education sessions make the learners bring closer to their culture? Explain how this builds up to a learner.

### **3. Literature review**

The importance of cultural competency in physical education is unmistakable<sup>[13]</sup>. The culture of a people comprises the entire sweep of life and includes the whole range of activities in which they engage. All their activities contribute to the cultural level<sup>[14]</sup>.

‘Taking exercise’, whether it be recreational walking, participating in club sport, or joining in a PE lesson, is a culturally loaded behaviour. We all see, do and talk about physical activity differently, yet, there has been relatively little research or theorising around difference in race, ethnicity, cultural diversity and physical activity from an educational perspective<sup>[15]</sup>.

Impact of this global pandemic among indigent students specifically on their academic and health insecurities during this unprecedented global pandemic<sup>[16]</sup>. The global pandemic has made academic and health insecurities among indigent students worse, emphasizing the need to integrate culturally-oriented activities into physical education to promote holistic well-being. By addressing the academic and health insecurities of indigent students, physical education can contribute to their overall well-being and create a more inclusive and culturally sensitive learning environment.

Practices of the teachers in assessing the academic performances of the students, strategies to execute their assessment practices that comply with the health protocols, and strategies to safeguard the quality and integrity of these assessments despite the difficulties in the learning environment<sup>[17]</sup>. Teachers integrate culturally-oriented activities into Physical Education, assessing students’ academic performance using performance-based, reflective, and group discussions. They adapt strategies to health protocols, use online platforms, virtual presentations, and individualized assessments to promote incidental learning and appreciation of Philippine culture.

Effectively engage students in academic honesty and allow them to learn through the essence of humanized teaching<sup>[18]</sup>. Promoting academic honesty in physical education integrates culturally-oriented activities, encouraging students to engage with integrity, respect, and authenticity, enhancing their learning experience, and fostering appreciation for Philippine culture. This humanized approach to teaching allows students to develop a sense of identity, belonging, and appreciation for their cultural heritage.

Language fluency allowed the students to express their thoughts in clear and concise manner<sup>[19]</sup>. Language fluency is crucial in integrating culturally-oriented activities in physical education. It allows students to express their understanding and appreciation of Philippine culture in a clear and concise manner. This fluency facilitates meaningful discussions, insights, and questions related to cultural aspects. Emphasizing language fluency in this context creates an inclusive learning environment, enhancing students’ language skills and fostering a deeper connection with cultural elements.

English Language in terms of utilizing their stories in the different levels of curriculum development, such as teaching activities and strategies<sup>[20]</sup>. English serves as a medium for students to express their experiences and perspectives on Philippine culture, enhancing the cultural richness and diversity within the learning environment. This personalized and meaningful learning experience connects students with their cultural heritage and fosters a deeper understanding of Philippine culture. English language proficiency allows for effective communication and engagement in culturally-oriented activities, ensuring active participation and learning from these experiences.

Teaching serves as a brilliant step towards promoting literacy and communication<sup>[21]</sup>. Teaching culturally-oriented activities in PE is crucial for promoting literacy and communication skills among students. These activities allow students to explore Philippine culture, develop reading, writing, and oral

communication skills, and foster empathy and respect for diverse perspectives. By creating a meaningful learning environment, students are motivated to develop their literacy skills and appreciate the richness of Philippine culture.

Incorporating cultural elements into the curriculum is a brilliant step towards promoting literacy and communication skills. Different layers of discriminatory practices<sup>[22]</sup>. Integrating culturally-oriented activities in Physical Education can help students analyze and challenge discriminatory practices, such as racial, ethnic, gender, or socioeconomic discrimination. This approach promotes empathy, respect, and appreciation for diverse backgrounds and experiences. By incorporating elements of Philippine culture, such as traditional games, dances, or sports, students can appreciate and celebrate their peers' diversity, fostering a sense of belonging and acceptance. This approach contributes to incidental learning and appreciation of Philippine culture, fostering a deeper understanding of the role of culture in fostering a more equitable and respectful society.

Cultural values, beliefs, and traditions can significantly influence communication patterns<sup>[23]</sup>. Integrating Philippine culture into Physical Education enhances students' understanding of cultural values, beliefs, and traditions, promoting respect, cooperation, and harmony in communication. This approach enhances their understanding of Philippine society and the diversity of communication styles within the cultural context.

