

The effectiveness of the elementary school curriculum based on UNESCO life skills and physical fitness on promoting family health

Rajabi M¹., Ali Asgari M.*², Ghasemi H³.

Abstract

Introduction: In today's society, in order to achieve the desired level of family health, it is necessary to pay attention to useful and effective education for primary school students. Family health promotion in the community was designed and implemented.

Method: A total of 125 randomly available and purposeful students were selected from primary school students in Alborz province, Karaj, and the research was a combination (qualitative and quantitative). Comments and study of background literature were used. In the quantitative part, by quantifying data and information from Quantitatively simple and complex methods and quasi-experimental methods have been used in the implementation section. In the data collection tool section, a researcher-made questionnaire with appropriate validity and reliability has been used. The results showed that the use of combined education based on UNESCO life skills and physical fitness had a positive effect on motivation of learning and interest of learners.

Results: The results also showed that effective communication between students, their interest in sports and having Healthy body has increased and the health of families has also been improved.

Conclusion: In the objectives and content section, taking into account the needs of learners, use activities and integrated training based on UNESCO life skills and physical fitness, and take care of teacher training.

Keywords: elementary school curriculum" family" health" life skills" physical fitness"

Citation: Rajabi M., Ali Asgari M., Ghasemi H.. The effectiveness of the elementary school curriculum based on UNESCO life skills and physical fitness on promoting family health, 2021; 11(1): 79-90

¹ - PhD in Curriculum Planning, Department of Educational Sciences, Faculty of Humanities and Social Sciences, Science and Research Branch, Islamic Azad University, Tehran, Iran m_rajabi_t@yahoo.com

² - PhD in Curriculum Planning, Associate Professor, Department of Educational Sciences, Kharazmi University, Corresponding Author, Karaj, Iran Aliasgari2002@yahoo.com

³ - Sports Management Kettle, Associate Professor, Department of Sports Science, Payame Noor University, Shahriar, Iran Ghasemione@yahoo.com

