

EFFICIENCY OF THE SCHOOL GYMNASIUM FOR PHYSICAL ACTIVITIES AS PERCEIVED BY GRADE 12 HUMANITIES AND SOCIAL SCIENCES STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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The school gymnasium serves as a fundamental space for promoting physical activity and cultivating a healthy lifestyle among students. More than just a site for physical education classes, it fosters long-term wellness habits, provides a venue for social interaction, and helps alleviate stress. This study explores the perceptions of Grade 12 Humanities and Social Sciences (HUMSS) students at Bestlink College of the Philippines regarding the gymnasium's effectiveness in supporting physical activities. It considers several factors influencing student engagement and attitudes toward physical fitness. The findings emphasize the importance of improving gymnasium facilities and developing inclusive programs that encourage greater student participation. According to McBride and Cleland (1998), critical thinking is well-integrated into physical education, where cognitive engagement complements physical movement, highlighting the potential of gymnasiums as spaces for both physical and intellectual development. The researchers adopted a descriptive-exploratory research design and applied a cluster sampling method to gather responses from 200 Grade 12 Humanities and Social Sciences (HUMSS) students. The study aimed to assess how students perceive the effectiveness of the school gymnasium in facilitating physical activities. To collect relevant data, a survey questionnaire was used as the primary research instrument. Findings highlighted the variety of physical activities and school events held in the gymnasium, offering a clearer understanding of its role in promoting student participation and physical development. The findings further illustrated how respondents perceived the efficiency of the school gymnasium in facilitating student participation in physical activities. The aspect of facilities received a weighted mean of 3.36, equipment scored 3.26, and accessibility was rated at 3.38—all of which were interpreted as "strongly agree." The overall weighted mean was 3.34, indicating that the respondents strongly agreed on the gymnasium's effectiveness in supporting physical activity. Moreover, the results highlighted several challenges and issues encountered by the students regarding the use of the gymnasium and their participation in physical activities, suggesting areas in need of improvement. This study examined the perceived efficiency of the school gymnasium in supporting physical activities among Grade 12 Humanities and Social Sciences (HUMSS) students at Bestlink College of the Philippines. Based on the results, it is recommended that the school further promote student engagement in gymnasium-based physical activities. Encouraging regular participation can enhance students' physical well-being, contribute to improved academic performance, and support mental clarity. To maximize these benefits, the institution should invest in upgrading gymnasium facilities, ensuring accessibility, and implementing inclusive, well-structured physical activity programs that cater to the diverse needs of all students.

RECOMMENDED CITATION

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