## **4. Methods**

The main purpose of this study was to determine the narratives of how culturally-oriented activities in physical education contribute to the incidental learning and appreciation of learners towards Philippine culture. This study used a qualitative design to facilitate a comprehensive exploration of the narratives surrounding the integration of cultural activities in physical education and its implications for the learning and appreciation of Philippine culture among students. The study aimed to explore the concept of incidental learning and examine how college students perceive and value culturally-oriented activities integrated into physical education sessions. Physical education students were interviewed to gather more comprehensive information for the research, the study relied on narrative data as the foundation for theoretical and developmental research. Research involves gathering information pertinent to a subject at hand and basing fundamental recommendations or suggestions on that information<sup>[24]</sup>. By employing a qualitative design, the study aimed to delve into the subjective experiences, perceptions, and stories of learners engaging in cultural activities within the physical education context.

## **5. Research design**

The research design employed is exploratory, utilizing one-on-one interviews as the primary data collection method. In essence, exploratory designs try to “connect ideas to understand the groundwork of your analysis without adding any preconceived notions or assumptions yet”<sup>[25]</sup>.

## **6. Sampling and participants**

Purposive sampling was used in the study with physical education students who are currently enrolled in the school year 2023-2024. The primary tool for acquiring data on BPEd students<sup>[26]</sup>. The main objective of the study was to explore the participants' experiences with integrating culturally-oriented activities into physical education and to analyze the incidental learning and appreciation of learners for Philippine culture. By using purposive sampling, the researchers could select participants who would provide valuable insights into the topic of the study. **Table 1** presents the summary of participants' demographics.

**Table 1.** Basic information of the participants.

Code	Education level	Gender	Course
Participant 1	College	F	Bachelor of Physical Education (BPed)
Participant 2	College	F	Bachelor of Physical Education (BPed)
Participant 3	College	F	Bachelor of Physical Education (BPed)
Participant 4	College	F	Bachelor of Physical Education (BPed)
Participant 5	College	M	Bachelor of Physical Education (BPed)
Participant 6	College	M	Bachelor of Physical Education (BPed)
Participant 7	College	M	Bachelor of Physical Education (BPed)
Participant 8	College	M	Bachelor of Physical Education (BPed)
Participant 9	College	F	Bachelor of Physical Education (BPed)
Participant 10	College	F	Bachelor of Physical Education (BPed)
Participant 11	College	F	Bachelor of Physical Education (BPed)
Participant 12	College	F	Bachelor of Physical Education (BPed)
Participant 13	College	F	Bachelor of Physical Education (BPed)
Participant 14	College	F	Bachelor of Physical Education (BPed)
Participant 15	College	F	Bachelor of Physical Education (BPed)
Participant 16	College	F	Bachelor of Physical Education (BPed)
Participant 17	College	F	Bachelor of Physical Education (BPed)
Participant 18	College	F	Bachelor of Physical Education (BPed)
Participant 19	College	F	Bachelor of Physical Education (BPed)
Participant 20	College	F	Bachelor of Physical Education (BPed)

## 7. Instrument

This study uses open-ended questions for one-on-one phone call interviews with physical education students to gather qualitative information and analyze data about the integration of culturally-oriented activities in physical education. Inclusive physical education worldwide, to examine the history of inclusive physical education across different regions, and to compare their policy, practice and educational cultures<sup>[27]</sup>. This approach allows the participants to share their experiences, thoughts, and perspectives in a more detailed and personal manner. It offers the researchers a chance to investigate learners' appreciation of Philippine culture and incidental learning in greater detail. The interviews provide the researchers with important information about how these activities affect their understanding and appreciation of their own culture.

**Table 2.** Research instrument for one-on-one interview.

Objectives	Interview Questions
Determine the incidental learning of college students from the integrated culturally-oriented activities in Physical Education sessions	<p>A. Are you aware of culturally-oriented activities integrated into your physical education sessions? Cite these culturally-oriented activities.</p> <p>B. Did these culturally-oriented activities in PE taught you something? Enumerate and explain what you learn from these activities.</p> <p>C. What is the importance of integrating culturally-oriented activities Physical Education sessions? Elaborate from the point of view of being a student.</p>
Characterize the appreciation of	<p>A. Do you like the idea of integrating culturally-oriented activities in your</p>

college students on the integrated culturally-oriented activities in Physical Education sessions.	<p>Physical Education sessions? Explain why you like it.</p> <p>B. Is there a difference if Physical Education sessions do not integrate culturally-oriented activities in Physical Education sessions? Explain your stand.</p> <p>C. Do you appreciate more a PE teacher who intentionally integrate culturally-oriented activities in your Physical Education than those who do not? Explain your why or why not you appreciate it.</p> <p>D. Can these culturally-oriented activities integrated in Physical Education sessions make the learners bring closer to their culture? Explain how this builds up to a learner.</p>
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**Table 2.** (Continued).

## 8. Data gathering procedure

One-on-one phone call interviews with physical education course students are conducted as part of the data collection process for this project, serving as the major medium of communication. Finding potential participants who fit the requirements to be included in the study is the first step that is presented in the methodology. Interviews are scheduled and conducted using open-ended questions to obtain thorough answers from the participants. Following the recording of the interviews, a thorough transcription is done to ensure that the discussions are accurately captured.

The researchers used a set of open-ended questions as described in **Table 2**. The study delved into the subjective experiences of the participants in determining the incidental learning from the integrated culturally-oriented activities in physical education sessions, as well as characterizing the appreciation of college students for the integrated culturally-oriented activities in physical education sessions. Interviews are scheduled and conducted using open-ended questions to obtain thorough answers from the participants. A thorough transcription of the recorded interviews is done to guarantee that the discussions are accurately captured. The interview happened at the most convenient time for the participants.

## 9. Data analysis

The narratives gathered from in-person and online interviews with education students were subjected to thematic analysis. The methodical process of thematic analysis, a popular qualitative research technique, involves identifying, examining, and interpreting recurrent patterns or themes in the collected data. This method allows researchers to fully understand the underlying meanings, concepts, and experiences that have been incorporated into the information being studied. The application of theme analysis allowed researchers to examine complex phenomena, uncover previously missed connections, and shed light on the various viewpoints and narratives found within the data. Examining the structural relationship pattern among critical thinking, reflective thinking and creative thinking and their predictive power on academic achievement.

## 10. Results

Question 1. Are you aware of culturally-oriented activities integrated into your physical education sessions? Cite these culturally-oriented activities.

### A. Traditional Dances

Twenty (20) respondents mentioned that during their physical education classes, they learn and practice traditional dances from different cultures. This encompasses both traditional dances from the Philippines and other cultures worldwide.

Participant 1	Subjects like traditional dances.
Participant 2	Culturally diverse topic such as the Philippine traditional dances.”
Participant 3	I’ve learn about the traditional dances.
Participant 4	Some activities that I observed as traditional dances.
Participant 5	In our course we have a lot of like activities that incorporated the cultural like example the traditional dances

### B. International Dance

Eight (8) respondents mentioned international dance. The physical education sessions incorporate international dances in addition to traditional dances. This gives students the opportunity to study and enjoy dances from many cultures around the world.

Participant 1	International dance.
Participant 2	In our national dances were we tackled different dances around the world.

### C. Martial Arts

Four (4) respondents mentioned martial arts. Martial arts like karate, taekwondo, and arnis are mentioned as culturally-oriented activities. Apart from enhancing physical health, these exercises also offer valuable perspectives into diverse cultural practices and disciplines.

Participant 4	Martial arts like karate, taekwondo and arnis.
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### D. Seminars related to culture

Four (4) respondent mentioned seminars related to culture. The respondent mentioned that their college conducts seminars and programs related to culture. These events are coordinated with other colleges and are aimed at promoting cultural awareness and understanding.

Participant 1	Every year our college conducted seminars related to culture.
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### E. Traditional Games

Four (4) respondent mentioned traditional games. Traditional games are activities that have been passed down through generations and are deeply rooted in the cultural heritage of a specific community or region. These games, which encourage social interaction, physical activity, and cultural preservation, are frequently played by both adults and children.

Participant 3	The different traditional game or most commonly known as laro ng mga lahi.
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### F. Arts and Crafts

Four (4) respondent mentioned arts and crafts. In some subjects, participants mentioned engaging in arts and crafts activities that highlight the cultural aspects of different tribes and places in the Philippines. This means being knowledgeable about their tapestries, architecture, sculptures, weaving methods, and beliefs.

Participant 3	For this year I’ve encountered specific one subject that really highlights culturally-oriented activities is the subject of BPed 122 Like with this subject we have encountered the arts and crafts example the Romblom and Palawan we have learned their type of weaving, we have learned about there architectures, there sculptures , as well as there beliefs and their tapestries.
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Question 2. Did these culturally-oriented activities in PE taught you something? Enumerate and explain what you learn from these activities.

### A. Understanding the significance of movements in various cultural contexts through traditional dances

B. Learning about Filipino martial arts and its historical background through Arnis

C. Appreciating the history and context behind each dance step

Four (4) respondent learned about understanding the significance of movements in various cultural contexts through traditional dances. Learning about Filipino martial arts and their historical background through arnis and appreciating the history and context behind each dance step. Gaining insight into the cultural significance of movements in traditional dances allows for a deeper appreciation of the cultural context in which they originate. Acquiring knowledge and awareness of Filipino martial arts, such as Arnis, is crucial for understanding their historical background, techniques, and cultural significance. Understanding the historical and cultural context of each dance step: Recognize dance as a multifaceted art form, encompassing not just physical movements but also stories, traditions, and cultural elements.

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Participant 1

it helped me understood the significance of movements of various cultural context. Introduce me to Filipino martial arts and it's has a historical background. I've realized that there are various context when it comes to teach dance that were going to study it has its own history and I'm very thankful that our college has helped me understand each step.

D. Expanding knowledge about different cultures and dance steps worldwide

E. Recognizing the importance of respecting and understanding diverse cultures

Four (4) respondent learned about expanding knowledge about different cultures and dance steps worldwide and recognizing the importance of respecting and understanding diverse cultures. Enhancing global cultural awareness and understanding by examining dance steps associated with diverse cultures, thus broadening one's perspective and appreciation for their richness. Understanding and respecting diverse cultures is crucial for fostering inclusivity and promoting mutual respect and harmony in society.

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Participant 2

It is expanded my knowledge about the different culture, the different dance steps, around the world and it really made me realize that culture is different from another. That no matter how different the culture is thus learn to respect it and get to know more about the culture that we have."

F. Acquiring concepts, knowledge, and skills related to different dances

G. Applying what they learned in real-life situations, such as choreographing dances

H. Understanding the value of occupation and application in various aspects of life

Four (4) respondent learned about acquiring concepts, knowledge, and skills related to different dances and applying what they learned in real-life situations, such as choreographing dances, as well as understanding the value of occupation and application in various aspects of life. Gaining a comprehensive understanding of different dance forms, including their unique techniques, styles, and cultural elements, provides a solid foundation for a comprehensive understanding of different dance traditions. Culturally-oriented activities involve transferring knowledge and skills into practical applications, such as creating original choreographies or applying dance skills in real-life performances or artistic endeavors. The text emphasizes the importance of culturally-oriented activities in transferring skills and concepts beyond dance, enabling their application in various aspects of life.

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Participant 3

Taught me and my classmates several things to be able to learn concepts, knowledge's, skills. The teacher taught us the learning as well as we applied the different steps. Skills that I have acquired with the learnings of the teacher I have applied it in the real life situation in doing choreographies or usually in dancing. So wherein it taught me several things through occupation, application of the dances wherein also it applies to real life situation specially where are you good at you can apply it for example into artwork, into dancing



I. Experiencing a multi-faceted learning experience that goes beyond physical fitness

J. Promoting cultural literacy, respect for diversity, and holistic development

Four (4) respondent learned about experiencing a multi-faceted learning experience that goes beyond physical fitness and promotes cultural literacy, respect for diversity, and holistic development. Engaging in culturally-oriented activities in physical education sessions that provide a comprehensive and well-rounded learning experience. This includes learning about different cultures, traditions, and values, as well as developing skills and knowledge beyond physical fitness, leading to a more holistic educational experience. Culturally-oriented activities promote cultural literacy, respect for diversity, and holistic development by nurturing physical, social, emotional, and cognitive dimensions of a student's growth.

Participant 4	Provides students with a multi-faces learning experience that extends beyond just physical fitness and they promote cultural literacy , respect for diversity and holistic development.
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K. Learning the proper execution of dances

L. Developing an appreciation for the cultural dances of the Philippines

M. Recognizing the value of traditional dances amidst the popularity of contemporary dance styles

Four (4) respondent learned about learning the proper execution of dances, developing an appreciation for the cultural dances of the Philippines, and recognizing the value of traditional dances amidst the popularity of contemporary dance styles. Acquiring the necessary skills, techniques, and precision for dance performance, including understanding specific movements, rhythms, and coordination, ensures accurate and authentic execution. The text emphasizes the importance of fostering appreciation for the unique cultural dances of the Philippines, recognizing their historical significance and artistic beauty. Preserving and valuing traditional dances is crucial in preserving cultural identity, heritage, and history, while also appreciating their enduring value in a modern context.

Participant 5	I have learned a lot from it mentioning like the dances, the proper way how to execute the dance at the same time it also like give me appreciate the culture dances of the Philippines. After like reviewing studying the traditional dances, it really helps me like appreciate and value what we have here in the Philippines.
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Question 3. What is the importance of integrating culturally-oriented activities Physical Education sessions?

A. Appreciating diversity and fostering cultural competence

Twelve (12) respondents mentioned appreciating diversity and fostering cultural competence. Emphasize the importance of incorporating culturally-oriented activities into physical education sessions to promote cultural competence and appreciation of diversity. These activities help students learn about different cultures, traditions, and practices, fostering effective interactions and inclusivity and preparing them for a diverse world.

Participant 1	For me integrating culturally-oriented activities into physical education session is very important because it helps student to appreciate diversity, develop cultural competence and foster inclusion it also promotes cultural preservation and understanding, contributing to a more holistic education experience.
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Participant 2	As a student it is much important for us that we need to integrate Culturally-oriented activities into physical education sessions because as student our knowledge is kinda minimum when it comes to this type of topic that is why we need to integrate this kind of lectures to those students in order for us to expand and broaden our knowledge in the different culture that we have around the wor
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Participant 4	Integrating culturally-oriented activities into physical education sessions enriches the learning
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experiences, promotes cultural competency and prefer students to try in diverse and interconnected world.

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### B. Connecting to cultural significance and history

Six (6) respondents mentioned connecting to cultural significance and history. Emphasize the importance of incorporating culturally-oriented activities into physical education sessions to connect students to the cultural significance and history of art forms. These activities foster appreciation and respect for diverse cultural heritage, making the learning experience more meaningful and significant for students.

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Participant 3

It gives me the chance to dive into their cultural significance and also it somehow reflects the purpose behind each dance forms and creative artworks, like with those artworks we can already identify there cultural beliefs and their cultural traditions as well as a learnings in every sessions would be more significance and meaningful because we could be able to learn and appreciate the origin of those artworks and also we could trace back their beauty and history.”

Participant 5

Like we are aware of the cultural differences as well as like strengthen our cultural identity.

Question 4. Do you like the idea of integrating culturally-oriented activities in your Physical Education sessions? Explain why you like it.

### A. Preserving and strengthening one’s cultural identity

Eight (8) respondents like the idea of integrating culturally-oriented activities because they preserve and strengthen one’s cultural identity. Emphasizes the importance of integrating culturally-oriented activities to preserve and strengthen cultural identities. It acknowledges the significance of respecting diverse cultures, genders, ethnicities, races, and beliefs, fostering a deeper connection to cultural heritage and appreciation.

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Participant 2

As future educator’s who will address culturally diverse concerns among our students and among our school in the future it is must important for us to be integrating these type of activities because considering the fact that we are going to have an inclusive type of learning it really means that we have those students who have different types of culture so we need to respect that not only there culture but their gender, their ethnicity, there races and there beliefs in life.”

Participant 5

Integrating the culture-oriented activities can really help us set value more, relate it more in real life scenario as well as appreciate and develop and it helps cultural identity that we lack this day.

### B. Enriching learning experiences and promoting respect for diversity

Four (4) respondent liked the idea of integrating culturally-oriented activities because it enriches learning experiences and promotes respect for diversity. Highlights the integration of culturally-oriented activities to enhance learning experiences and promote respect for diversity. It goes beyond traditional academic subjects, exposing students to cultural practices, fostering a deeper understanding of different cultures, and promoting empathy and inclusivity.

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Participant 1

I like the idea so much because it exposes students to try cultural practices and it basically promotes respect and appreciation for diversity, it makes learning more engaging and meaningful and enriching both physical and cultural education.

### C. Application and cultural significance

Four (4) respondent liked the idea of integrating culturally-oriented activities because of its application and cultural significance. Highlights the significance of incorporating culturally-oriented activities for practical application and cultural significance. It goes beyond teaching knowledge; it involves connecting subjects to their cultural context and fostering a deeper understanding of knowledge’s practical application and relevance to cultural heritage.

Participant 3 I do like it because it is more on actualization and application because especially I'm an PE educator. Like if it's not cultural-oriented activities there is a big chance so the tendency that the class will be boring and like useless because there is no cultural significance of why are you teaching a subject so like there is no connection between the knowledge and it's cultural significance.

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#### D. Preparing for global citizenship

Four (4) respondent liked the idea of integrating culturally-oriented activities because it prepares for global citizenship. Emphasizes integrating culturally-oriented activities to prepare students for global citizenship, promoting diversity, enhancing learning, and developing a global mindset. It aims to develop knowledge, skills, and attitudes for active, responsible global citizens.

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Participant 4 Integrating culturally-oriented activities into physical education sessions aligns with the goals of promoting diversity, enhancing learning, and preparing students for global citizenship.

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Question 5. Is there a difference if Physical Education sessions do not integrate culturally-oriented activities in Physical Education sessions? Explain your stand.

#### A. Promoting cultural understanding and appreciation

Twelve (12) respondents mentioned promoting cultural understanding and appreciation. Highlights the importance of incorporating culturally-oriented activities in physical education sessions to foster cultural understanding and appreciation, fostering empathy, respect, and global citizenship among students, thereby enhancing their overall education.

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Participant 1 Yes there is a significance difference if physical education sessions do not integrate culturally-oriented activities without such activities students may miss out opportunities to learn about the diverse culture which can lead to a narrow word wide and lack of appreciation for cultural differences.

Participant 2 Definitely there is a huge difference that physical education session do not integrate culturally-oriented activities into our subject because if you're not going to integrate those type of activities you wouldn't be knowledgeable enough about the different cultures that we have and it that way we will be more considerate when it comes to understanding different culture. It is very important for us to integrate activities such as culturally oriented activities in order for us to be more aware and to lead the culture from one another.

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Participant 5 I think that if ever there is no cultural -oriented activities incorporating in our course, it really makes a huge difference like example there's no culturally-oriented activities such as the Philippines traditional dances, so all the dances, you're going to like study more on like international dances.

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#### B. Enhancing engagement and effectiveness of learning

Four (4) respondent mentioned enhancing engagement and the effectiveness of learning. Highlights the significance of incorporating culturally-oriented activities in physical education sessions to boost student engagement and learning effectiveness. These activities foster participation, collaboration, and cultural connection, making the topic more enjoyable and effective for teachers.

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Participant 3 Of course for me there is a big difference if culturally-oriented activities would not be integrated or into PE sessions because with culturally-oriented activities the learning of the students would be more engaging because the students would be more participative, more collaborative and small groups or group works would be more engaging.

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#### C. Fostering inclusive and equitable education

Four (4) respondent mentioned fostering inclusive and equitable education. Highlight the significance of incorporating culturally-oriented activities in physical education sessions to promote inclusivity and equity, ensuring students from diverse backgrounds feel valued, challenged, and included in the learning process.

Participant 4

The absence of culturally-oriented activities in physical education sessions represent a miss opportunity to promote a cultural diversity and as learning and prepares student for global citizenship it can perpetuate cultural ignorance and contribute to less inclusive and equitable education environment.

Question 6. Do you appreciate more a PE teacher who intentionally integrate culturally-oriented activities in your Physical Education than those who do not? Explain your why or why not you appreciate it.

#### A. Appreciation for cultural sensitivity and inclusivity

Four (4) respondents mentioned appreciation for cultural sensitivity and inclusivity. Participants appreciate PE teachers who incorporate culturally-oriented activities, demonstrating sensitivity and inclusivity. These teachers create an inclusive learning environment, fostering cultural understanding, respect, and a sense of belonging among students, recognizing and respecting their diverse backgrounds.

Participant 2

Yes I do appreciate those PE teachers who intentionally integrate culturally-oriented activities in our physical education session because it just mean that those teachers are sensitive, those teachers are considerate when it comes to teaching their students and I think those teachers are more knowledgeable enough about the cultural background.that they all aware that there students are diverse in terms of their culture and I think it's a good thing that a teacher does that because it shows respect and not only respect but it shows they make other students a feel welcome and celebrated in terms of their culture.

Participant 4

Yes I do appreciate because I can recognize the positive impact of PE teachers who intentionally integrate culturally-oriented activities into their physical education curriculum, it promotes diversity, enhances learning and prepare students for success into multi-cultural world.

#### B. Appreciation for fostering student engagement and understanding

Twelve (12) respondents mentioned appreciation for fostering student engagement and understanding. Participants appreciate PE teachers who incorporate culturally-oriented activities into their teaching methods, fostering student engagement and understanding. These teachers create a dynamic, interactive learning environment, promoting active participation and deeper cultural understanding, making learning more engaging and meaningful.

Participant 1

I appreciate a physical education teacher through intentionally culturally-oriented activities because it shows there commitment to providing well rounded that respect and celebrate diversity. It creates more inclusive learning environment and helps students develop cultural competence. They will always remind us that as a future Physical Educator they should know the roots, the history because we have going to teach it to the next generation and basically you're going to be the knowledge not just you're going to know the knowledge. I'm very happy that they correct us in a humble way and they also teach us other things and they also make us understand.

Participant 3

For me if the teacher would really apply the culturally-oriented activities in the PE sessions each somehow gives a reflection that the teacher is well equipped and well knowledgeable about the topic. As if he is not simply teaching but also they are trying to incline it into application. Like he is not just a teacher-centered but also a student-centered approach of teaching because the child can apply what he learned.

Participant 5

I think as a teacher like you're not going to be like bias or in a sense that you're going to promote the dance like it is better to have your stand but be open as well to your students, be open minded. I appreciate a teacher that is more willing to like explain her side or his side. Like make us that we are right the point why we should dance traditional dances, or local dances and what is the importance of it, how it can relate to us in a practical term as well as it is going to develop our professionalism.

Question 7. Can these culturally-oriented activities integrated in Physical Education sessions make the learners bring closer to their culture? Explain how this builds up to a learner.

### A. Building a sense of identity, pride, and connection to culture

Six (6) respondents mentioned building a sense of identity, pride, and connection to culture. Highlights the importance of culturally-oriented activities in physical education sessions for fostering identity, pride, and connection to culture. These activities allow learners to explore and participate in cultural practices, traditions, and art forms, fostering a deeper appreciation for their cultural heritage.

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Participant 1	Yes, culturally-oriented activities integrated into physical education sessions can bring learners closer to their culture by providing opportunity for exploration, understanding and participation. Engaging in this activities a sense of identity and belonging fostering a pride and connection to one's cultural heritage.
Participant 4	Integrating culturally-oriented activities into physical education sessions provides learners with the opportunity to depend their connection to their culture, fostering pride, identify sense of belonging and this process contributes to the holistic development of learners and helps them develop a strong cultural foundation that they can carry with them through out their life.

### B. Promoting respect and appreciation for diverse cultures

Twelve (12) respondents mentioned building a sense of identity, pride, and connection to culture. Participants believe that culturally-oriented activities in physical education sessions can foster identity, pride, and connection to one's culture. These activities allow learners to explore their heritage, traditions, and practices, fostering a stronger sense of pride and a deeper connection to their roots.

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Participant 2	For me this culturally-oriented activities can really bring us closer to our and one thing I can say to asses that is that it's not just only expand our knowledge about the culture we have but it also show us the importance of respecting one another culture and it also makes us love our own cultural background and value the importance of it. It creates personal connection with the diverse culture in the classroom because the students inside the room are different so with that it just a simple ways or with that activity or with those culturally-activities it serves as an instrument to break the gap or to break the barriers between the diverse culture inside the room because there is like we have different beliefs and traditions so with that they can already comprehend or see that they're not different that they can still have the same traits that they can still have there same way of leaving. They can build, they can respect, and they can build more collaboration, above all their respect seems to be higher because with that it's like they can say it's like even if we're different we can like it should still be there the respect with each others beliefs because each traits is unique and have their own significance.
Participant 3	
Participant 5	Yes it really make the learners closer to their culture or realize more what is the importance of culture as well as what makes difference of knowing this type of dances, incorporate the culturally-oriented activities. It really important incorporate all of the dances especially our own traditional dances that is folk dance, because that's really our focus to incorporate and to like having sense of nationalism and cultural identity.

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## 11. Discussion

Objective 1. Determine the incidental learning of college students from the integrated culturally-oriented activities in Physical Education sessions

The promising narrative results from the physical education students in this study demonstrated how their incorporation of culturally-oriented activities enhanced their learning experience and deepened their appreciation for Philippine culture.

The participants in the survey are aware of culturally-oriented activities integrated into their physical education sessions. These activities cover a wide range of topics and subjects that emphasize various facets of culture. Some of the culturally-oriented activities mentioned include traditional dances, international dances, and sports like Arnis. Through these activities, students can learn about and gain an appreciation for

various cultures, fostering cultural richness and understanding. A culture of movement awareness through physical literacy in physical education<sup>[28]</sup>. Cultural awareness is all about recognizing and understanding that we all have different values shaped by our diverse cultural backgrounds. “The college integrates culturally-oriented activities into physical education sessions, including traditional and international dances and sports. Seminars on culture are held annually, and programs are coordinated with other colleges.”

The participants in the survey highlight the valuable learning outcomes they have gained from culturally-oriented activities in their physical education sessions. Through these activities, they have broadened their knowledge and comprehension of the diversity of the world by learning about various cultures, traditions, values, and dance moves. Cultural differences, including values, beliefs, habits and traditions, may have a certain impact on interdisciplinary teaching of PE<sup>[29]</sup>. “The subject expanded knowledge about different cultures and dance steps, highlighting the importance of respecting and understanding these differences. It also made participants realize the diversity of cultures and the need to appreciate and appreciate them.”

The participants in the survey highlight the importance of integrating culturally-oriented activities into physical education sessions from the perspective of being a student. They understand the importance of these initiatives in fostering inclusivity, developing cultural competency, fostering diversity appreciation, and preserving cultural heritage. Diversity, Culture, and Inclusion offers a wealth of knowledge for teaching today’s diverse student population<sup>[30]</sup>. “Integrating culturally-oriented activities into physical education sessions allows participants to participate in various dances and creative artworks, revealing their cultural significance and purpose. This approach also helps in learning about the origins of these artworks, their beauty, and history, making the sessions more meaningful.”

The participants in the survey express their positive views on the idea of integrating culturally-oriented activities into physical education sessions. They recognize the advantages and importance of these activities, which include increasing learning opportunities, fostering cultural identity development, and encouraging respect and understanding for diversity. Physical education should be considered one of the most important parts of the school curriculum<sup>[31]</sup>. “The integration of culturally-oriented activities into physical education sessions aims to promote diversity, enhance learning, and prepare students for global citizenship.”

Objective 2. Characterize the appreciation of college students on the integrated culturally-oriented activities in Physical Education sessions.

The participants in the survey believe that there is a significant difference if culturally-oriented activities are not integrated into physical education sessions. The significance of these activities in fostering cultural awareness, appreciation, and an understanding is emphasized. Learning occurs in PE practice in relation to different movement cultures in various contexts<sup>[32]</sup>. When students from various backgrounds engage with each other, it promotes a broader understanding of the world, fostering empathy and open-mindedness. “The participant believes that incorporating cultural-oriented activities in a course, such as supporting local and national dances, is crucial for a better understanding of Filipino culture. They argue that without such activities, students can still study physical education and appreciate their identity as Filipinos, thereby enhancing their overall understanding and appreciation of their heritage.”

The participants in the survey express their appreciation for physical education teachers who intentionally integrate culturally-oriented activities into their sessions. They acknowledge the dedication, awareness, and expertise that educators demonstrate in fostering a diverse and inclusive learning environment. Where individuals from different cultural backgrounds have the potential for sharing a rich place of learning – a place where the teacher embraces and celebrates individual differences, fosters the

development of positive self-concepts, provides meaningful and relevant learning experiences, and insists on high expectations for everyone. “Physical education teachers who intentionally incorporate culturally-oriented activities create an inclusive learning environment, respecting and celebrating diversity. This approach helps students develop cultural competence and prepares future educators to teach history to the next generation. Teachers correct mistakes, teach other subjects, and make students understand, making them appreciate their contributions.”

The participants in the survey believe that culturally-oriented activities integrated into physical education sessions can bring learners closer to their culture. They emphasize the opportunities for exploration, understanding, and participation that these activities provide, fostering a sense of identity, belonging, and pride in one’s cultural heritage. Implementing a diverse PE curriculum program provides students with several benefits. By integrating several perspectives, cultures, and activities, such programs help in enhancing the learning outcomes of students, fostering social cohesion and unity, while promoting lifetime physical activity habits<sup>[33]</sup>. “Culturally-oriented activities in physical education sessions can foster identity, belonging, and pride in cultural heritage. Participating in these activities can help learners understand and participate in culturally-related activities, fostering a sense of belonging and unity. This approach, particularly among Muslim students, can help them become part of their cultural heritage.”

## **12. Conclusion**

Physical education in the Philippines incorporates culturally-oriented activities like traditional dances, international dances, martial arts, seminars, games, and arts and crafts to promote physical health and cultural awareness among students, allowing them to appreciate the Philippines’ rich cultural heritage. Promoting cultural awareness and respect for diversity. Students learn about traditional dances, expand their knowledge, and develop skills related to dances. This holistic development goes beyond physical fitness, valuing traditional dances and enhancing their appreciation for cultural heritage.

Culturally-oriented activities in physical education enhance students’ appreciation for diversity, cultural competence, and understanding of the interconnected world. By connecting students to art forms and cultural significance, these activities enrich learning experiences, promote cultural competency, and contribute to a more inclusive education. Culturally-oriented activities in physical education enhance students’ understanding, appreciation, and respect for diversity. They foster a deeper connection to cultural heritage, promote empathy, inclusivity, and a global mindset, preparing them to become responsible global citizens who value diversity.

Culturally-oriented activities in physical education promote respect, and global citizenship among students. They enhance engagement, boost learning effectiveness, and foster inclusivity, making the educational environment more enriching and equitable for students from diverse backgrounds. PE teachers who incorporate culturally-oriented activities into their teaching methods foster cultural sensitivity, inclusivity, and student engagement, preparing students for success in a multicultural world. This approach creates dynamic, interactive learning experiences, enhancing learning and student engagement.

Culturally-oriented activities integrated into physical education sessions play a crucial role in bringing learners closer to their culture by fostering a sense of identity, pride, and connection to their cultural heritage. These activities provide learners with opportunities to explore, understand, and participate in cultural practices, traditions, and art forms, promoting respect, appreciation, and a deeper connection to their roots. By engaging in culturally-oriented activities, learners develop a stronger sense of pride in their cultural

background, build personal connections with diverse cultures, and enhance their understanding and respect for cultural diversity, contributing to their holistic development and sense of cultural identity.

## **Conflict of interest**

The authors declare no conflict of interest.

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